



# ANL

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## CORPORATE REGATTA

**13 de Outubro de 2019**

“ANL Corporate Regatta” is a rowing event aimed at corporations/institutions, offering a day packed with activities oriented to the strengthening of team work and collaboration, competition spirit, as well as a test to participants’ resilience. It will be an excellent opportunity to stimulate camaraderie and encourage cooperation between the participants of the same corporation, reinforcing their personal and professional relation with an original team building activity, whilst simultaneously promoting sports habits and a healthier lifestyle.

This event aims to gather corporations/institutions from the most different areas, being planned to take place on the next October 13<sup>th</sup> between 9:00 and 15:00 (unless adverse weather conditions).

It will comprise an initial learning stage of the rowing technique (tank and rowing machine), moving afterwards to a challenges stage, both in land and in the river. These challenges include a regatta between teams on Tagus river. All challenges will assign points to build a final classification.

Learning stage:

- Rowing technique on rowing machine (individually)
- Rowing technique on rowing machine (team)
- Club visit and theoretical/practical component
- Rowing tank
- Yolle 4+ (river)



### Scoring stage:

- Gym exercises
- Theoretical questionnaire
- Team competition in Concept2 indoor rowing machine (1.000m)
- Individual competition in Concept2 indoor rowing machine (200m)
- Regatta/team competition in Yolle4+ on Tagus river

The event includes a coffee break during the morning, a light meal after the regattas, and an awards ceremony for participant teams. Prior to the event (specific date agreed with teams), a small tour around club facilities and a preliminary training session are also planned.

A team of specialized staff, as well as experienced club athletes, will guide and accompany the teams during all learning and competitive stages. Photo and video coverage of the event will also be secured. All participants will also benefit from a specific sport insurance during all the activities.



“ANL Corporate Regatta” will be organized grouping participants in teams of 4, being possible to have more than one team per corporation/institution. In case it may prove to be necessary, mixed teams can also be formed. The maximum number of entries for this event is 20 teams and the minimum is 10. The only requisites for participants are that they work for the competing corporation and know how to swim. Experience with nautical sports won't be relevant given the initial learning/training stages and the scope of the event.

Total cost per team will be 300€, to be paid upon registration - which will be possible until the 16<sup>th</sup> of September. For those interested in accompanying the participants as assistants to the event, such an option will also be possible with a cost 25€ (same food and beverage plan as participants). As previously mentioned, a preliminary training session will also be included, taking place on a date agreed with teams between the middle of August and September end.

### Contacts:

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We can also be found at [www.anl.pt](http://www.anl.pt).