



# Rowing is the ultimate team sport.

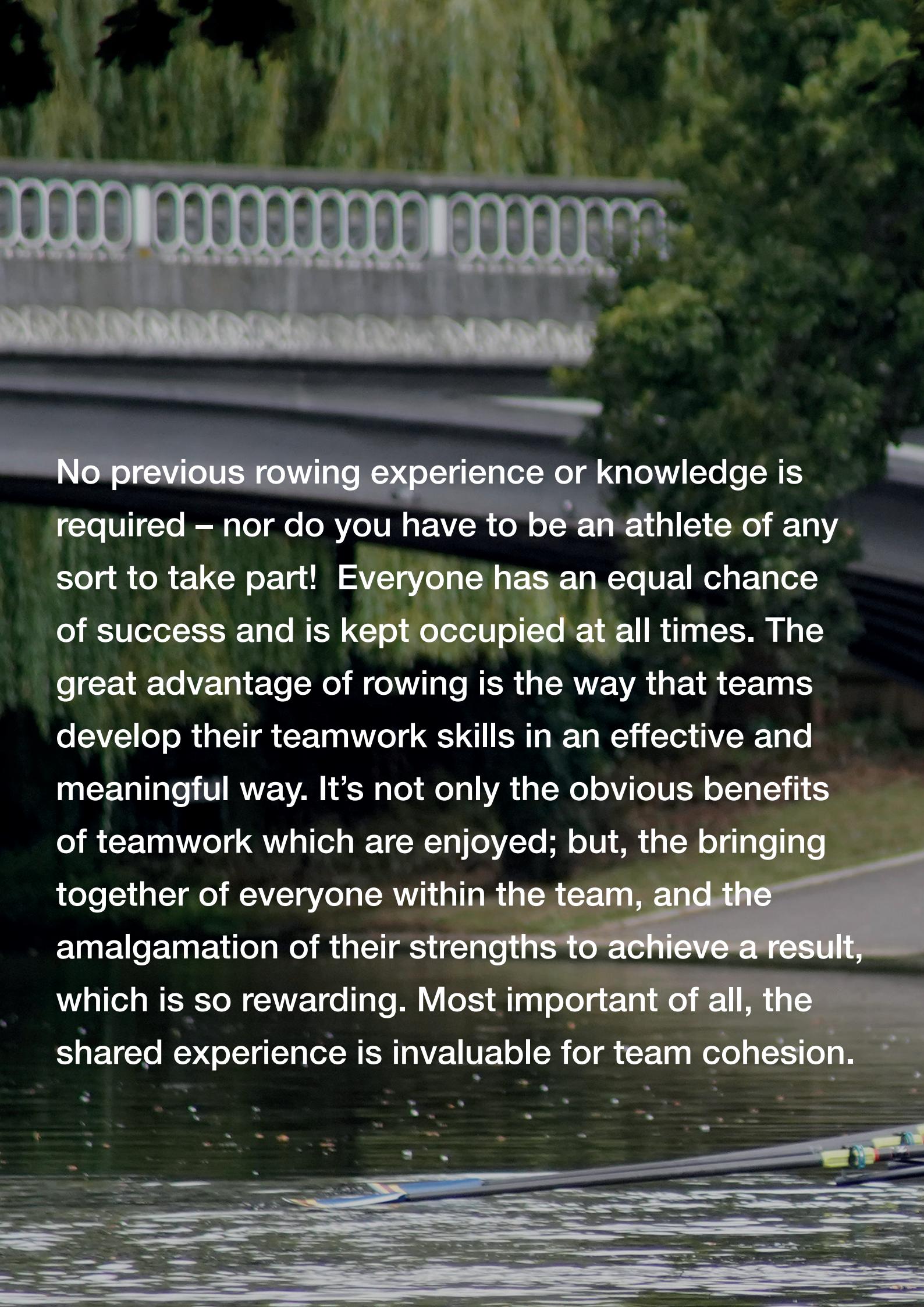
At Cambridge Rowing Experience, we organise and run teambuilding days that aim to improve team communication and relationship building.

It is our vision to give you and your business the opportunity to learn what it means to be part of a winning team – on and off the water.

*“When there is teamwork and collaboration, wonderful things can be achieved.”*

– Mattie Stepanek



A blurred background image showing a rowing team in a boat on water. The team consists of several people, each holding a oar. The boat is moving through the water, creating ripples. The background is filled with green trees and bushes.

