



Corporate Challenge 2011

Ready to Race? Attention...Row!

You've done the training, you've eaten the breakfasts, you've rowed all eight together in a straight line. You're ready to race! Our coaches have poured their enthusiasm and expertise into getting every crew up to its full potential. In this final newsletter before race day, we've given them the opportunity to say a few last words to take with you into the Regatta on Sunday. Good Luck and Thank You for being part of the Leichhardt Corporate Challenge.



Dean Patterson: the boys have been heard to say we have been too soft on them in past years. After 500m x 6 and much yelling from the tinnie, I hope they are satisfied now. A crew with experience showing good length and boat speed, I expect HUGE things from them on race day...no pressure though! Good luck and eyes in the boat.

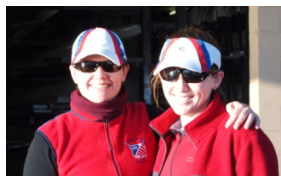


David Hogan: I encourage those novices wrestling with a python in the bow to gain composure and swing along with the steady and committed old hands in the stern. This is our chance to put the practice into practice—there's no other way of putting it.

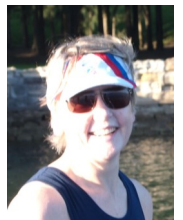
Steve Duff: Hope you enjoy the day. You're a great group of people. Push the legs and have fun!

Bec Storen & Jane Hutchison:

"HDY has been competing in Leichhardt's corporate regatta for a number of years now and have even managed to win both their industry category and the overall regatta, so they should know what this competition is really about: crabs; blisters; early mornings, trash talk and the occasional wash which gets you soaking wet, oh and having some fun while going through all of that. Given that we have been focusing on the same things for the last month, I think that they are (or should be) aware that they need to remember to **stay in time, think about hand heights, keep their eyes in their own boat** and most importantly get out there and **have a great time** - good luck for Sunday!"

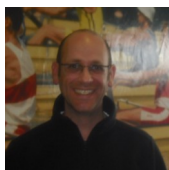


Anne Parbury: Do it with purpose.



Tim Tindale: Be patient, endure to the end and the day will be yours. Let the biggest mistakes be theirs.

Manju Muthucumarana: Keep your heads about you and remember to slow the last half of the slide. If you do that, you're ready to go.

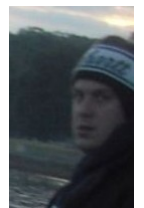


Guy Elron: The big day at SIRC looms and our preparations have been measured. As it's now time to race, my advice to you is to ignore your opposition and row your own race as a cohesive crew. Above all, get out there and enjoy yourselves. All the very best, Guy.



Matthew Campbell:

To the footstretcher-challenged crew: You're a great bunch of people, but I'm still not convinced you've been working hard enough on those jump squats and stair running in the office! Race well, have fun!



"The most significant message I can convey to the rowing athlete is: Just row the race. Think about the process. Don't dwell on the result until it's history" Larry Gluckman, Varsity Heavyweight Coach, Princeton

REGATTA DAY IS SUNDAY, 11 SEPTEMBER AT THE SYDNEY INTERNATIONAL REGATTA CENTRE, PENRITH
Racing starts at 8.30am. Aim to arrive at least 45 minutes before your first race. The boats will be in front of the grandstand. All races are 500m in length and all crews are handicapped. Each crew will race in 2 heats with points determining the positional rankings for the Industry Finals and the LRC Corporate Challenge Plate. Each crew will race in their Industry Final. The Winner of each of the 3 Divisions will compete in the LRC Corporate Championship Cup. The 5 next highest point scorers across the heats will compete for the LRC Corporate Plate. Following the last race, there will be the **Regatta Presentation Ceremony** from the Olympic presentation dais in front of the grandstand.
It should be a great day. See you there!

