



## 2024 – Varsity Spring



Start Date: Monday, March 4

End Date: Friday, May 24 (Team Banquet on May 14, rain date May 15)

Parent Information Zoom: Tuesday, March 5 at 8 pm

Practice Schedule: Weekday practices will be 4:00-6:45 pm, Saturday practice window: 7-10:30 am or 10:30am-1:30pm, Sunday practice window: 7-10:30am.

Location: Caspersen Rowing Center at 1 South Post Rd, West Windsor, NJ

Boys Head Coach: Jamie Hamp ([jhamp@rowpnra.org](mailto:jhamp@rowpnra.org))

Girls Head Coach: Sam Altier ([saltier@rowpnra.org](mailto:saltier@rowpnra.org))

Registration Fees: \$1,230 plus \$100 facility fee (this includes race entry fees for Neczypor, Cooper Cup, and USRowing Regionals)

### Spring Race Schedule:

**Saturday, April 6:** Neczypor Regatta in Camden, NJ (Varsity Boys and Girls, and 1 or 2 Novice Boys and Girls boats).

**Sunday, April 7:** home scrimmage with Pelham (Varsity Boys and Girls, no novices)

**Sunday, April 14:** Mercer Invite (home) with St. Joe's Prep (boys), Mount Saint Joseph (girls), Greenwich, Saugatuck, RowAmerica Rye (*tentative*)

**Saturday-Sunday, April 20-21:** Mercer Lake Sprints, at home - ALL CREWS

**\*\*Parent Volunteers will be needed for this event\*\***

**Saturday-Sunday, April 26-28:** Saratoga Invitational in Saratoga Springs, NY (Varsity Boys and Girls). This is an overnight trip with departure planned on Friday, April 26 around 12:00 pm. Return on Sunday evening.

**Sunday, April 28:** Cooper Cup in Camden, NJ (Novice Boys and Girls, and Varsity athletes who do not go to Saratoga)

**Saturday-Sunday, May 11-12:** USRowing Mid-Atlantic Regionals at home. This is the qualifier event for Youth Nationals.

**\*\*Parent Volunteers will be needed for this event\*\***

**Thursday-Sunday, June 6-9:** USRowing Youth National Championships, Sarasota, FL. This is by invitation only. Athletes will depart on Monday, June 3 or Tuesday, June 4 and return Sunday evening, June 9

Please note that ALL Mercer athletes will need to be members of USRowing with Championship status in order to race at USRowing events (Regionals and Nationals). If you purchased a Basic membership in the fall, you will need to upgrade to Championship level. Please visit your [membership portal](#) to check your status and upgrade if necessary. **The club code for PNRA/Mercer is ACY67.**

We have rowers from any different school districts with different spring break schedules, therefore we do not have any designated time off from practice for spring break. If you have made plans already, please contact your coach to let them know you will be missing practice and fill out your absence on TeamSnap.

In addition, all athletes who are 18 or older will need to complete the SafeSport course. Anyone who turns 18 during the spring season, should plan ahead for this as it will impact eligibility at Regionals and Youth Nationals. You can access this course from your [USRowing membership portal](#).