



Mercer Juniors Varsity Rowing - Winter 2025-26



Start Date: Monday December 1 2025

Holiday Break (all teams): no practices from Sunday December 21 through Sunday January 4 (inclusive)

End Date: Sunday March 1 2025

Varsity Boys Head Coach and Director of Rowing: Jamie Hamp (jhamp@rowpnra.org)

Varsity Girls Head Coach: Matt Grau (mgrau@rowpnra.org)

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

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

Registration Fees: Varsity \$1175, Novice \$925, Coxswains \$300 + \$100 facility fee for all registrations

The Mercer Indoor Challenge will mark the conclusion of the winter season for all teams, either Saturday 02/28 or Sunday 03/01.

Varsity spring will begin Monday 03/02/25.

Novice Spring will begin Monday 03/09/25.

*****We are still finalizing the practice schedule, but I expect it to be extremely close to what is outlined below.*****

As with last year, we will utilize the space at [Princeton Pike](#) for the girls for winter training. Please understand that we are able to fit fewer machines at this location than at Caspersen, and with our current team sizes it makes the most sense for the girls to utilize this location.

PRACTICE TIMES:

Varsity Girls will practice Monday-Tuesday-Thursday-Friday, 4-6:15pm and Saturday morning @ Princeton Pike. Wednesdays will be a lift session at the "barn" gym ([HERE](#)) with Coach Ivan; most athletes will train in the morning and others in the afternoon. Coach Matt will provide the groups and times for this to the team (afternoon will be regular 4-6:30pm window).

Novice Girls will practice Tuesday and Friday from 6-7:30pm, Wednesday from 4:15-6:15pm, and Saturday 10am-12pm.

Varsity Boys will practice Monday-Friday, 4:15-6:45pm at the boathouse and Saturdays 7:15-10am. This weekend window/slot might shift in mid-January when the novices join for combined winter practices.

Novice Boys will practice Monday, Tuesday, and Thursday at Caspersen from 4:30-6:15pm and Saturday from 10am-12pm.

I know all of the times can be confusing, but please understand we are trying to maximize extremely limited space for over 140 athletes to get the most out of their winter training, and that requires some juggling. This schedule is almost identical to last winter. If you have any questions, please have your athlete check with their coach or reach out to me.