



COMMUNITY CORPORATE ROWING CHALLENGE 2012

April 13 to June 2

Exceptional business exposure!

A fun and healthy team building activity!

No experience necessary!

Canada's most successful Olympic Sport!

INSTRUCTIONAL PERIOD: APRIL 13 TO JUNE 1

The *Community Corporate Rowing Challenge* is a 7-week rowing program for businesses, groups and clubs. Each crew practices twice per week at one of two convenient locations, where teams will learn basic boat handling, rowing and racing skills. No experience is necessary!

Practice Locations

Gorge Rowing & Paddling Centre (Selkirk Waterfront)
#105 - 2940 Jutland Road

Victoria City Rowing Club (Elk Lake)

5100 Pat Bay Highway

Practice Schedules

Gorge Rowing & Paddling Centre

A. Mon & Wed, 6 – 7:30 pm

B. Tue & Thu, 6 – 7:30 pm

Victoria City Rowing Club

A. Mon & Wed, 5:30 - 7 pm B. Mon & Wed, 7 - 8:30 pm

C. Tue & Thu, 5:30 - 7 pm D. Tue & Thu, 7 - 8:30 pm

E. Fri 5:30 - 7 pm & Sun, 12 - 1:30 pm

Create your own schedule: If you would like to row outside the times listed, it can be arranged! Call us and we will do our best to meet your needs!

CHAMPIONSHIP REGATTA – SATURDAY, JUNE 2

The Championship Regatta is where crews will put their skills to the test in a friendly and exciting competition. Crews are guaranteed two races (weather permitting).



TEAM SIZES

Eights: Sweep rowing (one oar each)

A team of 10 participants consisting of 8 rowers, 1 coxswain (steers the boat) and an alternate.

Quads: Sculling (2 oars each)

A team of 5 participants consisting of 4 rowers and an alternate. Quads do not have coxswains, steering is achieved by pulling harder on one oar!

CATEGORIES

Challenger: A category for those new to the sport. At least 8 of 10 team members in the Eight and 4 of 5 team members in the Quad must be novices.

Defender: Open to experienced rowers in your organization.

“Supporting Dynamic Opportunities for Youth since 2006, with over \$70,000 raised!”

REGISTRATION FEES

Early Bird – Deadline March 1

Quad \$1150+HST Eight \$1940+HST

Regular – After March 1

Quad \$1220+HST Eight \$2125+HST

See “How to Register” Section.

REGISTRATION FEES INCLUDE:

- 7 weeks of rowing, twice weekly (weather permitting).
- Coaching for each crew
- All rowing and safety equipment
- Championship Regatta entry
- Liability Insurance

NOTES AND HELPFUL HINTS

- We suggest teams of 5 for Quads and 10 for Eights, to allow crew flexibility.
- Team members should work for, or be a member of a club/organization. Spouses are eligible!
- For racing, Eights must have a minimum of 2 women, Quads minimum 1 woman.
- All participants must have basic swimming skills and sign a waiver.
- Coxswains should be small, have a strong

P 250-658-6333

E info@gorowandpaddle.org

www.rowrowrow.ca

Event Pledge Drive

Support Dynamic Opportunities for Youth!

The Community Corporate Rowing Challenge will again make a difference in the community with the event participants and community raising funds in support of Dynamic Opportunities for Youth. This national youth rowing support initiative, initially sponsored by Dynamic Funds, is designed to make the benefits of sport accessible to youth at risk (social or economic barriers).

Rowing naturally lends itself to the effective teaching of focus, discipline, and goal setting, as well as the promotion of self-esteem. Dynamic Opportunities for Youth uses this impact to take a proactive stance against problems among youth by making the rewards of sport accessible to those who will benefit most.

Since 2006, over \$70,000 has been raised, which has provided over 425 youth the opportunity to participate in rowing who may not have been able to without the support of Dynamic Opportunities for Youth.

Pledge packages and details for rowing teams will be available at the start of the program. Stay tuned. Lots of great prizes to be won for the top fundraising teams and individuals!

“Investing in the lives of young people will only make our communities stronger!”

**-David Calder, Olympic and World
Champion Rower**

www.rowrowrow.ca



How to Register!

Please see registration policies.

Important! Full payment must be received before confirming a practice time – First come, first served.

