

SUNDAY 14 MARCH

ANA/BAYSWATER 2010 CORPORATE LEARN-TO-ROW REGATTA

The LTR Regatta continues to grow and create success. Team effectiveness and leadership is now, more important than ever.

The LTR Regatta will be held at **Hinds Reserve, Milne St, BAYSWATER**. It involves team-work, commitment, training and heaps of fun. It's a once in a year opportunity for your Corporate team to learn to row and compete as a Sporting team on the magnificent Swan River. The GFC has challenged business like never before, the LTR Regatta will help deliver a positive culture for future success through relationships strengthened by this event.

TRAINING

Put crews of four together. In Feb/Mar each crew will undertake 5 team based rowing lessons provided by an experienced & dedicated instructor who will work individually with the crew to arrange training sessions and prepare for the event. Three free follow up lessons are also included after the LTR regatta.

WHAT DO YOU NEED

Nothing. The LTR Regatta is open to people with little, long time no row or no previous experience. Everything needed for the crew to perform at its best will be provided.

THE OUTCOME

True team based commitment, health and fitness with the opportunity to compete in an actual rowing regatta for prizes, trophies and of course bragging rites !

THE EVENT

14 March. Bring family, friends and colleagues to a great picnic BBQ that will be run by the Rowing club on the day.

THE COST

Just \$100 a head.
The cheapest Corporate team building event you will find in Australia !

PLUS
\$35pp Option
to purchase the
event package of
an event T-shirt &
action photo



If you are interested contact Daina Tamasauskas
0404 967 330 or ltrregatta2010@anarowingclub.org.au

TRAINING STARTING NOW!!

Proudly supported by:

Stuart Ridgway Design

0431 931 067

&

Perth PT
Fitness Results Fast



Call Sharon Morris
0433 124 831

ANA Rowing Club Learn to Row Regatta 2010

ENTRY FORM

Crew Name: _____

Organisation (if applicable): _____

Payment enclosed (\$400/crew or \$100 per person): Yes No

Invoice and / or receipt required: Yes No

Crew Co-ordinator Name: _____

Ph: _____ Email: _____

Coach: _____ Contact Number: _____

Declaration by crew members:

I declare that I am able to swim a distance of fifty (50) metres, that I am not aware of any medical condition which would preclude myself from training and competing in the ANA Learn to Row 2010 rowing regatta. I confirm that I have read the rules of the competition below, and that I have given a true account of my rowing experience.

Crew Members

Crew Member Name	Signature	Please tick		Age	t-shirt size*
		M	F		
1.					
2.					
3.					
4.					

* An optional 'ANA Rowing Club Learn to Row Regatta 2010' souvenir t-shirt will be available to participants on the day of the Regatta. If you would like to purchase a t-shirt, please indicate your size (XS, S, M, L, XL, XXL, XXXL) and include a payment of \$30 per t-shirt in addition to the entry fee.

Rules:

1. The Regatta will be held on Sunday 14 March 2010, at the ANA Rowing Club, Hinds Reserve, Milne St, Bayswater, commencing at 10:30am. Entries for the Regatta close on Friday the 5 March, 2010.
2. The Regatta is for inexperienced or 'rusty' rowers only. Crews are asked to indicate their previous experience in the questionnaire on this form (see below).
3. A points system will be used to determine whether each crew has an appropriate level of (in)experience (see website for details).
4. Crews are not required to supply their own coxswain, but they may do so if they wish.
5. Male teams must consist of a minimum of three male rowers. Female teams must consist entirely of female rowers; however the coxswain in any crew may be either male or female.
6. Teams are required to attend a maximum of five (5) supervised training sessions to learn basic rowing skills. ANARC will provide a coach for each crew to teach them the basics.
7. Races are run in a knockout format over 500m. First round losers will be given a second chance through a repechage system, so all crews will race at least twice on the day.
8. Entry fee is \$400 per crew (\$100 per person). This includes all training sessions and entry into the regatta competition. If you require an invoice / receipt please indicate this on this entry form. Please make cheques payable to ANA Rowing Club Inc or pay via EFT (BSB No: 736-000 Account No: 070182 Account Name: ANA Rowing Club). Please place your name and contact number on the back of the cheque or in the information fields used for EFT.

Please turnover the Entry Form and complete the 'Rowing Experience Questionnaire' for all Crew Members on this Entry Form

This questionnaire **must** be completed for acceptance of entry for crew qualification purposes.



ANA Rowing Club Learn to Row Regatta 2010

ENTRY FORM

ROWING EXPERIENCE QUESTIONNAIRE (Must be completed by all Crew Members)

Please tick only the correct statements for each Crew Member listed on this form as Crew Member 1, 2, 3 and 4.	1	2	3	4
Rowed in this regatta or equivalent once only.				
Rowed in this regatta or equivalent twice or more.				
Rowing anywhere as a very new beginner, never competed.				
Completed sculling course (add to above).				
Rowed at any level above novice / masters in last 20 years.				
Rowed at club / university / school (including at masters level) in last 10 years.				
Currently rowing other than as very new beginner.				
Rowed at novice / masters level in last 10-15 years.				
Rowed at novice / masters level in last 15-20 years.				
Rowed at novice / masters level in last 20-25 years.				
Rowed at novice / masters level in last 25+ years.				
Rowed at level above novice / masters in last 20-25 years.				
Rowed at level above novice / masters in last 25-30 years.				
Rowed at level above novice / masters in last 30+ years.				

Please return the Entry Form either by:

- email to lrregatta2010@anarowingclub.org.au

or

- post to Learn to Row Regatta 2010
ANA Rowing Club
PO Box 6
Bayswater, WA 6053

If you have any questions regarding the Learn to Row Regatta, please do not hesitate to contact Daina Tamasauskas either on the email above or by phone on 0404 967 330.