No previous rowing experience or knowledge is required – nor do you have to be an athlete of any sort to take part! Everyone has an equal chance of success and is kept occupied at all times. The great advantage of rowing is the way that teams develop their teamwork skills in an effective and meaningful way. It's not only the obvious benefits of teamwork which are enjoyed; but, the bringing together of everyone within the team, and the amalgamation of their strengths to achieve a result, which is so rewarding. Most important of all, the shared experience is invaluable for team cohesion.



# Enjoy an Introduction to Rowing



Expert advice and full training from a Club Captain and experienced rowers



Land and water training in a coxed eight rowing boat



Learn the full rowing technique on a Concept 2 rowing machine



Train at the oldest known town rowing club in Cambridge



Plenty of photo opportunities  
Win the boat and boathouse.



Located near the famous Cambridge University Boat Club



## What can I expect?

Led by a Club Captain and experienced rowers, the session begins with an introduction to the club, equipment and boats together. You'll be given advice on the best rowing techniques along with time to practice on a Concept 2 rowing machine each, before heading out on the water together in a training tub to take a stroke on the river. You'll learn how to keep the boat stable and follow the coxes' commands.

Putting everything you've learnt into action, you'll take the boat and blades out before embarking on an unforgettable journey on the River Cam. There will be individual tasks to focus on and then applying that knowledge to work together as a team. First in pairs, then in fours – and then all eight together. End the session by washing the boat and blades.





*"We had a taster session for some of our clients and we had a fantastic time, different people with different levels of experience and the session was tailored to suit all of us (not to mention the height differences!). Omar was fun, professional and made us feel safe on the water as well as lots of laughs we gained some valuable experience. Some of our clients have also signed up privately since. We wouldn't hesitate to recommend to anyone who is interested. A fantastic experience."*



*"We had such a brilliant day with you guys - thank you so much! The praise has been unending from everyone about how much they all enjoyed it and many keen faces to return both within carbon13 and the entrepreneurs"*



*"Through our really fantastic rowing session, my team learnt the true meaning of team work – from carrying the boat out of the boathouse and carefully placing it in to the water, to actually rowing together as an eight. The team worked hard in unison and focused on being both physically and technically exact. We have returned to the office with a better understanding of how working together builds momentum and how important learning from our mistakes is for future development."*





# What makes Cambridge Rowing the ideal teambuilding event?

## Communication

Communication is an integral part of rowing. Physical communication is transferred to each crew member by movements in the boat as well as verbal communication in feedback. With every rowing club, each crew will discuss what they plan to achieve – and how they are going to achieve it. There is always a ‘debrief’ after the outing where the team discuss what worked, what didn’t work and what they could do differently the next time to achieve better results. In some cases, there can also be disagreements, which is fine. The same can be said in some office meetings and so it’s important to take into consideration that not everyone has to feel the same way about the session, providing you all share the same common goal – to win/succeed.

## Teamwork

Teamwork is fundamental to the success of any organisation and is not automatic, it needs developing over time. Like a rowing crew, to get your team to work in unison it requires training and development. Here at Cambridge Rowing Experience we believe that our teambuilding events bring groups of people together by encouraging teamwork and collaboration through teams participating in a series of activities that are fun and motivational. Teamwork is a process of a group of people working collaboratively together in order to achieve a common goal.



## **Confidence**

Our experience is designed to improve team and individual confidence. We offer a perfect platform to achieve just that by motivating and inspiring individuals resulting in raised performance levels back in the workplace; and leaving a lasting impression on all who participate.

## **What about insurance?**

Cambridge Rowing Ltd hold public liability insurance. Participants will not be liable for accidental damage to equipment, except where damage has been caused as a result of recklessness or wilful negligence. Please ensure all participants are familiar with the terms and conditions of this experience.

## **Group size**

Groups would need to be split into 'eights' although we can cater for multiple groups. For larger group bookings, we can tailor the event so that we have multiple boats going out – and then organise short races between the boats to bring out everyone's competitive side! Contact us for more information so we can tailor the event for you.

## **I live/work locally. Can I continue rowing?**

Yes. If you have taken part in this event, we can offer you the opportunity to continue rowing. We regularly run lessons throughout the week with an experienced cox. You can continue rowing as little, or as often as you wish.





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