



Credits  
4,5,7  
Bruce Aitken  
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. 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 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 give full rowing instruction for all crews during the Corporate Challenge 2009, and during the regatta itself for some last minute racing advice.

### Dates

**Closing date for entries**  
31 July 2009

**Information morning at Leichhardt Rowing Club**  
15 August 2009

**Training**  
Week beginning  
22 August 2009

**Regatta day**  
20 September 2009

### 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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**Tim Clare**  
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2009 has given corporations the challenge of improving team effectiveness and leadership. We help deliver the strategies to meet the challenge, because the positive culture of the LRC Corporate Challenge provides the opportunity to create bridges to success.

## Leichhardt Rowing Club

# Corporate Challenge 2009

The LRC Corporate Challenge continues to grow and create success.

In 2009, improving team effectiveness and leadership is more important than ever.





In 2009 LRC is looking forward to hosting its 13th Corporate Challenge which culminates in the regatta at the Sydney International Regatta Centre. All crews compete on the Olympic course for the industry cups (Banking and Finance, Construction and Property, Lawyers, and General Industry), the LRC Corporate Championship Cup, and the LRC Plate.

Corporate rowing is becoming more popular, 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, we are focused on the benefits this program offer our customers – the corporate participants.

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

**2008 Participants**

- Abigroup, Blake Dawson, Boral, Bovis Lend Lease, Cemex, Clayton Utz, Henry Davis York, Hunts, Kings Engineering, Macquarie Bank, National Breast Cancer Foundation, Palin Podiatry, Sparke Helmore, Sydney Breast Clinic, TIDC

**2008 Winners**

- Corporate Championship**  
Kings Engineering
- LRC Plate**  
Blake Dawson
- Finance and Accounting**  
Macquarie Bank
- Construction and Property**  
Bovis Lend Lease
- Lawyers**  
Sparke Helmore
- General Industry**  
Kings Engineering

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

As an entrant in the Leichhardt Rowing Club's Corporate Challenge 2009, you will 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, 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 build 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 2009 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?