



# COMMUNITY CORPORATE ROWING CHALLENGE 2011

## April 15 to June 4

*Exceptional business exposure!*

*A fun and healthy team building activity!*

*No experience necessary!*

*Canada's most successful Olympic Sport!*

### INSTRUCTIONAL PERIOD: APRIL 15 TO JUNE 2

The *Community Corporate Rowing Challenge* is a 7-week rowing program for businesses, groups and clubs. Each crew practices twice per week. Teams will learn basic boat handling, rowing and racing skills. No experience is necessary!

### Practice Location

**John M.S. Lecky Boathouse (Middle Arm of the Fraser River)**  
7277 River Road

### Practice Schedules

#### John M.S. Lecky Boathouse

**A.** Mon & Wed, 5:30 - 7 pm   **B.** Mon & Wed, 7 - 8:30 pm  
**C.** Tue & Thu, 5:30 - 7 pm   **D.** Tue & Thu, 7 - 8:30 pm  
**E.** Fri 5:30 - 7 pm & Sun, 12 - 1:30 pm

**Create your own schedule:** If you would like to row outside the times listed, it can be arranged! We will do our best to meet your needs!

### CHAMPIONSHIP REGATTA – SATURDAY, JUNE 4

The Championship Regatta is where crews will put their skills to the test in a friendly and exciting competition. Crews are guaranteed two races (weather permitting).



### TEAM SIZES

**Eights:** Sweep rowing (one oar each)

A team of 10 participants consisting of 8 rowers, 1 coxswain (steers the boat) and an alternate.

**Quads:** Sculling (2 oars each)

A team of 5 participants consisting of 4 rowers and an alternate. Quads do not have coxswains, steering is achieved by pulling harder on one oar!

### CATEGORIES

**Challenger:** A category for those new to the sport. At least 8 of 10 team members in the Eight and 4 of 5 team members in the Quad must be novices.

**Defender:** Open to experienced rowers in your organization.

### REGISTRATION FEES

**Quad** \$1220+HST **Eight** \$2125+HST

### REGISTRATION FEES INCLUDE:

- 7 weeks of rowing, twice weekly (weather permitting).
- Coaching for each crew
- All rowing and safety equipment
- Championship Regatta entry
- Liability Insurance

### NOTES AND HELPFUL HINTS

- We suggest teams of 5 for Quads and 10 for Eights, to allow crew flexibility.
- Team members should work for, or be a member of a club/organization. Spouses are eligible!
- For racing, Eights must have a minimum of 2 women, Quads minimum 1 woman.
- All participants must have basic swimming skills and sign a waiver.
- Coxswains should be small, have a strong voice and like issuing orders!

### How to Register!

**Phone:** Call The John M.S. Lecky Boathouse at 604-247-2627 (9am-4pm, Mon. to Fri.) with VISA or MasterCard payment and selected training time, or

**Fax:** Fax registration form, with training time and Visa/MC number filled out, to 604-303-7399, or

**Email:** Email registration form to [Sabrina@hudsondevelopment.ca](mailto:Sabrina@hudsondevelopment.ca) with training time and Visa/MC number.

**P 778-987-7921**

**E [sabrina@hudsondevelopment.ca](mailto:sabrina@hudsondevelopment.ca)**