

# CORPORATE ROWING DAYS

A unique teambuilding experience



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*Motivate your team, build **morale** and have **fun***

*Learn how to work as a successful team to achieve a common goal*

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Join us at the Goring Gap Boat Club for a unique teambuilding experience that you'll never forget.

The discipline of rowing has direct applications for your team outside of the boat. In a boat, all crew members must **pull together** to achieve the boat's greatest speed. Rowers must learn to **communicate** effectively and **work together** from the moment the first command is given. Rowers must **trust** each other as they follow one another and rely on the cox's voice to guide them. Every person in the boat has a role to play and success depends on everyone on **working together** towards a common **goal**. These lessons in **trust, cooperation, communication, focus** and **achievement** have genuine impact long after your boat is off the water.

Our British Rowing coaches can run events for team of 4 up to 20+ and can tailor the event to your needs, number of participants, time and budget.

A typical 1-day event includes a safety briefing, introduction to the equipment, demonstration of basic rowing technique, then out onto the water in our beginner boats. An informal buffet lunch is followed by an afternoon of rowing games and a fun race or two followed by a team talk to look at what they've learnt and how their experience can help them work better together at work. We also offer half-day events.

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*For more information and to book your rowing experience call  
Stuart on 07890996809 or email  
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