



CORPORATE LEARN TO ROW



BUILD STRONGER TEAMS. INSPIRE WELLNESS. MAKE AN IMPACT.

Why Rowing?

Rowing is the ultimate team sport. Every stroke requires trust, communication, rhythm, and focus—exactly what strong teams need in today's workplace.

Your company's crew will experience:

Team Building Like Never Before

- Synchronization & trust exercises
- Collaborative on-water challenges
- Communication drills led by certified Scrum Masters
- Hands-on coaching from experienced rowers

Employee Health & Wellness

- Full-body low-impact workout
- Develops endurance, strength, and flexibility
- Reduces stress and improves mental clarity
- Outdoor activity that boosts overall morale

Performance & Focus

- Builds discipline
- Enhances decision-making
- Encourages mindfulness

 Support a Local 501(c)(3)

Your corporate participation directly supports Space Coast Crew's youth development programs, helping local student-athletes access life-changing experiences.

SpaceCoastCrew.org Space Coast Crew Boosters LLC



YOUR TEAM, ON THE WATER

Perfect for Teams of 4-18
Flexible Weekday Scheduling
Lunch Included
Custom Team Building Exercises

Schedule your Leadership Learn to Row
Fundraising@SpaceCoastCrew.org
Ashleigh Caswell- 561-818-7561



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Strengthen Your Team with Space Coast Crew's Corporate Learn-to-Row Program

2025- 2026

Dear Community Partner,

I'm reaching out to introduce an exciting opportunity for your employees – one that promotes teamwork, communication, wellness, and community impact all at once.

Space Coast Crew, a local 501(c)(3) nonprofit youth rowing organization, conducts a Corporate Learn-to-Row Program, designed specifically for businesses seeking meaningful team-building experiences and enhanced employee well-being.

Rowing is widely recognized as one of the most effective team-building sports. A boat moves efficiently only when every individual works together, communicates clearly, and synchronizes their efforts. These principles translate directly into stronger, more cohesive workplace teams.

Your employees will benefit from:

- Professional Team-Building Instruction: Sessions are led by experienced rowers paired with a Certified Scrum Master, blending athletic teamwork with agile leadership practices.
- Enhanced Wellness: Rowing offers a low-impact, full-body workout that boosts cardiovascular health, reduces stress, and improves mental clarity.
- Improved Focus & Collaboration: The sport naturally develops rhythm, concentration, and trust—skills that translate to improved work performance.
- Outdoor Refresh & Mental Reset: Time on the water provides a unique opportunity for mindfulness, fresh air, and a break from daily stressors.
- Community Impact: Your company's participation directly supports Space Coast Crew's youth programs, expanding access for local student-athletes.

Program Details Include:

- Flexible scheduling
- On-land and on-water instruction
- All equipment and coaching provided
- Full day or Half Day Options
- Suitable for all fitness and experience levels

We would be honored to partner with you to bring this experience to your employees. This is an especially effective tool for c-suite teams. I would be happy to schedule a brief call to discuss program options, availability, and how we can tailor the experience to your organization's goals.

Thank you for considering this opportunity to invest in your team's development while strengthening a local nonprofit committed to youth leadership and athletic excellence.

Warm regards,

Ashleigh Caswell
Space Coast Crew

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