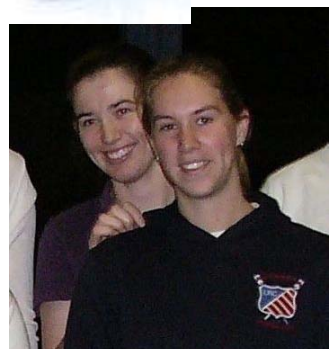
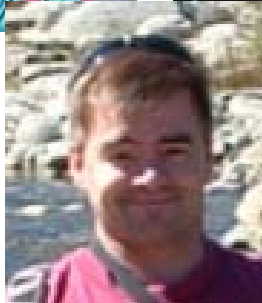




Corporate Challenge 2009 Issue 4

Row well...Race hard...Have fun!



You've done the training, mastered the strange and confusing exercises and equipment, discussed race strategy and, hopefully, are feeling fit, strong and ready to race. They've done their best, now it's up to you! Our thanks to your coaches: Rod Richardson, Steve Jaques, Dean Patterson, David Bodell; 2nd row: Charmaine Wells, Christiaan Fitzsimon, Jane Hutchison, Kara Coleman; 3rd row: Andrew Morrell, Richard Stanistreet, Steve Duff, Roger Graham, Tim Clare; Bottom row: Belinda Brigham, Scott Patterson, David Rosenfeld, Rebecca Storen and Zoe Thomas. They'll be cheering you all the way to the finish line.

Don't forget...Sunday is the big day. Racing starts at 8.30am and you should be there 45 minutes before your first race. It will take around an hour to drive from Sydney to the course at Penrith. Bring a change of clothes, food, drinks, families, friends, dogs, bikes. It's all in your Regatta Day Information Sheet. If you have company VIPs attending, they can get on the water with a Boat Race Official and follow your race down the course. Locate Deanna in the finish tower and she'll organise it or call her on 0405 508 623.

A Word from Your Coaches

The 7 C's have travelled the seven seas to get to the Corporate Regatta – all bar one having never stepped into a rowing boat before. The 7 C's are definitely the dark horse in this regatta. The crew has come together and responded well in the face of adversity. They've put in a lot of effort and I'm very proud of how far they've come in just 4 weeks. Now, they just need to focus on putting the blades in the water, preferably at the same time! To the other crews all we can say is... watch out (literally)! - Jane Hutchison

Words of wisdom . . . hand heights and timing. Very 'basic' instructions but something that everyone, corporate or otherwise, struggle with —Bec Storen

Dear Low Raters. It is with much delight that we all look forward to getting together with the final crew for the first time on the day of the regatta. Once we have worked out the seats, we will go straight to some last minute videos and go over our strategy on a white board. I feel good about this one. It's time for all your hard work to pay off. Let's show those other financial institutions we want to take some of their market share. I have asked Charmaine to eat into their profit margins by reducing their lane width, give them less room to move. Let's go for GOLD. It matches our corporate image! I'll see you after the regatta to talk about my home loan rate instead of your rowing rate—Steve Duff

TIDC was fun to work with, if not a LITTLE mismatched, but everybody enjoyed themselves, except for the early mornings—Rod Richardson

Now that they have mastered which way is forward, the Flying Foxs have really taken flight. A committed crew of now supreme athletes—watch them swoop from the clouds. Lets go for it girls and smack the Abi boys bums. Nothing else matters! - Dean Patterson

First on the water and last off during training sessions, stroke Steve and cox Grahame rule with an iron fist ! Hard physical training sessions resulted in loss of productivity during the day!!! - Dave Bodell

If you do nothing else just STAY IN TIME!!! Enjoy the day and enjoy the fact that you will be forced to hang around most of the time just waiting your turn to take to the water. This "forced" period of doing nothing is very good for your body and soul and very relaxing—David Rosenfeld

Thank You!

As we approach the finale of the 2009 LRC Corporate Challenge, it is time to reflect of the significance of the event. In hosting the Corporate Challenge each year, LRC welcomes and thanks the companies who contribute to the success of the event. Rowing in Australia has a long and illustrious history. Over the decades, rowing has been a sport that welcomes participants at all levels. Australia's earliest World Champions from the 19th Century have been rowers. This legacy remains today, as Australia continues to excel on the world stage as one of the leading nations in the sport.

Success in any sport at an international level requires significant support to achieve goals, and rowing is no exception. Leichhardt Rowing Club's ambitions vary from most clubs by combining the goals of elite participation balanced with maintaining a focus on being a community-based club. At a community level, LRC is the largest rowing club in Australia. This is achieved from our position of embracing competitive crews at all levels to participate in the club. To this end, LRC continues as the most competitive club in the state, again winning the State Premiership in 2009.

Our ongoing goal is to provide a development platform to launch future Olympic and World champions. To achieve this goal as a community club requires significant investment to provide the necessary coaching and equipment resources.

Our past goals from Corporate regattas have been to provide the club infrastructure required to maintain a large organisation – we are pleased that the legacy of past corporate regattas will result in our new super pontoon being installed immediately after this year's Corporate Challenge.

The legacy of this years' Corporate Challenge will be to assist with providing the coaching support for future generations of champions. We hope that all of our participants in this years Corporate Challenge will appreciate the future legacy they are providing.

We also hope that each participating crew will appreciate the experience we have provided—an experience that delivers an understanding of the commitment and team effort required to be a champion—and that you can take this experience into your work place. We thank you for your participation in 2009 and look forward to your continued support in future years.

Tim Clare

President – Leichhardt Rowing Club