



### **A team building event tailored to your needs which will:**

- **Inspire**
- **Challenge**
- **Motivate**
- **Excite**

It's about excellence, teamwork, commitment, success, focus and fun. There are so many aspects of Olympic rowing success that cross over into the work environment. Together we can build a memorable teambuilding programme to suit your budget and needs. It will get you 'under the skin' of top class athletes.

Based in the world famous rowing club in Henley-on-Thames, our corporate rowing experience is guaranteed to bring your team together in ways you never thought possible. As the ultimate team sport, rowing requires every member of the crew to give total focus and concentration to the task in hand. At a basic level rowing draws on control and technique much more than brute force and physical fitness. So, for a day out of the office which is not only refreshing, original and memorable but will also give long lasting benefits to your business our corporate rowing is truly 'oarsome'.

Your introduction to the world of rowing will begin in Leander Club, steeped in history and fascinating memorabilia this is the perfect chance to meet Olympic athletes and hear first hand what it takes to become and succeed as a world class athlete. This initial brief is followed by a structured session on the ergos, this is not a test of your fitness but an opportunity to learn the basic technique before setting out on the water. With the basics mastered the time has come to take to the river in coxed eights.

On the river teams will receive continuous coaching from their cox and two experienced athletes in their crew to ensure they are pulling together and moving as one. As the crew becomes more confident on the river and begins to glide through the water with ease and finesse there will even be time to take in the idyllic scenery of the world famous Henley Royal Regatta course.

After a short break to discuss progress and tactics, the teams will take to the water again for some head to head races. It's not about the how hard you pull but how well you pull together.

**The Regatta Package £4,000 plus VAT**

The package includes the use of three Leander boats to race in heats and then a final. Safety launch and equipment support from Leander athletes. For 18 to 36 delegates.

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**Gold Rowing package £3,000 plus VAT**

The package includes the use of two Leander boats, safety launch and equipment, support from Leander athletes. For 12 to 24 delegates.

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**Silver Rowing package £2,000 plus VAT**

The package includes the use of one Leander boat, safety launch and equipment, support from Leander athletes. For 6 to 12 delegates.

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Olympic athlete guest speaker between £600 and £6,000 plus VAT  
Olympic commentator and rowing historian £300 plus VAT

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Conference facilities available

£65 per person daily delegate rate and £190 per person residential delegate rate

A typical timetable for 36 delegates

1030 coffee, tea, pastries, fresh fruit in the Dining Room  
1230 tour of the club with an athlete  
1300 buffet lunch  
1330 motivational speaker  
1415 group one (18 delegates) warm up, briefing and rowing sessions  
1430 row in 3 eights finishing with a race  
1530 group two (18 delegates) warm up, briefing and rowing sessions  
1545 row with 3 eights finishing with a race  
1645 winner of group one to race winner of group two  
1700 2<sup>nd</sup> place group of group one race 2<sup>nd</sup> place group of group  
1715 afternoon tea with scones served in the bar

**Testimonial from a recent participant:**

I wanted to say thank you to the team today at Leander Club. Rowing an eight on the Thames this afternoon with three Olympic hopefuls was a pleasure and a privilege. I may have to take up rowing; it is an elegant and exhilarating sport. I was so fired up I had to get out for a 10k run the moment I got home!

For reservations contact: [events@leander.co.uk](mailto:events@leander.co.uk)

We regret those under 18 years of age, non-swimmers and those with existing injury are not permitted to row. Please bring lightweight tight fitting clothing as jeans are inappropriate for rowing.