

Corporate Challenge 2008

Check out the Competition



HDY-oar-kers glide into the pontoon, with coach Briony Cole in the foreground, on a perfect rowing morning on Tuesday.



Just six of the Transport Infrastructure Development Corporation crew "Off the Rails" took to the water early this week with coach Dean Patterson.



The "HDwhy are we doing this" crew work through the elements of the stroke on the water with coach Tim Tindale.



This Transport Infrastructure Development Corporation crew rows the "Steve Jaques" into the pontoon, coached by the man himself—Steve Jaques.



The Boral crew brings in the eight after a training session with coach Tim Clare, with long-time LRC rower John Woollett, rowing in 4 seat.



Coach Rod Richardson ponders the next move for his Clayton Utz crew. Particularly elusive and the last crew to be photographed, could they be the surprise package at the Regatta?

This week started out with ideal rowing weather with sparkling calm water and brilliant blue skies—the perfect time to photograph the final six of our 21 Corporate crews in their training and race preparation.



We've received a complaint from Lend Lease crew the "Use to-Bees", who objected to being called "the second crew (on the water)" in an earlier newsletter. They consider themselves "the first crew". So we're giving them another mention. Not because of their impressive race piece on Tuesday morning when they sped past the pontoon showing some nice power and speed (under the guidance of coach Steve Roll), but because they claim they can still get into their zooties after 10 years off the water. Hmmm....

Ask the Experts: Race Strategy

In the next week or so, most of the crews will be working on race starts, thinking about race plans and rowing a couple of practice races. So, as everyone's mind starts to focus on the Regatta next weekend, we thought it would be useful to talk to one of our most successful coxswains, multi-award winner Sam Wayland, to find out his tips for Race Strategy.

A race over 500 metres should be considered a sprint. Regardless of race distance, oxygen debt and lactic acid pain will kick in at about 200m or after about the first minute. At this point, focus on your stroke, breathe, stay solid and, after regaining from oxygen debt, then race harder.

For 'inexperienced' rowers, I'd advise taking the first 6-7 strokes steadily to set the boat up, i.e. to take it from stationary to momentum, and let the crew get their timing together. From the seventh stroke, then work the legs and arms really hard and work hard every stroke until the boat is over the finish line.

Rowers: Don't look out of the boat. Have the coxswain keep the crew informed as to how you are placed relative to the other crews. The coxswain needs also to advise distance remaining at logical intervals – in a 500m race, I'd suggest you call it at halfway (the 250m point on the side of the course) and twenty strokes from the finish. At twenty strokes remaining, increase the rating by 2-3 strokes per min, and with ten strokes remaining, increase it again.

Coxswains: remember that the shortest distance between two points is a straight line. Pick a central point down the lane, stay clear of the buoys and steer with small movements to retain balance in the boat.

Keep your head up at all times, focus on timing above all, and the crew which makes the least errors will probably win.



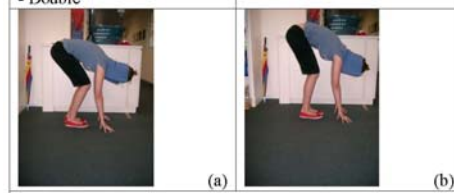


Excellent advice from Sam. Another couple of things to keep in mind: all the crew should know and understand the race plan. If you don't, or are a bit unsure, ask the coach to run through it with you again. Also, put in place an action plan for unexpected eventualities e.g if the cox box isn't working (it happens!), who's got a "big voice" to call the race? If someone catches a crab or has equipment failure, will you row through or stop and fix up? Happy Racing!



This Transport Infrastructure Development Corporation crew tells us who they are.

Why are we doing this?

As we progress through the weeks of rowing training, some of you may be feeling aches and pains in muscles you don't usually use. This can be alleviated by stretching before you go on the water. The following rowing-specific stretches come from the NSWIS website courtesy of Kingsley Gibson of the Sydney Sport Medicine Centre. Note: the bag over the head is not required for the stretches to be effective!

<p>1. Thoracic Extension</p> 	<p>Start on all fours</p>	<p>Slide hands forward whilst dropping chest towards floor</p>	<p>Rock hips back towards heels whilst keeping hands in original position and hold for 1 minute</p>
<p>2. Thoracic Rotation</p>		<p>Place right foot against wall and left foot slightly to the rear of right. Keep pelvis facing the front and rotate upper body to the right, pushing right hand into wall. Hold for 40 sec then repeat for other side.</p>	
<p>- Double</p>		<p>Stand with feet slightly apart and fingers touching the floor (a). Attempt to straighten legs (b). Hold position for 30 sec and repeat twice</p>	
<p>5. Hip Flexor Stretch</p>		<p>Position yourself as in picture. Rotate pelvis back. Move hips and left knee forward until you feel a stretch in right thigh. Hold for 1 min. Repeat on other side</p>	
<p>6. Gluteal Activation</p>		<p>Sit with feet against wall and knees slightly bent. Gently push feet into wall by activating gluteal muscles. Use thumb to make sure hip flexors do not switch on. Do 20 x 3 sec pushes</p>	

Tell Us About Yourself!

We've got some of the crew names and most of the Rower Status forms and crew lists, but we also need a blurb about yourselves to include in the Regatta program. Our commentator will also use this to provide a bit of information about the crews as they row up to the start and line up for racing. As this is a fun, family and friends event, we'd like you to get a bit imaginative and include something we don't know about you! Nicknames, experiences during the weeks of training, classic comments, anything along those lines would be great. Deanna will be emailing you an outline of the program so you can see the amount of information that's required. We also need you to confirm the names of all your crew so we spell them right (and including any substitutes, of course) and email them along with the Rower Status Form and Crew name (if you haven't sent it in already) to Deanna by early in the week.