



Mercer Juniors Varsity Rowing - Spring 2026



Start Date: Monday March 2 2026

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

Parent Information Zoom: Tuesday March 10 2026 at 8pm via zoom

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

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

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

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

Registration Fees: \$1650 plus \$175 facility fee

Spring Race Schedule:

Saturday March 28: Neczypor Regatta in Camden, NJ - full team

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

Saturday-Sunday April 18-19: Mercer Lake Sprints (home) - full team

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

Saturday-Sunday April 25-26: 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 26: Cooper Cup in Camden, NJ – boats not traveling to King's Crown

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.

Please note that ALL Mercer athletes will need to be members of USRowing, but basic membership is fine for the fall racing. Please visit your [membership portal](#) to check your status and upgrade if necessary.

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 Abuse Prevention for Adult Athletes course. Anyone who turns 18 during the fall season, should plan ahead for this. You can access this course from your [USRowing membership portal](#).