



2025 – Varsity Spring



Start Date: Monday March 10 2025

End Date: Friday, May 16 (Team Banquet on Thursday May 15 / rain date Wednesday May 14)

Parent Information Zoom: Thursday March 13 at 8pm

Practice Schedule: Monday through Friday, 4-6:45pm; Saturday practice window 7-am-1:30pm, Sunday 7-11am

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

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

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

Registration Fees: \$1525 plus \$125 facility fee

Spring Race Schedule:

Saturday April 5: Neczypor Regatta in Camden, NJ - full team

Sunday April 6: Mercer Invitational (home) vs. St. Joe's Prep (boys), Mount Saint Joseph (girls), Greenwich, Saugatuck, Pelham – full team

Saturday-Sunday April 12-13: Mercer Lake Sprints (home) - full team

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

Saturday-Sunday April 26-27: King's Crown Regatta in Leonia/Overpeck, NJ – select varsity crews (three eights for each team)

- Overnight trip – practice at course Friday, race Saturday and Sunday. Food and hotel are included in trip fee. Athletes are responsible for getting themselves to the regatta/hotel

Sunday April 27: Cooper Cup in Camden, NJ – boats not traveling to King's Crown

Saturday-Sunday May 10-11: USRowing Mid-Atlantic Regionals (home)

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

Thursday-Sunday June 12-15: USRowing Youth National Championships in Sarasota, FL. This is by invitation only. Athletes will depart on Monday June 9 and return Sunday evening, June 15.

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](#).