



CAMBRIDGE  
ROWING EXPERIENCE



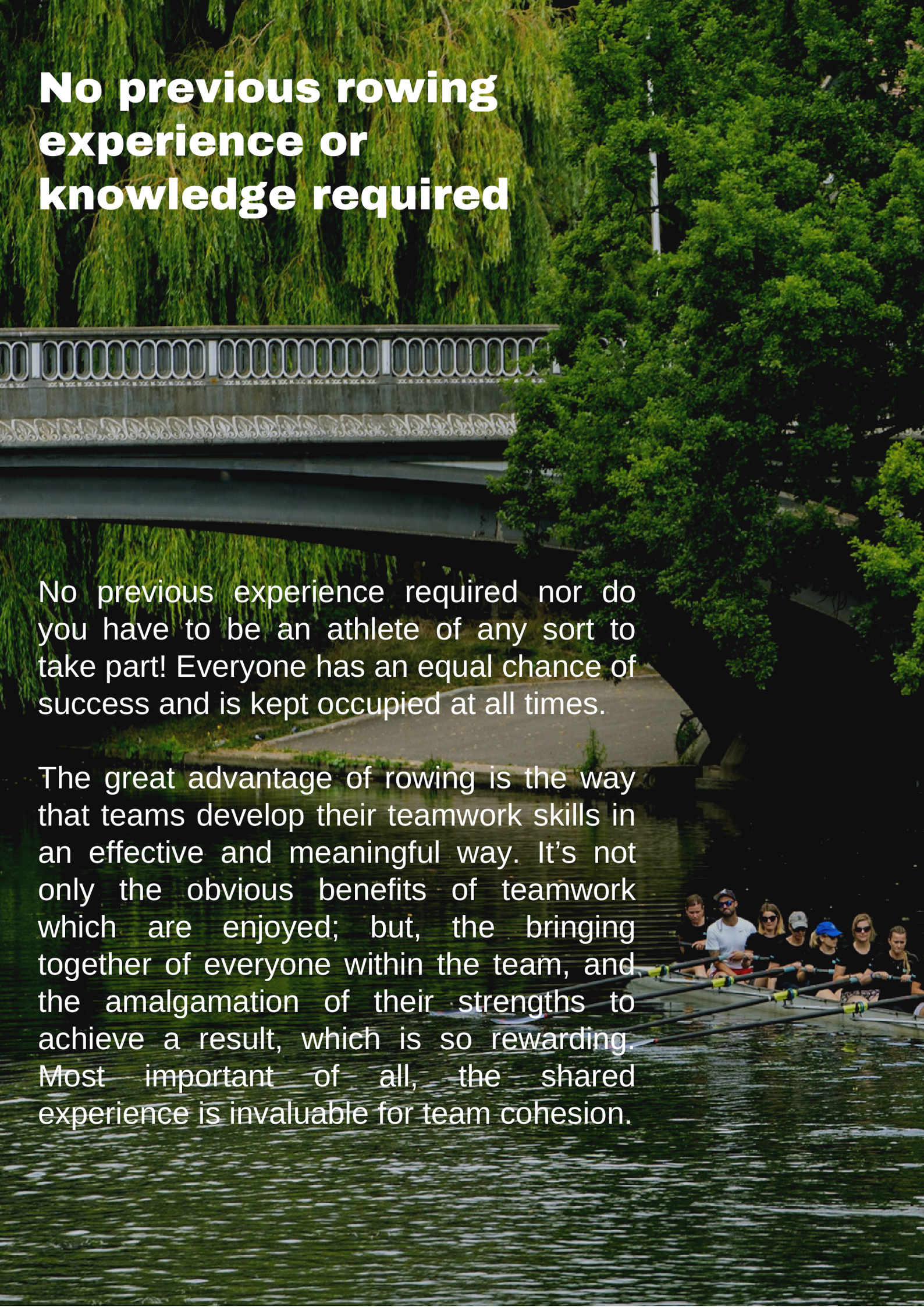
*“ When there is teamwork and collaboration,  
wonderful things can be achieved.”*

- Mattie Stepanek

# No previous rowing experience or knowledge required

No previous experience 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



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



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 with boat, blades & 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.



# 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.

## **Do you cater for non - swimmers?**

Yes we do. Not only do we have an indoor rowing option, but we have also partnered up with Rutherford Punting who are a short 8min walk away from our boathouse. We tailor our events based on your requirements.



## What our Clients have to say



*"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!). Our instructor was fun, professional and made us feel safe on the water. As well as lots of laughs, we gained some valuable experience.*

*We wouldn't hesitate to recommend to anyone who is interested. A fantastic experience."*



*"From the first welcome at the door to the farewell drinks at the bar, Omar hosted with a generous spirit. Most impressive was how quickly he turned our enthusiastic group into a rowing team out on the water. We highly recommend the experience to anyone looking for an entertaining and energetic way to enhance team dynamics.."*



*"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"*





## What our Clients have to say



*"We booked Cambridge Rowing Experience for a group of 16 people from our business school class, looking for a fun-filled afternoon of team building (with a little competition...). We were impressed at how well organised the event was and pleased to say that it was enjoyed thoroughly by the entire group. Would highly recommend."*



*We had an incredible work team day with Cambridge Rowing Experience. It was extremely well organised, pitched at the right level and everyone loved it. Several months later and people are still talking about it as our best ever work event. We even managed a race at the end of the day!*

**kiss**

*" Fantastic team building event for people with all experience levels! Very well organized, great location and facilities, professional and modern hands on training environment, all lead by a patient, enthusiastic and very knowledgeable instructor. 10 out of 10! Highly recommended!! "*





# 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.



SCAN ME

## Don't take our word for it!

Cambridge Rowing Experience has been rated a full 5 stars by all of our clients for corporate days



*"A boat doesn't go forward if each one is rowing their own way"*

Swahili Proverb

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City of Cambridge Rowing  
Club, Cambridge. CB4 1HJ



[info@cambridgerowing.com](mailto:info@cambridgerowing.com)



[info@cambridgerowing.com](mailto:info@cambridgerowing.com)



+44 (0)1223 665000

