



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 / 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 – **rescheduled to Saturday 03/07 due to facility availability.**

Varsity spring will begin Monday 03/02/25.

Novice Spring will begin Monday 03/09/25.

- Previously there was a week off for novices before the start of the season. We are looking into some possibilities and will release more info shortly; expect additional time off for novices in February but not a week off in March
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Practice Schedule:

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 Sunday through Friday with Saturday being the day off.

- Sunday 7-10am at Pike
- Monday-Tuesday-Thursday-Friday, 4:15-6:30pm at Pike
- Wednesdays will be a lift session at the "barn" gym ([HERE](#)) with Coach Ivan;
 - o Coach Matt will provide information for groups; there will be two sessions, 4:15-5:15 and 5:15-6:15pm

Novice Girls will practice Tuesday through Friday

- Tuesday-Thursday-Friday 6:15-7:30pm at Pike
- Wednesday 4:15-6:15pm at Pike

Varsity Boys will practice Monday-Saturday at the boathouse with Sunday being the day off

- Monday and Friday are 4:15-6:45pm
- Tuesday through Thursday are 4-6:30pm
- Saturday 7:15-10am
 - o The weekend window/slot might shift in mid- or late-January when the novices join for combined winter practices.

Novice Boys will practice at the boathouse with the varsity boys

- Monday 4:30-6:45pm
- Tuesday and Thursday 4:15-6:30pm
- Saturday 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 extremely similar to last winter. If you have any questions, please have your athlete check with their coach or reach out to me.