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# LEARN-TO-ROW REGATTA



## Sunday 25 March



The LTR Regatta is getting bigger and better and more fun than ever.

The LTR Regatta will be held at **Hinds Reserve, Milne St, BAYWATER**. It involves team-work, commitment, training and heaps of fun. It's a once in a year opportunity for **your** team to learn to row and compete on the hallowed Ascot Straight on the Swan River. The GFC? who cares, the LTR Regatta will help deliver a positive culture for future success through friendships built by this event.

### TRAINING

In Feb/Mar each crew of four 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 skills, health and fitness with the opportunity to compete in an actual rowing regatta for prizes, trophies and of course bragging rites.

### THE EVENT

25 March: Start 10:30am. Bring family, friends and colleagues, a picnic and loud support for a fun day out.

### THE COST

Just \$110 a head, the cheapest Corporate team building event you will find in Australia.

If you are interested contact Hugh Bond  
learn2rowregatta@gmail.com.  
or visit the page [www.anarowingclub.org.au/ltrregatta](http://www.anarowingclub.org.au/ltrregatta)

## GET YOUR CREWS IN NOW!!

Proudly supported by:

*Stuart Ridgway Design*

0431 931 067



## LEARN-TO-ROW REGATTA Entry Form

Crew Name: \_\_\_\_\_

Organisation (if applicable): \_\_\_\_\_

Payment Enclosed (\$440/crew - \$110 per person): Yes  No

Crew Co-ordinator Name: \_\_\_\_\_

Ph: \_\_\_\_\_ Email: \_\_\_\_\_

Coach (can be allocated later): \_\_\_\_\_ Contact Number \_\_\_\_\_

**Declaration by crew members:** I declare that I am able to swim a distance of 50 metres, that I am not aware of any medical condition which would preclude myself from training and competing in the ANA Challenge Cup 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:

Name:	Signature:	M	F	AGE
1. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____
2. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____
3. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____
4. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____

### Rules:

- The regatta is for beginner or 'rusty' rowers only. At least two members of the crew must have NO previous rowing experience. Other crew members may have competed in a previous running of this event or may have participated in a learn to row program. Any crew members with previous racing experience must not have competed in the last 10 years
- The Regatta will be held on Sunday 25 March 2012, at the ANA Rowing Club headquarters, Milne St, Bayswater, commencing at 10:30 am. Entries close on Saturday 17 March, 2012.
- The regatta is for inexperienced or 'rusty' rowers only. Crews are asked to indicate their previous experience (see below). A point system will be used to determine that each crew has an appropriate level of (in) experience (see website for details).
- Crews are not required to supply their own coxswain, but they may do so if they wish.
- Male teams must consist of a minimum of three male rowers. Female teams must consist entirely of female rowers although the coxswain in any crew may be either male or female.**
- Teams are required to attend 5 supervised training sessions to learn basic rowing skills. A coach will be provided for each crew to teach them the basics.
- 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.
- Entry fee is \$440 per crew (\$110 per person). This includes all training sessions and entry to the regatta. Please make cheques payable to ANA Rowing Club Inc.

ROWING EXPERIENCE, Tick where appropriate for each rower listed above	1	2	3	4
- Rowed in this regatta or equivalent previously				
- Completed a sculling course or learn to row program				
- Currently rowing socially (non-competitive)				
- Competed at club/uni/school (incl. as veteran) in last 10 years				