



Corporate Challenge 2009

A Wild & Windy Welcome to our Corporate Rowers



The Price Waterhouse Coopers crew gets ready to start training with coaches Belinda Brigham, Daniella Borgert and Kara Coleman.



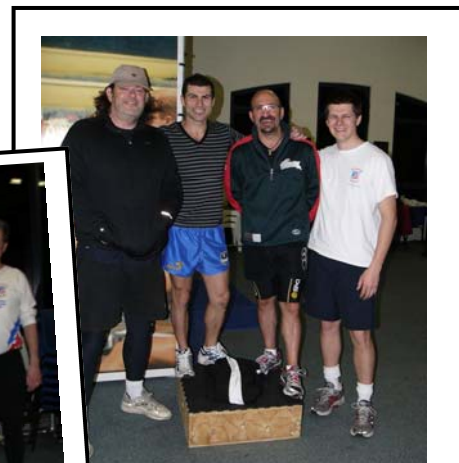
The CBA crew takes over the weights room to train with coaches Steve Duff and Charmaine Wells. It's great to see crews combining new faces with some of LRC's "old hands".



The Abigroup ladies crew go through the elements of the stroke on the ergometer with coach Dean Patterson.



Coach Roger Graham takes The Podiatrists crew through their paces on the ergometers on a perfect Sunday morning. After an initial training session, they were the first crew to get out on the water this week..



Representatives from Abigroup's mens crew practice their podium poses as part of their regatta training, with coach Scott Patterson.



Welcome back to the HDY crew, whose training is once again in the capable hands of coaches Rebecca Storen and Zoe Thomas (centre)

Welcome to the 2009 Leichhardt Rowing Club Corporate Challenge newsletter. We have 14 crews competing in this year's Challenge and we're looking forward to 4 weeks of full-on training and a great regatta on Sunday, 20 September. We welcome back a number of organisations who have competed before and thank your for your continued support. It's great to see a mixture of familiar and new faces and a wide span of ages in crews rowing together. At LRC, we have rowers ranging from 13 to 75 years old, so it's (almost) never too young to start or too old to keep on rowing! Gale force winds stopped crews from taking to the water on Tuesday, but all put on a cheerful face as they undertook their first rowing session on the ergometers and posed for the cameras. For those crews we haven't caught up with yet, our roving photographer will be out and about during the week, so we'll catch you on the pontoon or on the water and feature you next week.

Keeping You and the Boats Safe

If you've never rowed before, you may be surprised how big and heavy the boats and oars are and how difficult it is to manoeuvre them around the shed and pontoon. Because you are dealing with heavy (and expensive) equipment, it's especially important to work as a team, listen to calls from coxes and coaches and lift and lower the boat carefully to protect yourself and the boats from damage.



Put the boat on the water with the **STROKE** making the calls and the **COX** watching the bow and stern of the boat.

Carrying the boat at shoulder height

Commands for carrying the boat

- Hands on
- From the rack, lift
- Shoulder height, lift
- Waist height, lower
- Head high toss, bow/stroke underside
- Feel for the edge
- Lower

Coxing Calls

A short guide to some of the more common coxing calls to assist rowers and corporate coxes.

Strokeside: Seats 8 (**stroke**), 6, 4 and 2

Bowside: Seats 7, 5, 3 and 1 (**bow**)

Check the Boat: square all oars to stop the run on the boat

Back checks: the finish position with legs down, back upright/slightly back and hands into the body

Tap: take short strokes using only your arms— no body movement or slide—in time with stroke

Outside hand: the hand at the end of the oar

Inside hand: the hand nearest the water

Square blade: row with the oar blade perpendicular to the water

Feather: turn the blade with the inside hand to make it parallel to the water

How's it Going?

Our roving reporter and photographer will be out and about over the next few weeks taking photos and catching up with you during your training sessions, but we'd also love to hear from you. Please email pictures, quotes, questions, suggestions etc to virginia@vanewyk.com.au or call on 9555 7256.

Getting on the Water

- Getting in and out of the boat incorrectly can damage the boat. It's important that you don't step onto the bottom of **the boat as it's not made to take the full weight of the rower**. Step only onto the foot plate (usually shown by a black patch in front of the slides) and then ease yourself down onto the seat.
- Bow side place their oars in the gates and hold the boat. (Hold the riggers with your hands rather than standing on them as this can cause undue stress on the riggers and the boat.)
- Stroke side then steps in together while bow side is holding the boat.
- Bow side then gets into the boat together and carefully sits down.
- Secure all oars in the gates.
- The boat is ready to push away from the pontoon using your feet - avoid using the oars to push away from the pontoon as this damages the oars.

Principles behind Rowing

From LRC's Head Coach, Stani Slavova

Rowing is one of the oldest sports and carries strong traditions. Over the years certain values and characteristics have become connected with rowing, which rowers protect and reinforce. These characteristics and values which should inspire all activities and decisions are:

- *Individual development: acquire a personal experience of discipline and determination*
- *Team Spirit*
- *Commitment*
- *Excellence*
- *Respect*
- *Integrity*
- *Sense of fair play*

By applying these principles in all circumstances, rowers become independent and responsible individuals, prepared to face the realities of life and willing to share the values gained with others.