



Mercer Juniors Novice Rowing – Spring 2026

Start Date: Monday March 2 2026

End Date: Friday May 15 2026* (*for non-Youth National crews)

Parent Information Zoom: Thursday March 5 2026 at 8pm via zoom

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

Saturdays and Sundays are generally off when there is not racing, but there may be an occasional session scheduled by the coach due to extenuating circumstances (weather, need to practice for a specific race, etc). Always check TeamSnap for the most up to date information!

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

Cost: \$1350 plus \$175 facility fee

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

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

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

Director of Rowing: Jamie Hamp (jhamp@rowpnra.org)

Spring Race Schedule:

Saturday March 28: Neczypor Regatta in Camden, NJ (select novices)

Sunday April 12: Mercer Invitational (home) vs. St. Joe's Prep (boys), Mount Saint Joseph (girls), Greenwich, Saugatuck, Pelham (select novices)

Saturday-Sunday April 18-19: Mercer Lake Sprints (home) - ALL CREWS

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

Sunday April 26: Cooper Cup in Camden, NJ (most novices)

Saturday-Sunday May 9-10: USRowing Mid-Atlantic Regionals (home)

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

Thursday-Sunday June 11-14: USRowing Youth National Championships in Sarasota, FL. This is by invitation only. Athletes will depart on Monday June 8 and return Sunday evening, June 14.

Additional information:

Please note that ALL Mercer athletes will need to be members of USRowing. You can do a basic membership for the fall, but will need Championship membership for the spring if you intend to race then. 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.

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](#). *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.