

SASKATOON

ROWING

CLUB

est. 1973

Corporate Rowing Program

Pulling Together

Saskatoon Rowing Club | saskatoonrowingclub@gmail.com | www.saskatoonrowingclub.com

The Rowing Experience

A rowing team of approximately 15 people is seen from behind, rowing a long boat on a calm lake. The background is a dense line of green trees under a bright, slightly hazy sky. The water is dark and reflects the light.

- Rowing is a great activity that can involve all types of people with varying skill sets, attitudes, goals, and ideas. Unlike other sports, every member of the team is required to find success. Each individual in the boat is vital to the direction of the team and the balance of the boat. Ultimately, success is achieved through teamwork and patience.

FUN TEAM BUILDING

Rowers learn to anticipate every move of the rest of their team and blend to move quickly and gracefully through the water. This is what makes rowing a unique team building experience and an ideal team sport.

Rowing with the Saskatoon Rowing Club benefits people through an exciting opportunity to experience:

- The South Saskatchewan River up close
- Non-confrontational competition
- Social interaction outside the workplace.

Leadership / Team-building

- Promote growth and trust in teamwork
- Invigorate your team with a new understanding and commitment to the value of pulling together
- Cultivate individual excellence while building a competitive team
- Take athletes tips and techniques for staying motivated, focused, and producing results
- Learn to be a stronger leader by becoming an excellent follower

Program Overview

3 week (2Xweek) or 6 week (1Xweek) Programs

- Teams will row mainly 8+s but will use smaller boats if needed. They will have qualified instructors and coxswains to guide them from the club and will do six 90 min practices on the water.
- Each team will be built from 8 to 10 people (so there are spares).
- After each Corporate crew completes their on water practices, there will be a Corporate Rowing Challenge among different Corporate crews. The race will be 1000m long and the finish line will be in front of the SRC Clubhouse.
- Rowers from this program will have the opportunity to come back next season as a Corporate crew and do it all over again or join the Senior, Master, or Novice programs at the Club.
- Price: \$1500 (Minimum 8 people, Maximum 10 people)

Corporate Learn to Row Day

- The option offers a unique program set to accommodate any corporations' specific needs: half or full day event with flexible timing.
- Your group will learn about the sport of rowing: the equipment, the basic technique on indoor rowing machines and an on-water experience in order to apply newly acquired techniques. The day will finish off on a high note with a race on the water. If requested, the day may include the following:
 - Catered lunch/breakfast/dinner/snacks or BBQ
 - Price: 1/2Day \$600 Full Day \$1200 (8 people)
 - Catering costs are separate

46th Annual Head of the South Saskatchewan Crew Challenge

- Be a part of our very own 46th Annual Head of the South Saskatchewan! Competition takes place on Saturday, Sept. 15, 2018.
- Train for either 3 weeks (2Xweek) or 6 weeks (1Xweek) leading up to the Head Race
- Take part of the regatta and race for 1000m in a featured event at the Head Race
- Training starts in early to mid August
- Price: \$1800 (Minimum 8 people, Maximum 10 people)

TO REGISTER:

- Contact our Club Manager, Morgan Fedrau, by email at: saskatoonrowingclub@gmail.com
- Confirm your team and the best days to train.
- Your training time options can be coordinated with the Club Manager. Full or Half Day options are also available.
- Once confirmed with the our Club Manager, each member of the team will need to create an account through Rowing Canada and sign up.
- Set your first practice and let the fun begin!