

**STAR
BOATING
CLUB**

CORPORATE ROWING CHALLENGE

The ultimate teambuilding activity
MAY - AUGUST 2012



CORPORATE CREWS

Crews are made up of four rowers and one cox (A cox is the small person who steers the boat and motivates) or contact us to be matched with other small organisations or individuals.

CHALLENGE INCLUDES

Pre-boat fitness training, circuits sessions, indoor rowing competitions, coaching, boats/oars/equipment, optional training camp, final regatta and prizegiving.

KEY DATES

Thursday 10, 17 May 5:30pm : Introduction and circuit training session
30 May : Team registration deadline
4 August : Corporate Regatta

Find out more by contacting
STAR BOATING CLUB
Getting Wellingtonians on the water since 1866

We are located in the Boatshed on the lagoon,
Wellington waterfront

www.starboatingclub.com
corporate@starboatingclub.com



Star Boating Club
is the northern
rowing shed