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## Into the Storm: Lessons in Teamwork from the Treacherous Sydney to Hobart Ocean Race

*Dennis N.T. Perkins*

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**Dennis N.T. Perkins : Into the Storm: Lessons in Teamwork from the Treacherous Sydney to Hobart Ocean Race** before purchasing it in order to gage whether or not it would be worth my time, and all praised Into the Storm: Lessons in Teamwork from the Treacherous Sydney to Hobart Ocean Race:

1 of 1 people found the following review helpful. This is a great book if you like adventure books and are curious about leadership and teamworkBy Patrick E. McKnightMy attraction to this book initially came from the coverage of the Sydney-to-Hobart race but quickly realized that the book was not just a recap of that fateful race in 1998 but a

reanalysis of what makes a successful team in adverse conditions. I climb and sail so teamwork is essential to success in both venues. The author does a nice job distilling the elements that he thinks makes great teams. I found many of these elements useful - heuristically if not in direct application - to my own work and management of my research team. Additionally, I enjoyed the bullet-point summaries he provided at the end of each chapter and expect to follow-up with many of his suggestions by reading the empirical literature that may support or refute his claims. Who might benefit from reading this book: The book might appeal to many people who desire to improve their management and personnel selection but I think it might actually help budding researchers in human factors, I/O psychology, management, and such to generate interesting hypotheses about what makes good teams and poor teams. On a more personal note: In many instances, I saw how the dysfunctional nature of academia comes to light in adverse conditions. None of us were selected or trained to work as one so we all act in our own interests and jeopardize the team's success. No wonder academics (and I am one) are laughed at in industry. We have no clue how to work together. Even my own lab suffers from these same pitfalls. This book helped me chunk together in some words and ideas what might be wrong and what I might be able to do to change my lab's functioning. Am I a true believer? Hardly. I found these ideas to be good starting points to investigate; you might find the same thing.

1 of 1 people found the following review helpful. Best read of a true life struggle in a very long time

By Richard W Since most people aren't into open ocean sailboat racing I am pretty sure the majority of people never heard about this race and the difficulties encountered. The author has done a great job in bringing all the facts and statements from the race together into a living and exciting documentary on paper. He definitely did his homework with the research he completed before writing the book. It is an up close and personal third person vision of the people and problems involved with this particular race that claimed so many lives. After the events of the race the author delves into the premise of why he actually wrote the book...teamwork. If you are in a management position in any firm then this second part of the book will be a bonus for you. If not then it will still be a bonus but in one's individual way of how to work with others.

0 of 0 people found the following review helpful. Hard Teamwork Beats Super Star Individuals

By Bindi My main take out from this book was the simple truth that practice makes perfect. There is nothing that can replace the high performance of a team than regular practice in trying conditions. Mind you, individual team members all need to recognize their strengths and that if they just do their job and everyone else just does their job you can succeed. I remember when I was at college- this technique enabled us to be victorious in the National Intercollegiate Championships. We didn't have the best athletes- the fittest, the tallest or the fastest but we had the best team and we trained the hardest together as a team. Get this book- it's a great read even if you're not a sailor- it may make you want to become one, perhaps don't start with the Sydney to Hobart!

The Sydney Hobart Yacht Race is among the most demanding sailing competitions in the world. Unpredictable seas make the 628-nautical-mile course grueling under the best conditions, but the 1998 race proved to be the most perilous to date when a sudden and violent storm struck. Winds gusted over 100 mph and monstrous 80-foot waves towered over boat masts. Six sailors perished and another 55 were saved in what became the largest search and rescue operation in Australia's history. In the face of turmoil and tragedy, a crew of "amateur" sailors piloted their tiny vessel, the AFR Midnight Rambler, not only to the finish but to overall victory. While bigger, better-equipped yachts attempted to maneuver around the storm, Ed Psaltis and his crew made the daring decision to head directly into its path. Their triumph—perhaps even their survival—owes itself to an extraordinary level of teamwork: an alchemy of cooperation, trust, planning, and execution. Into the Storm chronicles their nearly four-day ordeal and draws parallels to the world of business, revealing 10 critical strategies for teamwork at the edge. Illustrated with examples from the story and compelling case studies, the book sheds light on what teams need to do to succeed in tough times. Finally, Into the Storm provides resources and tools to support teams as they navigate the chaotic seas of business today.

"It's a nail biting adventure story combined with practical advice on how to build a winning team—whether it's in sports, business or life." --Hike Bike Travel "effectively telling a story of how leaders can survive and win when they apply certain skills even in the most adverse conditions." --BlogCritics "Startups need teamwork entering the perfect storm." --Martin Zwillig, Forbes.com "...allows you to learn valuable leadership lessons as well as enjoy a gripping tale of an amazing adventure." --LifeTwo "If you enjoy books that employ tales of extreme adventure to teach business lessons, you will find a lot of value in Into the Storm." --800 CEO Read "This book is one that you cannot put down... I really liked the format - captivating adventure followed by lessons." --CEO Blog "Perkins has created a valuable and engaging guide for any team trying to navigate the treacherous waters of its own corner of the business world." --Risk Management magazine "The thrilling story... is alone worth the time of reading this book but a reader is also treated to insightful leadership strategies." --Enter Stage Right "There are many books on building teamwork, but very few are as interesting and as effective as Into The Storm." --Inland Empire Business Journal "Into the Storm is a truly great tale and wonderful read." --Mainsheet, newsletter for San Diego Yacht Club "...rich in lessons for anyone tasked with

