

## Learn to row with Aberdeen Boat Club!

Do you want to help your workforce stay fit and healthy and improve team spirit? Are you looking to promote your own business & network with others around the city? Then the Aberdeen Boat Club Inter-Company Row could be for you!

The Aberdeen Inter-Company Row, run by Aberdeen Boat Club, is the most successful corporate rowing event in the UK and every year sees competitors from up to 40 north-east companies and organisations take to the River Dee to try their hand at one of Britain's most successful Olympic sports.

### Entries are now invited for the 2017 event

The event is for crews of four people who receive six lessons from Aberdeen Boat Club coaches. As well as being great exercise and good fun, the training is an excellent opportunity for team building in the truest sense. The skills learned are then put to the test at the Inter-Company Regatta on Saturday 24<sup>th</sup> June 2017.



## Who can enter?

The event is open to any company or organisation in any sector. Your crew should comprise four people – ideally two men and two women – but a handicap system is used at the Regatta. Crew members must be able to swim and have no previous rowing experience. More than one crew can be entered from any organisation. The entry fee is £360 per crew.

## What can you expect?

Coaching starts in May where your crew will be allocated an experienced cox and receive approximately six 1½ hour lessons, that's just £15 a lesson per person. These sessions can be worked around you & your cox to be outwith normal working hours (evenings or weekends).

Your entry fee for the Inter-Company Row not only entitles you to six lessons, use of all the necessary equipment and entry to the Regatta, it also gives you membership of Aberdeen Boat Club to **September 2017** and social membership until **July 2018**

## The Race

The Regatta is on Saturday 24<sup>th</sup> June 2017 and is a whole day of activity. The course is 500 metres and takes about three minutes to row. Each crew should have three races in the 'round robin' stage before the fastest progress to the knock-out stages.

## Entertainment

During the day extensive snack and bar facilities are available. The event is a great opportunity for colleagues to support their company crew and cheer them on! It's also a fantastic opportunity to meet likeminded people, networking across the city with different sectors & organisations. There is an all-day BBQ followed by a party at the Boat Club at which all rowers, friends and supporters are welcome.

## Prizes

Prizes are awarded to the winning crew and 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> and also for the Best Named Crew and the Best Dressed Crew.



## More Benefits

If you are bitten by the bug (and many are) the club has a programme in place so you can keep rowing after the Regatta and compete in a further race in September. Many Inter-Company rowers have gone on to enjoy great success in rowing and become permanent members of Aberdeen Boat Club.

## Entry Form

Please complete in capital letters and return as soon as possible to the address overleaf.

**Company name**.....

**Crew name** .....

*(You can supply this at a later date if you wish)*

### Crew Members

*(Circle gender M/F)*

**1.** .....

M / F

**2.** .....

M / F

**3.** .....

M / F

**4.** .....

M / F

**Cox** .....

*(If you already have a cox who is an ABC member)*

**Cox required?** Yes / No

Please supply a name, email and phone number for the main contact / 'captain' of your crew:

**Name** .....

**Tel** .....

**Email**.....

.....

Please note all entries must be accompanied by a cheque for £360 made payable to Aberdeen Boat Club.



Saturday 24<sup>th</sup> June 2017  
[www.abc-dee.co.uk](http://www.abc-dee.co.uk)

## Apply now to secure your place!

To take part in the event please post your completed application form with a cheque for £360 (payable to Aberdeen Boat Club) to Carol Bruce at the address below or email it. Account details can be provided for bank transfer of the fee on receipt of the entry form if preferred.

Only the first 40 crews paid up are guaranteed a place. The event is very popular – please apply early to avoid disappointment and to start your training in good time!

### Enquiries and Entries to:

Carol Bruce

Aberdeen Boat Club  
S Esplanade W, Aberdeen  
AB11 9AA

**Tel:** 07427662519

**Email:** [abcintercompanyrow@gmail.com](mailto:abcintercompanyrow@gmail.com)

**Web:** [www.abc-dee.co.uk](http://www.abc-dee.co.uk)