



## OAK RIDGE ROWING ASSOCIATION

### **“YOUR COMPANY” – WE ARE ALL IN THE SAME BOAT**

Welcome to the TEAM! Rowing has been called the ULTIMATE TEAM SPORT and we are here to help your team *Learn, Develop* and ultimately *Excel* in this incredible sport. Most of you have never actually participated in the sport of rowing which makes our time together very special. Together we will learn what makes a crew work to achieve a common goal. Our time together will focus on using the sport of rowing as a way to build “TEAM” within “your company”. Together we will develop a measurable, believable, and achievable goal and then work together like never before to make it possible. Focusing on attention to detail, using your personal concentration, listening to others within the team, using everyone's strengths and a little positive coaching we will strive to achieve and perhaps surpass our goals.

Rowing is a total body sport that utilizes every major muscle group as well as the respiratory system to its fullest. Rowers are often developed into some of the worlds best conditioned athletes and you will soon find out what it means to “multi-task”. During our time together you will control a 13 foot long oar through a 110 degree arc while using your legs, your back, and your arms to propel a 60 foot long 24 inch wide elite racing shell along the recently voted “TOP 6 Lane Course in the United States”- [Row2k.com 2008 Poll](#). Did I mention that you will be doing this at a rate of 20-25 times per minute and within such close proximity to your fellow team members that you not only hear them breathing but also “feel” them working with you to achieve your goals.

Rowing and business have many similarities and many of those will be examined and discussed over our two days together. “Teamwork”, “Being in the same boat”, “Pulling Together”, “Pushing for the finish line”, and other sayings are all pertinent and become more focused when all team members are in such close proximity as a rowing shell. Rowing puts such a strong emphasis on the team as to only measure the success or failure in relationship to the boat. The entire group wins or losses together, there is no MVP, no stats, no box scores, there are no individual accomplishments, only what is accomplished together. Another similarity is the fact there are no time-outs, no half-times, no chance to get out and have a “chalk talk”, once the race begins it must be rowed to completion. Business success can only be achieved with this total team approach. We will discuss these points and use the activity of setting the boat, moving together toward several common goals throughout our time together. Small steps will be linked together to reach the finish line

My staff and I are looking forward to working with your team and only ask that you come with an open mind to challenge yourself physically and mentally. You will be asked to help carry the boat and oars so be sure to come prepared for a little “work”. Below is a list of some things that will help make your day on the water more enjoyable.

Please bring layers of workout clothing: shorts (non-baggy and non-constrictive), hat, towel, T-shirt, sunscreen, and running shoes. You will be given a team uniform shirt, hat, and water bottle.

Thank you for your interest in working together and I will look forward to meeting your team soon.

*Mark*

Mark Wilson  
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### **SAMPLE - Camp Schedule - SAMPLe**

Actual Schedule will be designed with your company or groups needs in mind.

1, 2 or more day events can easily be designed- Season long time frames with competition can also be incorporated into your company fitness/wellness program.

#### **Day One - Sample**

7:30 am	Meet at the ORRA boathouse for welcome, equipment and safety review.
8:00 am	On Land - Indoor Rowing demonstration and introduction to the sport.
8:30-10:00	On-Water Session #1 – "Putting the Pieces Together"
10-11:00	Off-Water Break, Breakfast, Video Review and Discussion
11-12:30	On-Water Session #2 – "Finding Strength"
1:00-2:00	Lunch at the boathouse, Video Review and Discussion
2:00-3:30	On-Water Session #3 – "Team Development"
4:00-5:30	Return to Hotel for rest, recovery and clean up. Prepare for Dinner
6:00-7:30	Dinner at the Flatwater Grill, Dinner will include Guest Speaker on TEAM.

#### **Day Two - Sample**

7:30 am	Meet at the ORRA boathouse for team warm-up and daily briefing.
8:00-9:30	On-Water Session #4 – "Finding Flow"
9:30-10:30	Off-Water Break, Breakfast, Video Review and Discussion
10:30-12:00	On-Water Session #5 – "Race Prep- Are You Ready?"
12:00-1:00	Lunch at the boathouse and off-water discussion
1:00-3:00	"your company" Regatta – "One Goal, One Boat, One Team"
3:30	Awards Presentation at Boathouse
4:00-5:00	Visit and tour the Museum of Science and Energy, Oak Ridge
6:00-7:30	Dinner at the Big Ed's Pizza

### **Your Coach**

**Mark Wilson** – Mark is a former collegiate National Champion in the Varsity 8 from Northeastern University and former Elite National Sculling Champion in the Men's Double. Currently Mark is the Director of Rowing Development at Oak Ridge Rowing Association, he is also the co-director of the All-American Rowing Camp, LLC and has been coaching adults, juniors, and college aged rowers new and elite for the past 12 years. Mark began formal coaching in 1998 at the University of Massachusetts and developed Indiana University Varsity Women's program where he coached for 5 years, he also works with USRowing and the Foundation for Rowing Education to keep rowing safe and fun for everyone involved.

Questions please contact [mwilson@orra.org](mailto:mwilson@orra.org) or 865-441-0880