



Corporate Challenge 2009

Issue 2

Postcards from the Pontoon



The Cemex crew, with coach Andrew Morrell, includes LRC's Rexes crew member Graeme Reid and their own cox.



The Hunts crew takes off from the pontoon with coach David Rosenfeld in the cox's seat.



One of our two TIDC crews gets ready to go out on the water on Wednesday morning with coach David Bodell, pictured carrying out a running repair on the eight.



Our other TIDC crew fixes their feet in readiness to take to the water on Wednesday morning with coach Richard Stanistreet.



Rowing at twilight on Monday, the Hunts crew gained an insight into why rowers prefer to go out at dawn—the rising afternoon wind often makes for a bumpy evening row!



Welcome to new entrant to the Corporate Challenge, NSW Maritime. This crew decided not to brave the choppy water on Monday, instead opting for a run-through on the mechanics of the eight and an erg session with coach Christian Fitzsimon.

Continuing windy conditions and a cooler change made for a chilly start to the second week of the Corporate Challenge, but crews and coaches battled on and all the crews have now had at least one session on the water. Those who are not used to rowers' early morning starts were looking a little stunned at 5am, while others who took to the water in choppy seas after work could understand our preference for the calmer early morning water. We managed to photograph a further 5 crews this week, and will continue to pursue the remaining crews to picture in next week's newsletter. For novice rowers, we hope you're enjoying your first taste of the sport, and for returning rowers, it's great to have you back in the Corporate Challenge. We hope you're enjoying the opportunity to get to know your teammates a little better through working with them in the boat, are developing your rowing skills and, of course, are looking forward to racing!

Discovering muscles you didn't know you had?

Rowing is recognised as one of the best forms of exercise because it is low impact and works a wide range of muscles. If you haven't rowed before or even if you have, you're probably discovering some "new" muscles after your first ergometer and on-water sessions. To help reduce the risk of injury, it's important to warm up, warm down and stretch before and after a rowing session. Here are some tips. :

Dynamic warm up

A dynamic warm up is a sequence of actions that systematically loosen your body. For rowing, it should enable you to perform the full motion of the rowing stroke and leave you feeling ready for action. You should have at least 5–10 min to perform these exercises before you start your rowing-specific warm-up for an ergometer or on water session. Dynamic exercises include:

- jogging: 1–2 mins
- walking lunges: 10–20 reps
- bodyweight squats: 50 reps
- heel flicks: 1–2 mins, and
- high knees: 1–2 min.

Your coach and cox will also take you through a dynamic, on-water warm up breaking down the elements of the stroke. By the end of the warm up your heart should be beating faster and you should feel warmer than when you began.

Warm down

A warm down should incorporate the main muscle groups used in the session. Taking them through a similar range of motions but at a gradually decreasing intensity, allowing the body to resume its regular heart beat and breathing. Stretching also helps reduce the risk of stiffness or injury.

Stretches

Exercises to help develop a muscles' flexibility should be incorporated into a cool down session or a stand alone flexibility session to help avoid injury.

Quadricep (front of thigh)

Hold the top of your left foot with right hand and gently pull heel toward buttocks. Repeat with other leg.



Calf

Stand close to a solid support, and lean on it with your forearms, head resting on hands. Bend one leg and place your foot on the ground in front of you, with the other leg straight behind. Slowly move your hips forward, keeping your lower back flat. Do not bounce.



Hip and groin

Place one leg forward, while the knee of the other leg is resting on the floor. Without changing the position of the knee on the floor or the forward leg, lower the front of your hip downward.



Hamstring

Sit down and straighten your left leg. The sole of your right foot should rest next to the inside of your straightened leg. Lean forward from your hips and reach toward your foot. Keep your left foot upright with the ankle and toes relaxed. Repeat with right leg.



Upper body

In a standing or sitting position, interlace your fingers. With your palms facing upward, push your arms slightly back and up.



Tricep (back of upper arm)

With your arms overhead, hold the elbow of one arm with the hand of your other arm. Gently pull the elbow behind your head. Do slowly. Stretch both arms.



Shoulder

Gently pull your elbow across your chest toward your opposite shoulder. Repeat with other elbow.



Don't Worry, Be Handicapped!

At the start of each year's Corporate Challenge, we often find novice crews becoming a little nervous as they see stronger, more experienced crews glide past them while they're still trying to master the stroke and row in time with each other. Don't Worry! The aim of the final Regatta is to have good competition in a fun environment. Our Master Handicapper, Tim Clare, takes into account levels of experience, male/female bias and other factors to ensure that crews are appropriately handicapped to encourage close and fair racing.