

# Teams that ROW together GROW together!

Unique Team Experience Days at Warrington Rowing Club from  
**Always Oarsome**



*"Rowing is the ultimate team sport; it requires a high degree of cooperation.  
Everything you do in rowing is for something bigger than yourself.  
We don't just put our oars in the water together; we breathe at the same time. We are one."*



## Do you want more effective teams?

It is said that "teamwork makes the dream work". But what if your teams are not quite achieving the dream? Maybe they need a morale boost? Maybe they need to learn how to work better together? Maybe they just need a refreshingly different reward to help reduce stress levels...

An **Always Oarsome** Rowing Day can help with all of that. Our unique team building days result in:

- Increased enthusiasm for working together as a team
- An understanding of the skills and techniques involved in the ultimate team sport of rowing.
- Learning how to use these effectively in the workplace and in life
- A hugely enjoyable day out of the work environment to help reduce stress, boost productivity and increase team bonding
- A maiden voyage in one of our stable rowing boats
- A sense of achievement and pride
- Loads of fun!

## What is an Always Oarsome Team Day?

A fun and effective way to help your teams stay **Always Oarsome!** The day will include:

- An introduction to the ultimate team sport of rowing and its application to the workplace
- Full instructions explaining the rowing stroke, starting in the gym and transferring these skills to the water
- A comprehensive safety briefing with risk assessment
- Exciting water sessions complete with safety launch and focused attention from an experienced coach
- A delicious lunch and refreshments throughout the day
- A practical classroom based session to demonstrate how your new found skills can be transferred to the workplace

Our day can be tailored to suit the needs of your team and organisation. Let us know what outcomes you'd like to achieve from the day and we will tailor the session to your requirements.

And all designed to keep you **Always Oarsome!**

## Do you want to reward your teams with an Always Oarsome Team Day?

Contact us today for a chat and let's see how we can help you be **Always Oarsome!**

*"What's unique about rowing is utter dependence on one another.  
No one guy can make the boat go faster, but one guy can slow it down a lot.  
So rowers really do learn to trust each other and depend on each other in a pretty unique way"*



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