

CANBERRA ROWING CLUB

CORPORATE ROWING PROGRAM

2019



**CANBERRA
ROWING CLUB**

"... Remember the feel of the oar in your hand, the swing, the perfect catch, the pull, the drive and the run of the boat beneath you. But most importantly, never forget that the glory is not in you or any individual. Instead, remember that the glory is always in the team."

— Joe Blasko, Novice Coach, Saint Ignatius HS (Cleveland) 1996-97

CANBERRA ROWING CLUB

CORPORATE ROWING PROGRAM 2019

GET YOUR
CREW OF EIGHT
TOGETHER
TODAY!

Our Corporate Rowing Program is now in its 17th year of creating fun, team-building experiences for organisations of all sizes across Canberra.

Our Program provides your team with the opportunity to learn together, train and work together over a five-week period.

Participation in the Program will:

- Build co-operation and teamwork
- Enhance personal connection outside the work environment
- Provide a low impact, non-confrontational physical activity to increase wellbeing
- Be FUN!

PROGRAM INFORMATION

DATES

Sunday 27 October – Sunday 1 December 2019

TRAINING

Two or three training sessions a week. Training days will cater to the needs of your crew.

COACHING AND EQUIPMENT

All equipment is provided and each crew of eight will be supported by experienced Coaches and Coxswains.

GRADUATION REGATTA

Competition in the Corporate Rowing Regatta on Sunday 1 December for the CISCO Cup. Races are held at Yarramundi Reach on Lake Burley Griffin.

Racing will be followed by a celebratory lunch held at the Canberra Rowing Club.

Friends, families and colleagues are encouraged to come along and support from the shores of the and join participants for lunch.

COST PER CREW

\$4000 (includes a t-shirt for participants)

SIGN UP

canberrarowingclub.org.au/corporate-rowing

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