maintaining smooth, effective teamwork and delivering winning results in the unpredictable, turbulent waters of today's business environment." --Eric Jacobson, Leadership Blogger "And while this is an epic story with great life lessons, it has plenty of intellectual capital, too." --Life Insurance Selling "a heart-stopping tale of incredible teamwork; and the power of teamwork to prevail over uncertainty, adversity, and formidable competition." --Guerrilla Project Management "Anyone skipping a boat should buy this. Anyone involved in running a business should do likewise. I highly recommend it." --Australian Sailing + Yachting Magazine "Perkins and Murphy draw up a list of strategies for 'teamwork at the edge' in sharing the burdens and, in the end, the rewards." --In the Black magazine A Winner in the 2013 Small Business Book Awards in Leadership "It is one of the most enjoyable team-building books I've read in a while; effective, compelling, and enjoyable..." --Facilities Manager "a clear and concise examination of the most effective team building principles for navigating successfully through times of crisis and adversity." --Blog Business World "Perkins weaves an extraordinary tale of great leadership and team work... Ultimately it's a book about human endeavour and well worth a read." --Marine News "The inspiring story of this team is very applicable for any team environment. Into the Storm is a fun read disguised as a business book." --Networking Insights "excellent lessons on how to form a team, manage a team and the team dynamics that work best, especially when faced with an extremely demanding challenge." --Serve to Lead Winner of the Small Business Book Awards from Small Business Trends 2013 From the Inside Flap Hurricane-force winds howled, reaching speeds of over 100 miles an hour. Waves as tall as 8-story buildings dwarfed the 35-foot sailboat, AFR Midnight Rambler. Rain and spray pelted the sailors' faces like gravel, and the screaming of the wind made communication nearly impossible. The boat would fly off the back of an enormous wave, and the Rambler would be suspended in midair; then drop 30 feet or more. The impact, when it came, was like crashing into cement. Then the boat would be knocked down the face of a mountainous wave, and the crew would struggle to stay alive and avoid a fatal capsizing. No one said it aloud, but they all knew that they could die in the storm. Yet in spite of their paralyzing fear, the crew held together; and they supported each other with remarkable teamwork. Competing in the 1998 Sydney to Hobart Race; one of the most dangerous offshore ocean races in history; skipper Ed Psaltis and his amateur crew did more than survive the deadly storm. The AFR Midnight Rambler went on to become the overall winner of the race; the smallest boat in 10 years to win the prestigious Tattersall's Cup. How did they do it? What enabled the Midnight Rambler team to prevail against all odds? And what can your team learn from their experience? Recounting a heart-stopping tale of incredible teamwork, Into the Storm reveals 10 critical strategies for Teamwork at The Edge; as applicable in the workplace as on the high seas; including: Be willing to sail into the storm. The crew of the Rambler had a fundamental decision to make: Turn around and run for shelter, or head directly into the path of the storm. To be successful, teams must be open to taking bold action; even though the best strategy may appear risky. Find ways to share the helm. The crew organized a "wave spotting" system to block the spray and look ahead for approaching waves. Team members need to find places where they can add value; and take the initiative to share the load. Master the art of rapid recovery. Teams that press the upper limits of performance will inevitably have "knockdowns" and "broaches." The crew of AFR Midnight Rambler showed an extraordinary ability to shift from survival to racing mode. To be successful, all teams need to develop the capacity to recover from setbacks quickly. A gripping tale of triumph over adversity, Into the Storm reveals how any group, working together, can achieve the seemingly impossible. DENNIS N. T. PERKINS is the author of Leading at The Edge and CEO of The Syncretics Group, a consulting firm dedicated to helping leaders and teams thrive under conditions of adversity, uncertainty, and change. A graduate of the United States Naval Academy at Annapolis, he successfully completed the Sydney to Hobart Race in 2006. He lives in Madison, CT. JILLIAN B. MURPHY is Director of Client Services at The Syncretics Group. She works in the areas of leadership, executive coaching, and team effectiveness. From the Back Cover The iconic Sydney to Hobart Race, a 723-mile deepwater challenge; often called the "Everest" of offshore ocean racing; is considered one of the toughest in the world. Unpredictable weather and seas make each race demanding, but in 1998, an unexpected "weather bomb" hit the fleet, creating 80-foot waves and 100-mile-per-hour winds. Many bigger, better-equipped boats tried to maneuver around the storm, but the crew of the AFR Midnight Rambler chose to head directly into its path. After battling mountainous waves and hurricane-force winds in the Bass Strait, the tiny 35-foot boat arrived safely in Hobart, 3 days and 16 hours later; winning the coveted Tattersall's Cup. What were the factors underlying this incredible achievement? Into the Storm recounts the story of the Ramblers' stunning victory, and the teamwork that made it possible; revealing powerful lessons for success in today's demanding business environment. Illustrated with examples from the story and compelling case studies, this riveting adventure story provides effective methods you can use to: Cut through the noise of the wind and waves. Inventive methods of communication enabled the Ramblers to stay cohesive in spite of deafening wind and waves. What can your team do when flooded by e-mails, voice mails, conflicting demands, and other distractions? Remove all excuses for failure. One of the most distinctive characteristics of the Rambler crew was their focus on careful preparation. The crew spent hours practicing maneuvers so they could do them in the toughest conditions; in rough seas, and at night.

Winning teams devote extensive time and energy to preparation, leaving nothing to chance. Deal with the things that slow you down. Conflict is a natural occurrence in any group, but it can be productive when managed appropriately. The Ramblers's tale of survival reveals techniques for dealing with the stress and tension that impair team performance. The Ramblers's success resulted from an extraordinary blend of collaboration, trust, planning, and execution. Into the Storm equips you with the tools to overcome daunting odds and win your team trophy.