

## NRR YOUTH SPRING FACT SHEET 2020

### Tryout Schedule:

**ERG:** Saturday March 7th = 2K ERG race at Bell Works, Holmdel, NJ – Race run by Navesink Indoor Rowing: <https://tworiverrowing.wordpress.com/bellworksindoorrowing/>

Register on Regatta Central: [https://www.regattacentral.com/regatta/?job\\_id=6955](https://www.regattacentral.com/regatta/?job_id=6955)

**Make-up date arrange with Coach John** [NRRcoachJohn@gmail.com](mailto:NRRcoachJohn@gmail.com) or **Coach Sean** [NRRcoachSean@gmail.com](mailto:NRRcoachSean@gmail.com)

**WATER:** Sunday April 5th 8AM – noon = Water tryout (on Navesink)

### Practice Schedule:

Saturday 7:00AM to 8:45AM ... **Boys** // 9:00AM to 10:45AM.... **Girls**

Sunday 7:00AM to 8:45AM .... **Boys** // 9:00AM to 10:45AM.... **Girls**

Tuesday 4:00PM to 5:45PM .... **Boys** // 6:00PM to 7:45PM.... **Girls**

Wednesday 4:00PM to 5:45PM .... **Boys** // 6:00PM to 7:45PM.... **Girls**

Thursday 4:00PM to 5:45PM .... **Boys** // 6:00PM to 7:45PM.... **Girls**

*Afternoon practices may go later as the sun allows. Coaches will advise ahead.*

### Race Schedule

Saturday April 18<sup>th</sup> and Sunday 19<sup>th</sup> Mercer Lake Sculling Championships – *Mercer Lake*

Sunday April 26<sup>th</sup> – Cooper Cup Regatta – *Cooper River*

Saturday May 9<sup>th</sup> and Sunday 10<sup>th</sup> – USRowing MidAtlantic Youth Championships – *Mercer Lake*

Saturday May 16<sup>th</sup> – NRR Sprints on the Sink – *Navesink River*

Saturday June 6<sup>th</sup> and Sunday June 7<sup>th</sup> – U17 / U15 National Championships – *Cooper River*

### CONTACT INFO

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