



### 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 made by each company, we will be happy to advise. 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, and training notes for the training and for the regatta.

### Training times

We offer flexible timing for the training sessions.

Each session will last for about 90 minutes.

#### Midweek:

Mornings 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:

Saturday and Sunday sessions offer three starting times, 6.00am, 7.30am and 9.00am. These sessions are also followed by a rowers' breakfast in the clubhouse.

### Rowing instruction

Our experienced coaches will give full rowing instruction for all crews during the Corporate Challenge 2010, and during the regatta itself (for some last minute racing advice).

### Dates

**Closing date for entries**  
23 July 2010

**Information morning at Leichhardt Rowing Club**  
7 August 2010

**Training**  
Week beginning  
14 August 2010

**Regatta day**  
12 September 2010

### Entry fees

<b>1 crew</b>	\$3950
<b>2 crews</b>	\$3700 each
<b>3 crews</b>	\$3450 each

### How to enter

For more information, please contact:

**Deanna Fekete**  
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e [corporate@lrc.com.au](mailto:corporate@lrc.com.au)

**Leichhardt Rowing Club**  
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*'Internally, you experience rowing as a graphic microcosm of life – solitude, learning, work, rest, nourishment, sharing and ultimately challenge.'*

**Allen Rosenberg**  
(former US National Rowing Coach)

## Leichhardt Rowing Club Corporate Challenge 2010

At the heart of a successful company is the commitment to supporting and developing its people.

The 2010 Corporate Challenge engages and strengthens internal culture – it's fun, challenging and rewarding.





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In 2010 Leichhardt Rowing Club is looking forward to hosting its 15th Corporate Challenge which culminates in the regatta at the Sydney International Regatta Centre. All crews compete on the Olympic course for the LRC Corporate Championship Cup, LRC Plate and industry cups (Banking and Finance, Construction and Property, Lawyers, and General Industry).

The growing popularity of corporate rowing reflects the benefits that it offers.

Although LRC promotes this annual event as a means of funding our successful Youth Development rowing program, we are focused on the benefits this program offers our corporate participants.

Rowing is a sport that builds the body, the mind and the team, giving each participant the satisfaction of not only completing a challenge, but completing it successfully.

### 2009 Participants

- Abigroup (2 crews)
- Cemex
- Commonwealth Bank of Australia
- Henry Davis York
- Hunt & Hunt
- Cancer Council Australia
- Maritime NSW
- Palin Podiatry
- Pricewaterhouse Coopers
- Pymble Ladies College (2 crews)
- Sparke Helmore
- TIDC (2 crews)

### 2009 Winners

- Corporate Championship**  
PricewaterhouseCoopers
- LRC Plate**  
TIDC
- Finance and Accounting**  
Pricewaterhouse Coopers
- Construction and Property**  
Abigroup
- Lawyers**  
Sparke Helmore
- General Industry**  
Palin Podiatry

The Corporate Challenge has two parts. The first is the training component, an essential element that leads to second part, the regatta.

All entrants in Leichhardt Rowing Club's Corporate Challenge 2010 receive eight training sessions spread 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. The crew can include 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, each crew member learns 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 be a team.

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

### Sydney International Regatta Centre

The Corporate Challenge 2010 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 are the benefits of corporate rowing?

The demonstrated benefits are: better team building and commitment; improved health, fitness and vitality; a sense of achievement; and much entertainment. 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 – success in the boat depends on everyone.

The important ingredients for success, such as a strong work ethic, were encapsulated by Henry Ford when he said, 'Coming together is the beginning, keeping together is progress, working together is success'.

These ingredients apply equally to rowing.

#### 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, all rowers and non-rowers have a high feeling of achievement whether their crew wins or loses. This is one of the reasons why 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?