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Credits

1,4,5,7
Bruce Aitken

2,3,6
Gavin Oakes



Crews

Each nine member crew of eight rowers and one cox will train together and compete against other crews. Although the composition of each crew is a decision for each company, we will be happy to advise, if desired. We welcome crews of any and all combinations.

When we develop the races for the regatta, each crew is given a handicap according to its composition (novice, level of experience, male or female). In this way a crew of novices will receive a favourable handicap to make a race against a crew of experienced rowers more even, and an all female crew will receive a favourable handicap when competing against an all male crew.

Boats and Equipment

Leichhardt Rowing Club provides all boats and equipment needed as well as training notes during training and for the Challenge Regatta.

Training Times

We offer flexible timing for the training sessions. Each session will last for about 90 minutes.

Midweek sessions are between 5.00am and 7.00am and are followed by a rowers' breakfast in the clubhouse.

Evening sessions are from 6.00pm to 7.30pm.

Weekend sessions (both Saturday and Sunday) have a choice of three times, starting at 6.00am, 7.30am and 9.00am, and are also followed by a rowers' breakfast in the clubhouse.

Rowing Instruction

Our experienced coaches give full rowing instruction for all crews during the Corporate Challenge 2008, and during the regatta itself for some last minute racing advice.

Dates

Closing date for entries
25 July 2008

Information morning at Leichhardt Rowing Club
9 August 2008

Training
The week beginning
17 August 2008

Regatta Day
14 September 2008

Entry Fees

- 1 crew** \$3,950
- 2 crews** \$3,700 each
- 3 crews** \$3,450 each

Entry Details

For further information, please contact:

Deanna Fekete
Phone 02 9555 8642
Mobile 0405 508 623

Tim Clare
Phone 02 9420 8266
Mobile 0417 424 370

corporate@lrc.com.au

Leichhardt Rowing Club
Foot of Glover Street
Leichhardt NSW 2040

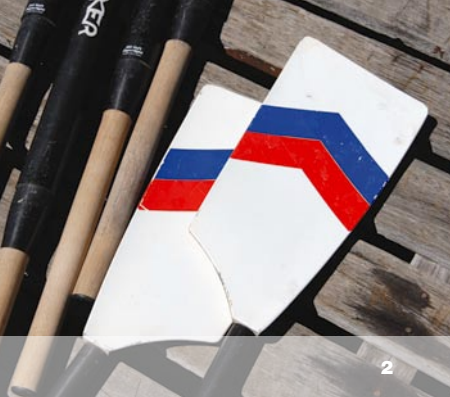
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Leichhardt Rowing Club

Corporate Challenge 2008

Each year, the Leichhardt Rowing Club Corporate Challenge grows from strength to strength.





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This year the club is looking forward to hosting its 12th Corporate Challenge, culminating in the regatta at the Olympic course at the Sydney International Regatta Centre when all the crews compete for the four industry cups and for the LRC Corporate Championship Cup.

Participants compete for cups in four categories: Finance and Accounting, Construction, Property and Infrastructure, Legal, and General Industry.

Corporate rowing continues to grow in popularity, a reflection of the benefits that it offers. Although Leichhardt Rowing Club promotes this annual event as a means of funding our successful Youth Development rowing program, what we focus on are the benefits of this program to our customers – the corporate participants.

Rowing is a sport that builds the body, the mind and the team giving each participant the satisfaction of successfully completing a challenge.

2007 Participants

HBOS Australia, Morgan Stanley, PricewaterhouseCoopers, Westpac, Abigroup, St Hilliers, Transport Infrastructure Development Corporation (TIDC), ClaytonUtz, Hicksons Lawyers, Hunt and Hunt, Tresscox Lawyers, DHL, Pymble Ladies College.

2007 Winners

Finance and Accounting
Morgan Stanley
Construction and Property
St Hilliers
Lawyers
Clayton Utz
General Industry
DHL
Corporate Championship
Morgan Stanley

The Corporate Challenge is in two parts – first is the training component, an essential element, culminating in the second component, the regatta.

As an entrant into the Leichhardt Rowing Club's Corporate Challenge 2008, you receive eight training sessions over four weeks and one day of racing.

We provide the boats, the coach, breakfast each day, the regatta at the Sydney International Regatta Centre in Penrith, and the competition for you to race against.

All crews row in eights – eight rowers and one coxswain in each boat, and the crew can consist of rowing novices, former school rowers, a world champion or an Olympian.

Our training courses are structured to meet the needs of each company and each crew. Each crew has two training sessions a week for four weeks, so the crew learns to row and to race – building a winning team.

Starting from scratch, the crew can learn how to handle a boat, how to complete a stroke, how to complete a stroke in unison with seven other crew members, how to take a boat to the start of a race and from there to the finish and how to win that race. In short – as the crew trains, it is learning how to build a team.

The regatta component is the culmination of four weeks work by the team, and a lot of fun.

Sydney International Regatta Centre

The Corporate Challenge 2008 regatta will again be held at Sydney International Regatta Centre, a world-class regatta centre featuring a 9-lane course, 1000-seat grandstand, café and corporate hospitality areas. There is also space to erect hospitality tents on the banks of the course.

Benefits

What benefits of corporate rowing? The demonstrated benefits are team building and commitment, improved health, fitness and vitality, a sense of achievement and much entertainment – and you will see these benefits in a number of ways.

Team Building

Rowing is the ultimate team sport – all members of a crew must work together as a team to achieve any success. There is no individual in an eight boat – success on the boat depends on everyone.

As Henry Ford said: “Coming together is the beginning, keeping together is progress, working together is success.”

This encapsulates a strong work ethic and applies equally to rowing: an elucidation of the important ingredients for success.

Commitment

The rowing training regime demands commitment from each and every member of the crew. A rowing eight

will only work if all eight members and the coxswain are committed to the training sessions.

Health and Fitness

Rowing is the ideal fitness sport. It is low impact and low injury and the intense competition combines aerobic fitness and whole of body strength. Our coaches will guide and advise you on your training needs for your rowing adventure.

Achievement

At the end of a corporate series, whether your crew wins or loses, all rowers and non-rowers have a high feeling of achievement. This is one of the reasons many of the corporate crews return to the corporate series.

Corporate and Customer Entertainment

Many corporations are now using corporate rowing as a way to entertain clients. What better way to bond with your clients that by working together in a team.