



A Year for Rowing

It's Olympic year, and Team GB's successes are guaranteed to increase interest in the sport of rowing – so how about getting involved with a crew from your company?

Rowing is fun, challenging and a great way to get fit and make friends. To form a crew you need a team of eight or more people, regardless of age or gender, who are keen to participate.

Why a Corporate Challenge?

The Corporate 8s Challenge programme is proven to deliver a fantastic team building, motivating experience. All training takes place outside of office hours at times agreed between the crew and coach.

Over the 2-month programme, crew members train together to become an effective unit, working closely with each other to build strong relationships and to learn new skills. It is also an opportunity to meet other professionals from a range of different businesses.

The finale of the programme is a one-day Regatta on September 6th, on the Thames at Caversham, in which all crews compete against each other. The event is a rare opportunity for small local companies to challenge some of the global giants, with the result depending on the skill and fitness of the teams.

Who is Involved?

Both large and small companies have taken part in previous years' events. Some past competitors include:

Microsoft
BBC
Ericsson
BT
PepsiCo
Mr Kipling
Thames Water

Media Coverage

The Corporate Challenge Regatta is a high profile event, with extensive media coverage. The event receives excellent publicity from local press, radio and the BBC, and we plan to expand on our media coverage for the 2008 event. It's also an exciting summer day out by the riverside for colleagues, friends and family.



Cost

Total cost per team (of 8 people) is £1800.00. This includes:

- Access to training equipment at Reading boathouse for 2 months
- Use of boat and oars for water sessions
- Regatta entry with at least 3 races (plus food, drink and t-shirt)
- Coaching by qualified and experienced coaches
- Advice on fitness and nutrition
- Option of a trip to a rowing tank (you sit still and the water moves!)
- Pre-race seminar
- Insurance cover

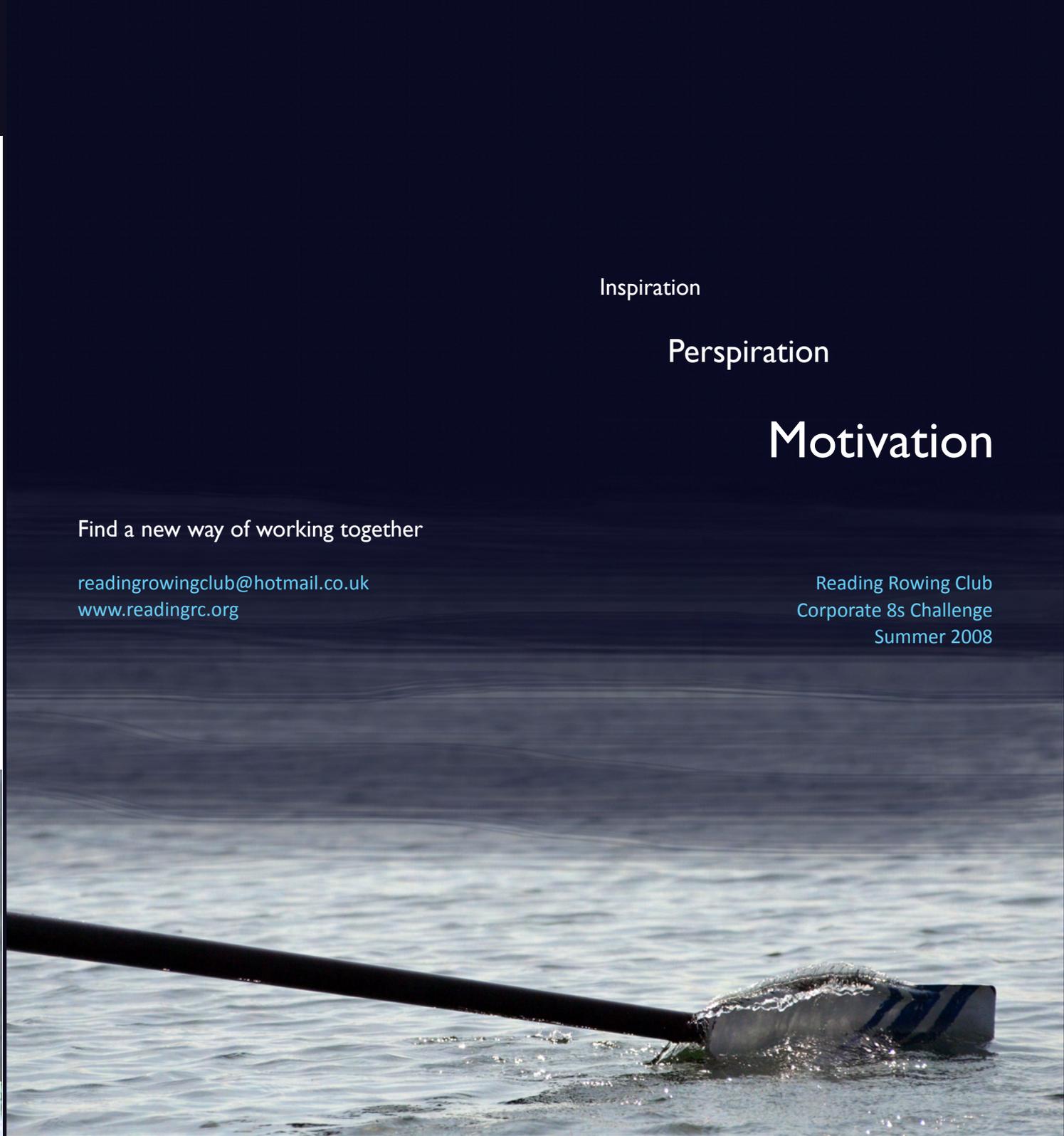
The Challenge Programme

01 July	Land training begins
01 August	Water training begins
06 September	Regatta day

Your crew will be assigned a coach who will work with you throughout the programme. Training sessions will be scheduled to suit the availability of your crew.

July is focused on land training to build fitness and develop technique. August is when the fun starts, with up to five two-hour sessions in a racing boat, plus further land training. Water-based training is dependant on the river conditions.

For more information, please visit the Reading Rowing Club website: www.readingrc.org, or email our organisation team at: readingrowingclub@hotmail.co.uk.



Inspiration

Perspiration

Motivation

Find a new way of working together

readingrowingclub@hotmail.co.uk
www.readingrc.org

Reading Rowing Club
Corporate 8s Challenge
Summer 2008