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1. Greeting Message from ARF

Dear athletes, coaches and all staff,

It is my greatest pleasure to congratulate on the opening of 2017 ARF High Performance Training Camp and give a warm welcome to all the teams coming from different Asian countries.

I always believe that training camp is a good way for the development of high performance rowing and I am sure that ARF High Performance Training Camp is the best platform to learn and communicate the concepts, techniques, mental wills and training philosophies and then discover the potentials of best rowers in Asia. Getting all Asian national federations together, our dream of Faster, Higher and Stronger rowing sport in Asia will come true.



The most important thing is not triumph but the struggle; not to have conquered but to have fought well. For every participant, I am sure that you will find the shining points of this wonderful camp here at Taishun, China. You will enjoy good sportsmanship and sound connection brought by this training camp. What you have experienced here will be precious for your whole life.

I also appreciate all the endeavors from the coaches, athletes and staff in the training camp. May 2017 ARF High Performance Training Camp fully succeed and may all of you enjoy the learning, practicing and competing in Taishun!

Best Regards,
Wang Shi

2. Camp Intro

2.1 Background

- Asian Rowing Federation has 36 national/regional members, but most of them are underdeveloped and play unimportant roles in national/regional sports.
- Rowing in Asian faces lots of dilemmas, such as insufficient funds, a small population of coaches and rowers and limited attendances in international games.
- The training philosophies are less advanced and the training programs are less systematic compared with Europe, and the performance of rowers from Asian is not competitive enough over the world.



2.2 Goals

- To improve the coaching standard by learning from the internationals and spreading out practical training methods.
- To strengthen the connections within Asian rowing family and then to promote rowing in whole Asia.
- To help the top rowers from different national/regional federations enhance their abilities and become competitive rowers throughout the world.

We hope more Asian boats can show up in the 2020 Tokyo Olympic Games.



2.3 Processes

- ARF will hold a 3-month High Performance Training Camp for the following 2-4 years and offer each national/regional federation 1 boat free quota including all crew on that boat and a coach.
- Each national/regional federation selects the most potential athlete(s) to participate in the High Performance Training Camp.
- ARF provides the funds including accommodation with three meals, boats and oars, local transportation and related facilities

3. Training Camp Introduction

3.1 Location



Taishun Water Sports Training Camp locates in Baizhang Town, Taishun County, Wenzhou, Zhejiang.



