



Rowing Days at Molesey Boat Club



Why choose a rowing day at MBC?

Our days are a success because we:

- Challenge our guests with a new sport
- Motivate and inspire within a team environment
- Show what your team is capable of achieving
- Build teamwork and self-confidence whilst having fun



Molesey Boat Club

Founded in 1866, Molesey Boat Club is one of the finest rowing clubs in the UK and is home to eight Olympic and Paralympic medallists from the 2012 Games.

Conveniently located near Hampton Court station.

We invite you to **join us for a fabulous day of rowing** on one of the most beautiful stretches of the Thames.



A typical day would include:

- Breakfast, lunch and light refreshments
- Introduction to the basics of rowing and teamwork by our experienced coaches
- Safety briefing
- The experience of rowing and racing as a team on the river in a racing eight*
- Tuition from our experienced coaches
- Glossary of rowing terms
- Use of the clubhouse facilities including the pay bar

* As safety is of the utmost importance, please note the above will be dependant on the weather and river conditions on the day, but we have contingency plans/activities for teambuilding should you not be able to get on the river



Sample Agenda

- 09.00 Registration, breakfast and welcome by coaches and athletes
Guests assigned into crews and change into rowing kit
- 09.30 Breakout session training including:
- Into the gym to learn to use the rowing machine
 - Hands-on introduction to rowing technique
 - Introduction to the rowing boat, understanding importance of teamwork
 - Rowing terms explained
- 10.45 Briefing by Safety Officer



Sample Agenda...continued

11.00 Coached session on the water followed by crew racing in an eight

Each boat will be crewed by the following:

- 6 guests
- 2 MBC athletes
- MBC coxwain
- MBC coach

13.00 Return to the clubhouse and change

13.30 Lunch and debrief by coach

Coach interview with full time MBC athlete

- “Insight into the life of a full time rower”
- Focus on motivation, training schedule, ambitions and what it takes to win

15.30 Prize-giving

Free time to enjoy the bar and club



Optional Extras

- Professional photographer
- Video of the day
- Motivational speaker:
 - World of sport
 - Business leader
 - Media
 - An MBC 2012 Olympic medallist



Some of our clients:

Allianz 



 **Standard
Chartered**

SATS

Dataquest.

Have we excited you? What Next?

This is a broad overview of what we can offer

As a next step, we would be delighted to discuss your specific requirements and tailor a day to match your goals

For more information including prices and available dates please contact:

John Parker

john.parker@moleseyboatclub.org

Tel: 07962 073063





Thank You

