



“We had an incredible time with Mendota Rowing Club! Everyone was so passionate about the sport and they taught my group what teamwork was all about and many life lessons. Wonderful people. You must try it!”

Brian Kennebeck, Precoa

# TEAM BUILDING

## At Mendota Rowing Club, Madison, WI

Rowing is the ultimate team sport. MRC's Team Building sessions blend the charm of Madison, WI and Lake Mendota with the challenge of learning to row together as a team. There's nothing that matches the experience of working together on the water to synchronize movements and swing together to unify a team. MRC's coaches will introduce you to the sport, the history, equipment and how to row with your teammates. Participants of any experience level, age or fitness level are welcome.

### Benefits

- Teamwork
- Leadership
- Communication
- Networking

### Features

- Instruction from highly trained coaches
- Excellent rowing equipment provided
- Learn to row and race with your coworkers
- Access to the historic Porter Boathouse

FOR PRICING AND MORE INFORMATION  
PLEASE CONTACT:

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**MENDOTA**  
ROWING CLUB

# CORPORATE TEAM BUILDING ROWING EVENT ON AND OFF THE WATER

## TEAM BUILDING OPTIONS

### Gold Package - 2.5 hours

- Rowing program includes 8-person rowing shells
- Includes introductory session on indoor rowing machines before rowing in boats
- Coach-to-Participant ratio - 1:3
- Includes an experienced coxswain
- Includes 2 experience rowers in each boat
- Includes racing strategy and race opportunity for all boats at the end of event



Event takes place rain or shine. If the lake is not hospitable to rowing all activities are taken indoors.

Cost: \$95/person

### Silver Package - 2 hours

- Rowing program includes indoor rowing machines only
- Includes introductory session on indoor rowing machines
- Includes teaching of proper rowing technique, team building and wellness components
- Coach-to-Participant ratio - 1:6
- Includes racing strategy and race opportunities



Cost: \$50/person

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