



2024 – Novice Fall

Start Date: Tuesday, September 3, 2024

End Date: Friday, November 15, 2024

Mandatory Parent Information Zoom: Thursday, September 5, 8:00 pm

Practice Schedule: Monday through Friday 4:15-6:30 pm

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

Registration link: <https://www.rowpnra.org/mercer-rowing/juniors/registrationforms/>

Boys Head Coach: Brian Price (bprice@rowpnra.org)

Girls Head Coach: Emma Paxton (epaxton@rowpnra.org)

Tentative Fall Race Schedule (subject to change):

Sunday, October 13: Head of the Housatonic, Shelton, CT (one novice boat each of boys and girls)

Sunday, October 27: Head of the Schuylkill, Philadelphia, PA

Sunday, November 3: Mercer Fall Classic, home race course (Mercer Lake)

Saturday, November 9: Frostbite Regatta, home race course (Mercer Lake)

Sunday, November 10: Bill Braxton Memorial Regatta home race course (Mercer Lake)

Please note that ALL Mercer athletes will need to be members of USRowing in order to participate with the Mercer Junior Rowing Program. You can purchase a Basic membership for the fall which will need to be upgraded to Championship status if you continue in the spring season. Please visit www.membership.usrowing.org to signup and use club code ACY67 to affiliate with PNRA/Mercer.

The Novice Athlete

The goal of the Novice team is to introduce rowing to our new athletes in a safe and enjoyable environment. We welcome all athletes and together as a team we will be working toward learning the new skill of rowing and improving each day. We encourage each athlete to work to their best ability and put in 110% effort. Rowing does involve other fitness such as cross training (running, core work) and erging. Some practices may be hard work and some may be super fun and exciting but overall, we ask that all the athletes come to the sport with a positive attitude and ready to try new things!

Both Novice Boys and Girls teams will meet for practice on the grassy patch by the light post and Mercer Rowing Bay, just by the drop off location in the parking lot. The address is: 1 South Post Road, Princeton Junction - The Caspersen Rowing Center.

There are required forms that must be handed in on the first day of the season. All forms can be submitted via [THIS LINK](#). The [health form](#) and [swim test form](#) can be uploaded separately. *If you attended Summer Camp this summer, you will have already provided some of the forms and do not need to resubmit the swim test, health form, USRowing waiver - please complete all other forms.*

There are no weekend practices scheduled, however regattas will take place on the weekend (see above for regatta dates). If there are any practices that need to be cancelled, an email will be sent ahead of time and TeamSnap will be updated.

It is expected that athletes attend all practices. If you are absent, please mark this on TeamSnap and provide as much notice as possible. Please ensure that you are on time for practice as your boat can not launch without all crew members being present. Please also be on time for pick up, we aim to have practice wrapped by 6:10pm (boys) or 6:25pm (girls) for a prompt departure. There may be a small number of practices that run overtime but we strive to keep this to an absolute minimum.

Please bring the following to practice: water bottle (with a sock or other soft protection to cover it), sneakers/running shoes, appropriate clothes for the weather (we encourage layering clothes, raincoat, sweatshirt etc), a spare change of socks and a small snack for after practice. Please avoid wearing loose or baggy clothes as they might get stuck in the sliding seat. There is no specific required "gear" for novices, although we will be offering an online gear store for optional purchases which should be open next week.

We encourage athletes to advocate for themselves and discuss any questions they may have with the coaches. The best way to contact Coach Brian (bprice@rowpnra.org) and Coach Emma (epaxton@rowpnra.org) is via email or speak to them before or after practice.

Parents, please join the 'Parents of MJRC' Facebook page. This is a closed group for parents of current Mercer rowers. Parents can "meet" other parents and post messages about carpooling to/from practices and get more information around important events. Please be sure to indicate what team your child is on at Mercer as we limit the group to current Mercer rowers. You are also welcome to use the chat function on TeamSnap to arrange carpooling.