

Published based on [Why rowing is not a competitive sport](#)

Why rowing is not a competitive sport

For most people, you can either love or hate rowing but you cannot really be in between. Many people do not think rowing is amazingly enjoyable to watch compared to football or rugby but that is not the case. Those who had a chance to participate in a rowing event though, have a totally different opinion based on their own unique experience and they openly encourage other people to give it a go too!

I was not interested in rowing personally until I had the chance to practice it for the first time as part of a team building day out of the office, organised by the HR department of the company I used to work for. It was great news for everyone and made the whole team very happy as we had been working hard for a while and we needed having to relax and have some fun outside the office. The event was so nice that everyone seemed to enjoy it and leave behind all those worries and stress.

The [Corporate hospitality](#) event was set in beautiful scenery, some of the greatest countryside I've ever seen, situated in the Lake District. That was my first rowing experience and I found it very exciting. The team spirit is really high and we were all feeling contributing towards the same idea. No individual is more important than the team regardless of experience and talent. Unlike what many people think, rowing is not so much about strength and power but about being collaborating with your teammates. Selfish people will not find place for them as that sort of behaviour won't be tolerated.

The [Henley Regatta](#) rowing event that takes place in London was an event that really struck me and made me addicted to rowing. Five days of rowing in the heart of London with the greatest rowers in the world competing with each other was one of the greatest events I had ever experienced. What is great about it is that even though there is very intense competition, the people around you always remain calm and friendly unlike rivalries that take place in football and the rest of the big sports.

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