

'Oarsome Rowing Day'

Ben Hunt Davis

Olympic Games gold medal winner



The Oarsome Rowing Day is designed to fit within a larger Team Development programme or to be a stand alone team building session. Rowing is the ultimate team sport and a very versatile activity. In order for crews to go fast the whole crew must work together, if one person makes a mistake or is out of time everyone is impacted. For your team to perform well they must work together, focus on their performance whilst learning from and helping each other. How the individuals communicate, give feedback, help or blame others is critical to their success or failure.

Depending on the current needs of your team the day can be shaped and debriefed differently to achieve the outcomes that you require. Normally the day would start with a workshop style session to highlight the key issues and points that we are going to work on. The water session will then be debriefed around these same issues and the team will leave with the actions and behaviours that are necessary to make their 'boat go faster'.

The aim of taking you rowing is not to find new Olympic Rowers but to look at how your team functions. Rowing is a very safe activity where no level of physical strength or fitness is required. The aim is to get you working together not working hard. The only thing that will determine how fast you go is how well you work together. If you want to exhaust yourself you can pull very hard, if you are feeling tired, simply pull less hard or stop.

If people don't want to go on the water they can help teach the others what to do and act as a coach and observer. It is entirely up to the individuals whether they want take part in the rowing or help from the bank. In each boat there will be two experienced rowers to keep everyone safe and help set up a stable platform for the crew to work on. There will also be rowing coaches on the bank to help with the safety.

The day normally comprises of a workshop at the beginning of the day and then 2 rowing session culminating in a race.

Timetable (possible outline)

- 09.00 Tea and Coffee available
- 9.30 Introduction to the day and themes, (e.g. looking at awareness and flexibility and willingness to change)
- 1.00 Change into kit and tea and coffee
- 1.15 Learning technique on rowing machines
- 1.30 Demonstration of equipment
- 1.45 First rowing session
- 3.00 Lunch
- 3.45 Debrief and plan and prepare for next session
- 4.45 Second rowing session
- 6.30 Debrief and application
- 7.30 Depart Dorney Lake
- 8.00 Drinks and Food



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