SOMERSET ROWING
CORPORATE CHALLENGE
2016

Learn to row, refine your skills, and be driven and motivated with your own team.

TRAINING FROM SATURDAY 8 OCTOBER | REGATTA SATURDAY 19 NOVEMBER
THE ULTIMATE
TEAM BUILDING EXPERIENCE

MORE THAN JUST A COMPETITION!

Learn to row, refine your skills, and be driven and motivated with your own team as you prepare for the Somerset Corporate Regatta.

Your company’s team will have the opportunity to experience the total body, low impact workout that rowing can provide while enjoying the pristine rowing conditions on the Olympic standard waterways in the heart of the Gold Coast.

Get together a team of four rowers and one coxswain to compete in Quad Sculls at the Somerset Rowing Corporate Challenge 2016.

You will prepare over a six week period under the guidance of World Rowing Championships Bronze medallist and Australian Team Rowing coach, Andrew Butler.

This ultimate team building experience will culminate in a Regatta and Presentation Dinner.

PROMOTE YOUR COMPANY

All participants will receive a Somerset Corporate Challenge t-shirt with your company logo on it.

There are also options for signage and displays at the Corporate Regatta and Dinner.

BUILD TEAMWORK AND CAMARADERIE WITH YOUR WORKFORCE OR CLIENTS

Learn how individual responsibility and teamwork can meld together to provide outstanding results.

Gain the commitment and invigoration of early morning rowing on the same hallowed waterways that produced multiple Olympic Gold Medals.
What’s Included?

The Experience Includes:

- Intensive half-day rowing induction and morning tea
- Two sessions per week for six weeks by trained coaches
- Corporate Regatta
- Presentation Dinner
- Somerset Rowing Corporate Challenge t-shirt

Learn to Row and Start Up Day
Saturday 8 and Sunday 9 October

Participation is recommended! Take part in an intensive half-day course to help you get started.

Learn how to respond to specific rowing commands, refresh your rowing knowledge and practice safe boat handling and manoeuvring.

No experience necessary, and morning tea will be provided on the day!

Training and Preparation

- Centrally located at the Somerset Rowing Shed at Bond University
- Two sessions per week for six weeks. Flexible training times available by arrangement.
- Preparation and technique from former Australian Team Coach and Rower, and Somerset Rowing Head Coach, Andrew Butler
- All coaches are accredited and experienced
- Opportunity to train with, and against, rival crews

Presentation Dinner at Somerset College

Relive Regatta glory, or simply enjoy the company of fellow rowers

The dinner will include the presentation of winners’ medals and trophy.

John Flynn Hospital has become a regular participant in the Somerset Corporate Regatta, with two crews in over the last couple of years. It is a rewarding experience, with early morning low-impact exercise, challenging technically but very entertaining amongst the crews and coaches, and probably the definition of a team-building experience in terms of the corporate advantage ...”

– Troy Kay, John Flynn Private Hospital
REGISTRATION

- Registrations are due by September 2016. Access the registration and payment forms below. Tax invoices will be supplied where required.
- Provide your company artwork in jpeg (300dpi) format so we can promote your business
- Numbers are limited!
- Individuals welcome
- Ask your Accounts Department about tax-deductibility

COST

- Payment is due with registration in order to secure your position in the Corporate Challenge
- $1,900 for a coxed Quad Scull (five people)
- $475 per individual (you will be allocated to a crew)

For registration, please click here.
For payment, please click here.

CALENDAR

September
9  Registration and Company Artwork Due

October
8 and 9  Start Up Day
10 to 12  Commence Training

November
16 to 18  Final Training Sessions
19  Regatta and Presentation Dinner

Tickets to the dinner may be purchased separately at a cost of $60.00 per person.

PAST PARTICIPANTS INCLUDE:

BDA Architecture, John Flynn Private Hospital, City Fertility Clinic, NAB Private Wealth, Pindara Private Hospital, The Mudgeeraba Foundation, McConnell Dowell Construction, Mudgeeraba Shopping Centre

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