

West Side Rowing Club provides and promotes competitive and recreational rowing for the Western New York community through quality programming.

THE ULTIMATE TEAM OUTING

CORPORATE ROWING PROGRAM



THE ROWING EXPERIENCE

FUN TEAM BUILDING ON THE BLACK ROCK CANAL!

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. West Side Rowing Club (WSRC) provides you and your colleagues a unique experience that enhances team camaraderie. In the hands of WSRC'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 Black Rock Canal.

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 effect 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.

As a result, your employees will return to their jobs invigorated and with a new understanding of a commitment to the value of "pulling together".



GIVE BACK TO THE COMMUNITY.

By participating in corporate team building, your company will be supporting WSRC'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: The Adaptive/Para program provides opportunities for elite and recreational athletes to compete. As we work to increase our supply of adaptive equipment, we enable individuals with various disabilities to train and compete.

Veterans Rowing: WSRC has partnered with USRowing Freedom Rows program to offer training, both on and off the water, specifically tailored to military veterans and members of the armed forces who have disabilities.



New: Completely refurbished tank room!

WHO ATTENDS?

COMPANIES

If your company or department is looking for a way to flatten its hierarchy and bring more people to the table, try bringing them down to the water for the day. Corporate Rowing will enhance employees' understanding of the strength 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 solutions, help the team establish stronger leadership and learning skills, break down barriers between groups, and enhance problem-solving capabilities.



SAMPLE SCHEDULE

(CORPORATE ROW LASTS 2-3 HOURS)*

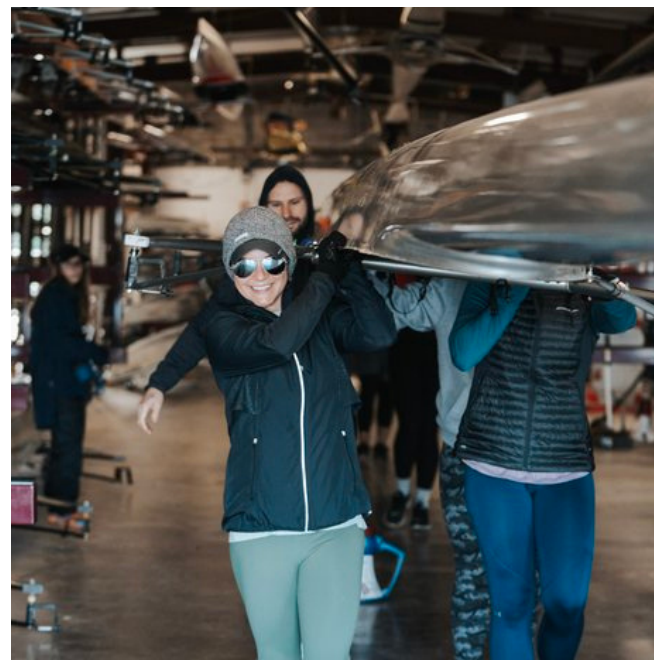
- Welcome and boathouse tour by staff.
- Learn proper technique and power application on the Ergometer: indoor rowing machine.
- Break into teams of 6 to 8 people for a short team building activity led by coaches: "Which seat are you?" Personality traits in an Eight.
- Work as a team to carry the boat and oars 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.

Rental options available at the Frank Lloyd Wright Fontana Boathouse for a post row event.

CONTACT:


For more information, email Kirk Lang at president@wsrc.org or call (716)-881-9797 to schedule your ultimate team outing today





WEST SIDE ROWING CLUB

Find out more about West Side's Corporate & Community Partnerships!

 wsrc.org/team-building

YOUR SUPPORT MATTERS

Through philanthropic support of the West Side Rowing Club, you will create opportunities for youth to use and appreciate our beautiful waterfront. West Side gives every young athlete, regardless of background, access to the water and the opportunity to learn the discipline inherent within rowing.

Corporations supporting West Side will receive a host of unique benefits renewable annually.

Corporate partners are essential in helping the West Side Rowing Club reach the students of Buffalo and surrounding areas. For every \$500 donated, the West Side Rowing Club is able to sponsor one (1) student athlete for a season or rowing.



Interested in becoming a Community Partner? Want to find out more? Email us: president@wsrc.org

WSRC Staff Contact Information

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