



# BALLARAT

## CORPORATE CHALLENGE CUP

### SATURDAY 21ST MAY 2016

## What's it all about?

The Ballarat Corporate Challenge is seeking nominations from groups, businesses, or individuals who want to get involved and enjoy themselves. No previous rowing experience is required, just join in and have fun. There are opportunities for men's, women's and mixed crews of all ages.

The aim of the Ballarat Corporate Challenge is to develop strong teams and build individual and team competitive focus. It is also about developing new skills, building relationships and enjoying a relaxed atmosphere for networking and meeting people across the Ballarat business community.

All you need to do is round up five people and you too can participate in the corporate event of the year.

Entry fee is just \$1,500 per team.

So get your team together, send in your registration and... **get ready to ROW!** The Ballarat Corporate Challenge season commences Sunday 17th April and concludes with the Ballarat Corporate Challenge Regatta Day on Saturday 21st May.

## What's in it for you?

The five week rowing program provides the opportunity for you and your group to enhance team-work and to advertise your business.

The program promotes exercise and fitness, and the opportunity to develop or enhance your rowing skills, in a fun environment.

The program culminates on Regatta Day which is a great day for the crews to demonstrate their skills and athletic prowess, and for supporters and families to enjoy the atmosphere of regatta day by Lake Wendouree.



## You get to

- ◆ Participate in groups of five (4 rowers, 1 cox... ideal for secretaries wanting to get their own back at their boss!)
- ◆ Race against other prominent business teams on Regatta day to claim the Corporate Rowing Trophy.
- ◆ Mid-training breakfast (Sunday 1st May) & awards function on Regatta Day (Saturday 21st May).
- ◆ Includes coaching, use of equipment, training shirt, mid training breakfast and BBQ and awards on regatta day.
- ◆ We provide boats, equipment and facilities for your team. This includes the coaching to improve the skills of novice and experienced crews. We can provide a coxswain if needed.
- ◆ Regatta staff will attend to all the coordination of crews and coaches for the training sessions so you are prepared for 'Regatta Day'.
- ◆ Ballarat Corporate Challenge Regatta training shirts are provided to all rowing participants.

## When, where and how?

The season will commence with an Orientation Day on Sunday 17th April at the Wendouree-Ballarat Rowing Club. Training sessions will be twice a week - one week-day and one weekend morning over a five week period leading up to the race day on Sunday 21<sup>st</sup> May. We offer flexible timing for the training sessions.



## Crews

On race day each crew will race in at least two events with the teams being handicapped so everyone gets a fair chance. Each crew is given a handicap according to its composition (novice, level of experience, male or female). In this way a crew of novices will receive a favourable handicap to make a race against a crew of experienced rowers more even, and an all-female crew will receive a favourable handicap when competing against an all-male crew.

## Rowing Instruction

Our experienced coaches will give full rowing instruction for all crews during the Corporate Challenge 2016, and during the Regatta itself (for some last minute racing advice).

## What we ask you to do?

Get together a crew of 5 people (4 rowers and a coxswain).

Fill out the Ballarat Corporate Challenge Cup registration form.

Feel free to arrange a 'crew uniform' to assist in having your crew stand out on race day.

**REGISTRATIONS OPEN NOW  
PLACES ARE LIMITED SO DON'T DELAY!**

