

NRR YOUTH SPRING FACT SHEET 2019

Tryout Schedule:

Saturday March 2nd 12 noon – 1:30PM = 2K ERG test at NIR. **13 Fairview Ave, Little Silver ...**All must take the 2K test in front of Coaches Sean, Mark and John. **Make-up date Saturday March 9th at 3PM.**

Sunday March 17th 10AM = Meet at Rocky Point parking lot, Hartshorne Woods. Timed 3 mile run (twice around Battery loop).

http://co.monmouth.nj.us/documents/130/Hartshorne_May_2018.pdf

Saturday March 30th (time to be announced) = RFH ERG Challenge at RFH cafeteria
<https://www.rfhrowing.org/erg-challenge.html>

Saturday April 6th 8AM – noon = Water tryout at NRR Site. *Date or location may be changed if site not ready or weather challenges*

Practice Schedule:

Sunday 7:30AM to 10:30AM – split in two sessions (TBA) – *Start date Sunday April 7th...*

Tuesday 4:00PM to 6:30PM – split in two sessions (TBA)

Wednesday 4:00PM to 6:30PM – split in two sessions (TBA)

Friday 4:00PM to 6:30PM - split in two sessions (TBA)

Saturday 7:30AM to 10:30AM – split in two sessions (TBA)

Once a week (preferably Tues or Weds) entire practice will be an ERG workout at NIR.

Race Schedule:

Friday / Saturday April 19th and 20th Mercer Lake Sculling Championships (Easter weekend) – Mercer Lake

Sunday April 28th – Cooper Cup Regatta – Cooper River

Saturday May 11th and Sunday 12th – USRowing MidAtlantic Youth Championships – Mercer Lake

Saturday May 18th – NRR Sprints on the Sink – Navesink River

Saturday June 1st and Sunday June 2nd – U17 / U15 National Championships – Cooper River

CONTACT INFO:

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