

CORPORATE ROWING CHALLENGE

The ultimate teambuilding activity



**STAR
BOATING
CLUB**

WHY ROWING?

The corporate rowing challenge runs for 3 months, giving you a chance to get fit, and try the sport in a structured program with excellent coaching.

This is a business team challenge ideal for :

- building teamwork
- encouraging colleague support
- developing a team focus and commitment
- fostering and boosting personal health and fitness
- creating motivation and enthusiasm
- providing fun and enjoyment
- networking within the business community



ENTERING A CREW

Crews can enter until the end of May by seeking commitment from their sponsoring organisation. Crews ideally consist of 5 members, 4 rowers and a coxswain, but crews with 4-6 members will be accommodated.

We also welcome groups of individuals who want to fundraise or pay for their own entry.

Smaller Organisations

Smaller organisations can make up a composite crew made up of two (or more) companies working together to make up the numbers. Where necessary we will help co-ordinate crews.

Crew Restrictions

No more than one experienced rower is allowed in any crew. By 'experienced' we mean anyone who has competed in at least one rowing race at any NZ Rowing Association event or other countries equivalent. Rowers with only previous "Corporate Rowing" experience are not classified as 'experienced' and can participate.

The Mixed Four crews can have no more than two male rowers. Individuals may participate in more than one of these events provided that no crew exceeds the "one experienced rower" rule outlined above. The overall final includes all categories, so if two crews make the final with a conflict of rowers a decision must be made as to which boat will proceed.

Coxswains

The role of the coxswain is to steer the boat and to provide information and encouragement to the rowers as they train and race. It is preferable to have a smaller person in this role. Corporate crews may prefer to have five rowers and rotate the coxswain's duties.



EVENT TIMELINE

Thursday 10 May	Pre-boat fitness training starts
10 May till August	Regular coached training sessions: Every Tuesday 5:30pm - Training session Every Thursday 5.30pm - Circuit session
31 May	Confirm entries
30 June	Corporate fees due
6-8 July	Optional Whanganui Training Camp
1 August	6pm 2km Indoor rowing races
4 August	Final Regatta 7:30pm Prizegiving

INDOOR ROWING COMPETITION

A team event will be held at 6pm Wednesday August 1, at Four Kings. Crews will race a 2km relay as fast as possible with awards for the fastest Women's, Men's and Mixed crews. This competition is as much about team work and strategy as it is about brute strength and fitness.

THE REGATTA

Race	Category	Distance
1	Women's 4+	1000 metres
2	Men's 4+	1000 metres
3	Mixed 4+	1000 metres
4	Women's Repechage	1000 metres
5	Men's Repechage	1000 metres
6	Mixed Repechage	1000 metres
7	Overall Final	1000 metres
8	Lotto 8's	1000 metres

The Overall Final will consist of the winners of races 1-6 with time handicaps to ensure an exciting race.

The Mixed 8's is a fun non-trophy event at the end of the regatta.

The location of the regatta will depend on the wind conditions. When the wind is northerly racing will be held at the Petone foreshore.

THE TRAINING PROGRAM

The training program will involve approximately three sessions a week usually lasting for 1-2 hours and vary depending on crew enthusiasm and availability. There will be some group sessions with other crews, and on the water training specific to your crew.

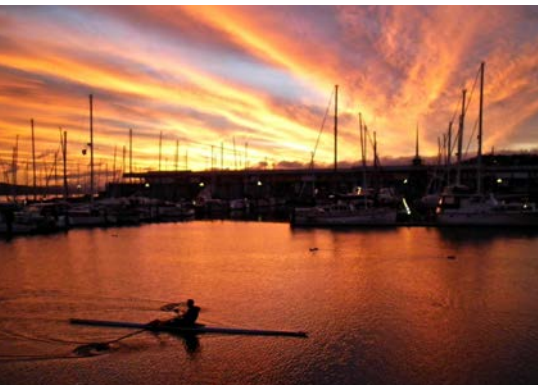
Pre-boat fitness training

Before getting on the water in a boat, it is valuable to do some off-water fitness training. This gets your muscles ready for the rowing motion, aiding technique and fitness. Land training will take the form of sessions on the rowing machine (ERGs), at 5.30pm on Tuesday and circuit training at 5:30pm Thursdays at Star Boating Club.

On the water training

The Club will provide rowing skiffs, oars, a coach and coaching boat to accompany crews on the water. On the water training will be on weekends or mornings. Morning sessions will finish by 8am. As the race gets closer, you may want to do two sessions over the weekend.

It will be up to each crew to plan training times with their coach.



