The Ultimate Team Outing

Corporate Rowing Program

Western Reserve Rowing Association provides and promotes adult competitive and recreational rowing for the Northeast Ohio community through quality programming.
The Rowing Experience

Fun Team Building on the Cuyahoga River!

Rowing teaches lessons in collaboration, discipline and perseverance and is considered the ultimate team sport. There is nothing like the experience of working together on the water to unify a team. Western Reserve Rowing Association (WRRA) provides you and your colleagues a unique experience that enhances team camaraderie. In the hands of WRRA’s experienced coaches, everyone, regardless of age, fitness level or previous rowing experience, learns the skills necessary to achieve a common goal and experiences the thrill of rowing an eight-oared shell on the Cuyahoga.

Rowers face backward to propel a boat, opposite the direction of the boat. For this reason, they must trust their team leader to give them real-time, constructive feedback as they work as a group. Every movement made in a 60-foot long eight-person shell has an affect on the speed of the shell — a performance that is enhanced by working together. In this unified environment, leaders must also learn to be excellent followers and followers must learn how to lead, and everyone must learn how to do this simultaneously. Through this process, our corporate rowing program creates a culture that promotes growth and trust in teamwork.

Your employees will return to their jobs invigorated and with a new understanding of and commitment to the value of “pulling together.”

Give Back to the Community

By participating in corporate team building, your company will be supporting WRRA’s Community Outreach programs. Our outreach programs are designed to improve quality of life by engaging participants in a fitness activity while creating a sense of unity using teamwork to reach a desired goal.

› **Adaptive & Para Rowing**: special categories of rowing for those with physical disabilities and visual impairments.
› **Veterans Rowing**: innovative outreach program to aid and facilitate growth and recovery.

Visit westernreserverowing.com today!
Who Attends?

Companies
If your company is looking for a way to flatten its hierarchy and bring more people to the table, try the Cuyahoga River solution. Corporate Rowing will enhance employees’ understanding of the strengths of their colleagues and engage them in a unified effort.

Sales Teams
Activate your sales team’s passion and commitment to a common goal while building a stronger team identity.

Project Managers
Broaden your teamwork skills, put people in new situations, help the team establish stronger leadership and learning skills, break down barriers between groups, and enhance problem-solving capabilities.

Visiting Convention Attendees
Enjoy a truly unique Cleveland experience and enhance intra-company networks.

Sample Schedule (Corporate Row lasts 2-2½ hours)*

› Welcome and boathouse tour by our coaching staff.
› Learn technique and power application on the Ergometer: Indoor rowing machine.
› Break into teams of 6 to 8 people for a short team building activity led by coaches: “Which seat are you?” Personality traits in an Eight.
› Work as a team to carry the boat to the dock and prepare to launch.
› On-water team building activities led by coaches.
› Team debriefing — remarks by coaches.

*Actual times are subject to change.
Register your company today!

Contact:
communityoutreach@westernreserverowing.com

Let us help you create your perfect corporate outing!

WESTERNRESERVEROWING.COM
Western Reserve Rowing Association at the Cleveland Rowing Foundation Boathouse
1003 British Street, Cleveland, Ohio 44113