STEP 1: MAKE YOUR PAYMENT AND RESERVE YOUR TRAINING TIME AT THE LOCATION OF YOUR CHOICE

Phone: Call GO Rowing & Paddling Association of Canada at 250-658-6333 (9am-4pm, Mon. to Fri.) with VISA or MasterCard payment and selected training time, or

Fax: Fax registration form, with training time and Visa/MC number filled out, to 250-658-6340, or

Mail: Mail registration form & cheque or Visa/MC number (**payable to GO Rowing & Paddling Association of Canada**) to:

Victoria CCRC
c/o Go Rowing & Paddling Association
Suite 115, 2940 Jutland Road
Victoria, BC, V8T 5K6

STEP 2: SUBMIT YOUR COMPLETE TEAM REGISTRATION FORM – DUE APRIL 5 – BY:

Fax: Fax registration form, with complete team information filled out to 250-658-6340, or

Email: Email registration form, with complete team information filled out to info@gorowandpaddle.org, or

Mail: Mail entry form, with complete team information filled out, to the above address.

For more information phone 250-658-6333 or visit www.rowrowrow.ca



2012

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TEAM REGISTRATION FORM - FILL AND PRINT FORM

Please print clearly - All fields are required

COMPANY	
*TEAM NAME	
ADDRESS	
TEAM CAPTAIN	
TEL / FAX	
EMAIL	
PAYMENT METHOD	CASH CHEQUE VISA/MASTERCARD
CARD # / EXPIRY	

** We reserve the right to exclude crew names if they are not appropriate.*

Choose a practice location and schedule:

Gorge Rowing & Paddling Centre - 105-2940 Jutland Road (Selkirk Waterfront)	
A. Mon & Wed 6 - 7:30pm <input type="checkbox"/>	B. Tue & Thu 6 - 7:30pm <input type="checkbox"/>

Boat Availability: 12 quads, 4 eights per slot. * Custom time available. Please contact us.

Victoria City Rowing Club - 5100 Patricia Bay Highway (Elk Lake)	
A. Mon & Wed 5:30 - 7pm <input type="checkbox"/>	B. Mon & Wed 7 - 8:30pm <input type="checkbox"/>
C. Tue & Thu 5:30 - 7pm <input type="checkbox"/>	D. Tue & Thu 7 - 8:30pm <input type="checkbox"/>
E. Fri 5:30 - 7pm, Sun 12 to 1:30pm <input type="checkbox"/>	

Boat Availability: 5 quads, 5 eights per slot. * Custom time available. Please contact us.

Choose a Series and Boat Class (Challenger = new, Defender = with experience)

Challenger Quad <input type="checkbox"/>	Defender Quad <input type="checkbox"/>
Challenger Eight <input type="checkbox"/>	Defender Eight <input type="checkbox"/>

Roster:

Name	*Email

***Email addresses provided by participants will only be used for regular communication with respect to CCRC and related programs.**

PLEASE FAX THIS FORM TO: (250) 658-6340



The Community Corporate Rowing Challenge is produced by the GO Rowing & Paddling Association of Canada (GO)

GO, is a non-profit and registered charity dedicated to developing rowing and paddling sports in Canada. For more information on GO, please visit www.gorowandpaddle.org.

www.rowrow.ca



2012

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REGISTRATION POLICIES

Please read carefully

Fees

Registration fees cover liability insurance, administration, coaching, and use of facility and equipment and regatta fees. Prices do not include HST.

Payment

Full payment must be received before a practice time can be reserved. Payments can be made over the phone with Visa or MasterCard or by cash or cheque directly at the centre. A \$20 fee will be charged for returned cheques.

Late Enrollment

Late enrollment is subject to equipment and coach availability.

Cancellation and Refunds

If you choose to withdraw from the event, there will be 15% administrative fee. The final date to withdraw a team from the event is March 31, 2012 at 4PM. There will be no refunds or credits after this date.

Missed Sessions

It is the responsibility of the registrant to attend scheduled sessions. Cancelled sessions due to unsuitable weather or incomplete team rosters will not be made up. In the unforeseen circumstance that a session is cancelled, we will do our best to reschedule (not guaranteed).

Privacy Statement

All personal information given by participants will only be used for administration and regular communication with respect to CCRC and related programs. Your information will not be sold or given to anyone else with commercial intentions or otherwise.

For more information, please call GO Rowing & Paddling Association of Canada (GO) at 250-658-6333 or toll free at 1-866-658-6333 or email info@gorowandpaddle.org.



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