COSTS OF PARTICIPATION

\$1380 per crew (\$1200 plus GST)

For this entry fee, your crew will receive:

- Pre-boat fitness training.
- Personal coaching from club coaches.
- Use of rowing equipment and club training facilities including boats, oars, life-jackets and safety equipment (lights etc), weights, lots of ergs (rowing machines), changing rooms with hot showers.
- Race day regatta entry and organisation.
- Fuel and running costs for coaching boats and truck to camp and regatta.
- Prize-giving to celebrate your achievements .
- Crew naming rights.
- \$150 off annual subs at Star Boating Club if you decide to continue rowing.

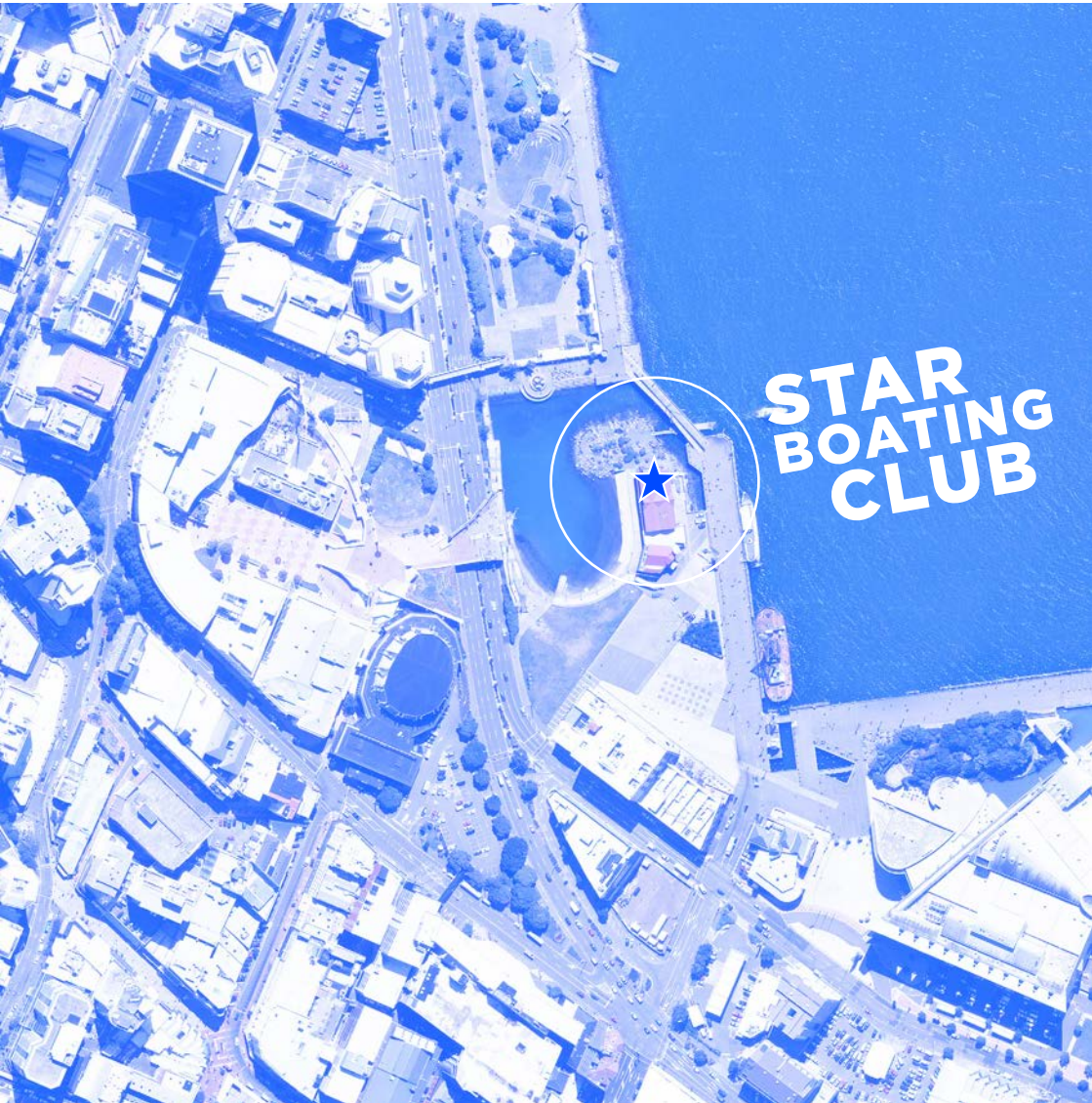
Additional costs of the optional training camp in Whanganui include - own travel, costs of accommodation and food must be met by those rowers choosing to attend the training camp.



FACILITIES AND LOCATION

Star Boating Club is located downstairs in the Boatshed on the Frank Kitts lagoon. All land based training, and rowing sessions will be from here.

There is also a rowing shed in Petone which we may row from, particularly during northerly winds. To get there take the Petone off-ramp from Hutt Road, take the second exit from the roundabout to the esplanade then the first right, follow the road around to your right until you come to a green shed.



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

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Star Boating Club is
the northern
rowing shed