



Crews

Each nine member crew of eight rowers and one cox will train together and compete against other crews. We are happy to advise on crew combinations, and 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 2011, and during the regatta itself (for some last minute racing advice).

I don't care if your form is perfect. If you're not adjusting to the rest of the team, you're useless to us.

Dates

Closing date for entries
Friday 22 July 2011

Information morning at Leichhardt Rowing Club
Saturday 6 August 2011

Training
Week beginning
13 August 2011

Regatta day
11 September 2011

Entry fees

1 crew	\$3950
2 crews	\$3700 each
3 crews	\$3450 each

How to enter

For more information, please contact:

Deanna Fekete
m 0405 508 623

Tim Clare
t 02 9420 8266
m 0417 424 370

e corporate@lrc.com.au

Part crew only?

We can help you form a crew.

Leichhardt Rowing Club
Foot of Glover Street
Leichhardt NSW 2040
www.lrc.com.au



In rowing, as in life, there are competitors and there are racers. The competitor works hard and rows to his limit. The racer does not think of limits, only the race.

Jim Dietz
US Olympic and national coach

Leichhardt Rowing Club

Corporate Challenge 2011

- row on spectacular Sydney Harbour
- race on Sydney's own Olympic rowing course
- rise to the challenge
- join in the fun, it's for everyone!





In 2011 Leichhardt Rowing Club is looking forward to hosting its 16th 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 the 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 the development of our juniors, we are focused on the benefits this program offers each and every participant.

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.

2010 Participants

Brookfield Multiplex
Henry Davis York
Hunt and Hunt
John Reed Group
Mosman/Leichhardt Affiliated Group
NSW Maritime
Phil Hartshorne Group
Pymble Ladies College Group
Spark Helmore
Transport Construction Authority

2010 Winners

Corporate Championship
Henry Davis York

LRC Plate
NSW Maritime

Construction and Property
Brookfield Multiplex

Lawyers
Henry Davis York

General Industry
Pymble Ladies College Group

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 2011 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 participant

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 2011 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 regardless of whether their crew wins or loses. This feeling of achievement is one of the reasons why many of the corporate crews return to the corporate series.

Team event participation

Team event participation is a great way to bring your work groups together – having fun in a challenging and rewarding true team sport.

It's that easy!