



Student Handbook

A guideline to participating in the Mercer's STEM to Stern Program



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Welcome Message



Hello students and parents! We are all excited that you have chosen to participate in the sport of rowing. We have developed a great program in which you get to learn about rowing and do some cool STEM projects with some really nice people.

So bring your smiles and get ready to become better than the person you were yesterday.

"Don't let what
you cannot do
interfere with
what you can do."
— John Wooden

Program Overview

Our History

STEM to Stern originated in Milwaukee as a way to increase the participation in rowing by breaking down barriers and increasing the diversity found in boathouses. Princeton University and the Princeton National Rowing Association began work to setting up a STEM to Stern Program in Mercer County in 2020. Our program welcomed our first students in the fall of 2021. At about the same time Stem to Stern partnered with USRowing, the national governing body of the sport, to work on fueling the growth and reach of these programs. The mission behind USRowing, to grow rowing and encourage participation for all, aligns with the mission behind STEM to Stern, which seeks ways to expand our sport to those communities that have traditionally lacked access to this rowing. There are now 25 STEM to Stern Programs around the country.

Our Mission

The core mission of Mercer's program is to remove the barriers to rowing include transportation, swimming lessons and club fees. By creating ways to address these barriers, students are able to participate, regardless of where they are from.

Our Goal

The goal of STEM to Stern is to become a stronger, more inclusive club that serves and represents our entire community.



Inclusion is not simply about proximity. It is about intentionally planning for the success of all students.

Our Values

1. TEAM

We build each other up by creating a team-oriented culture. We must all be in sync at all times to maximize our time and learning experiences.

2. GROWTH

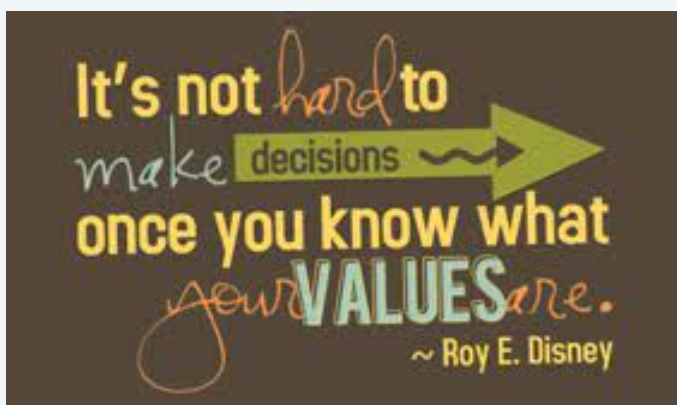
We set goals for continuous improvement, both on and off the water. Daily we are striving to create better people that value growing and learning together

3. LEADERSHIP

At PNRA we value creating leaders within the STEM to Stern program. Whether on the water or in the classroom we foster participants openness to express themselves and add value to all projects.

4. FUN

Having fun is at the core of what we look to achieve. We want students to have an exciting experience each time they arrive at our boathouse. We understand that children who have fun will more likely continue to participate and tell others.



Program Rules

“While the goal of the Program is to have fun and learn, the activities must be done in a way that ensures the safety and promotes the participation of everyone. Therefore the following Rules will govern the students in the program.”



Bus Rules

- 1.Students must file in on bus in an orderly fashion.
- 2.Students must put on their seatbelt when seated on bus.
- 3.Once in a seat, students cannot move around on the bus.
- 4.Absolutely no music played out loud on the bus. Students may listen to music on their headphones or buds.
- 5.Students must listen to and obey the instructions of the volunteers and staff on the bus.
- 6.No loud talking or offensive language on the bus.
- 7.Fighting is an automatic expulsion from the program.

Pool Rules

- 1.To maximize pool time, students should arrive at the pool already dressed for class.
- 2.Students should only have a gym bag with a towel and a change of clothes.
- 3.Students should listen to all directions from the swimming coaches.
- 4.No running on the pool deck!
- 5.No shoes are allowed on the pool deck. Please make sure to place them under the benches when you arrive and not in front of the door.
- 6.Locker rooms can be utilized after practice when chaperones are present otherwise you can use the changing stalls next to pool.

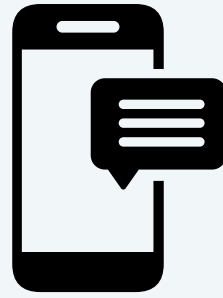
STEM Rules

- 1.Listen carefully to STEM instruction.
- 2.Ask questions if you are unsure about a project or want to learn more.
- 3.Support the work of your peers.
- 4.Clean up and put away all materials neatly when finished.

Boathouse Rules

- 1.Students are to walk to and from the bus into the boathouse.
- 2.Students are to put down their backpacks and focus on the task.
- 3.All students must help move the boats from the rack to the water. (students that don't help will be expelled from the program)
- 4.When moving boats, students must listen to the directions and not talk.
- 5.All students must help preparing for the row; this includes getting oars, life jackets and move expeditiously to the boat.
6. Only one snack per person.
- 7.While the students are in the boats, they must follow the instructions of the coaches and volunteers.
- 8.Students must be dressed in athletic appropriate attire. NO JEANS

Contact List



Description	Phone	Email
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