3.2 Natures

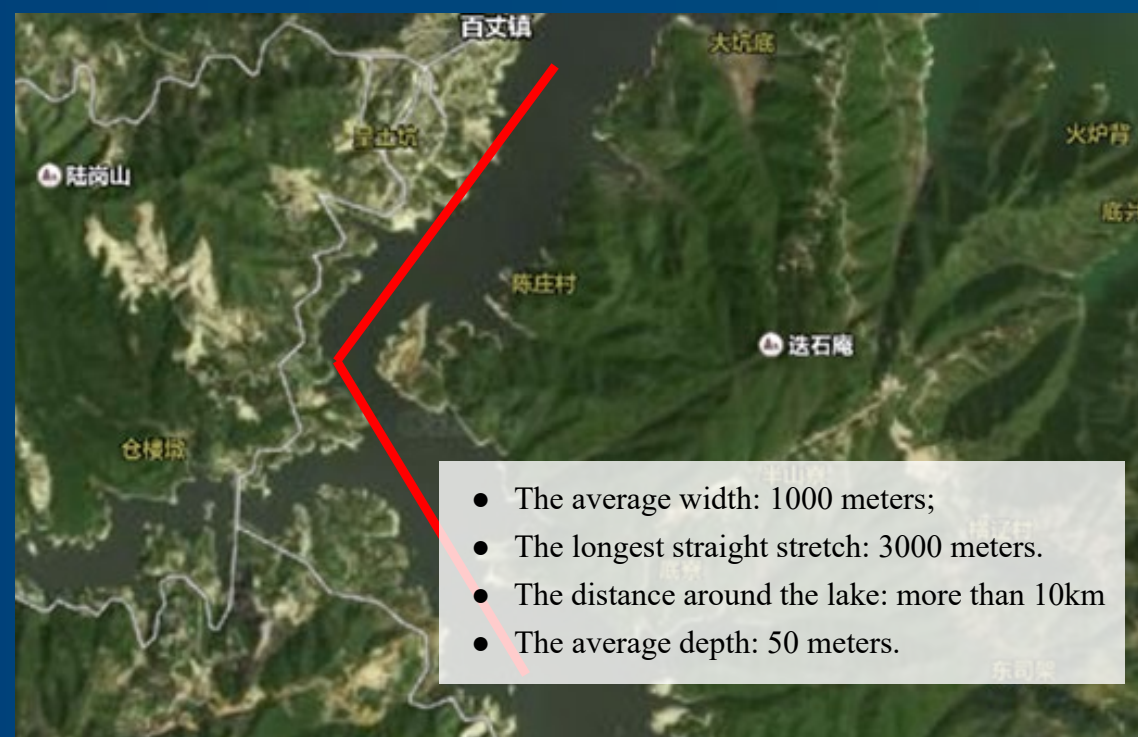


- It is subtropical ocean climate here and has four distinctive seasons with moderate temperature and abundant rainfall.
- The precipitation comes with heat in spring and summer, while the light makes up a heat deficiency in autumn and winter.
- The air quality is also very good, with PM2.5 index staying 10ml/L through the year.



3.3 Courses

- Feiyun Lake is a typical canyon still reservoir that is the biggest man-make lake in Wenzhou with open and tranquil water.



- The average width: 1000 meters;
- The longest straight stretch: 3000 meters.
- The distance around the lake: more than 10km
- The average depth: 50 meters.

- There is no large boats cruising around so the training has no interference at all.



3.4 Past Activities

3.4.1 Races & Camps

- National Junior Rowing Championships
- National Rowing Coach Training
- National Rowing Training Camp
- Asia Rowing Federation High Performance Training Camp



3.4.2 Team Training

- Zhejiang Provincial rowing team and kayaking team
- Liaoning Provincial rowing team and kayaking team
- Henan Provincial rowing team
- Hebei Provincial rowing team
- Fujian Provincial rowing team
- Shanxi Provincial rowing team



We have provided favorable training environment for the World Junior Championship winner (JW4x in 2016), national champions and Asian Games champions.

3.5 Facilities

- Dormitories



- Meeting Room



- Weight Training Room



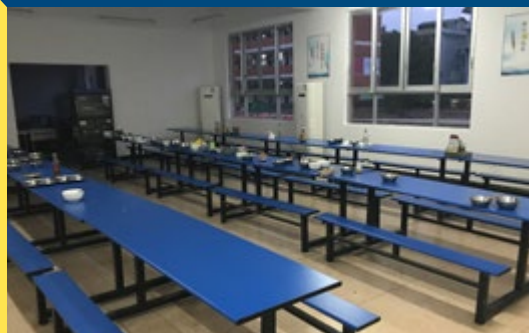
- Ergo Room



- Stretching Room



- Dining Room



- Basketball Court



- Track Field



- Dock & Boathouse (under construction)



- Running & Cycling Track



- Room



- Food



3.6 Contact

Director of Taishun Water Sports Association:
Mr.Chen
Email:tswatersports@163.com

4. 2017 ARF High Performance Training Camp

4.1 Time

Nov. 2017 – Jan. 2018

Date Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Nov.2017				1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	1	2
Dec.2017	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
Jan.2018	31	1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30				

4.2 Staff

From ARF



Zhang Dan



Zhang Yin



Yang Ming



Qiao Zhoushu



Flora Meng Yaning



He Zhenglong

Organizing Committee



Han Hongsheng



Chen Xuanbin



Shi Qinxue



Chief Shao

Coach Team



Andrew Paul Harrison



Zhou Qinian



Gao Bingrong



Liu Xianbin



Wu Jining



Huang Zhongming

4.3 Teams

China



Coach Xi Chunqun



Coach Wu Lin

Rowers:



From left: Sun Hongjing, Li Dan, Yang Qiuying, Pan Jie

Chinese Taipei



Coach Tsai Wen Hui

Indonesia



Coach: Agus Budy Aji



Bow: Sulpianto

Stern: Memo



Rower Liu Chia Chen



Bow: Edwin Ginanjar Rudiana

Stern: Kakan Kusmana

Iraq



Bow: Yuniarty

Stern: Chelsea Corputty



Coach: Ammar Salman Abdulwahid



Rower: Hayman Thamer Kamil



Bow: Wahyuni

Stern: Endang Sri Hevina



Rower: Mohammed Riyadh Jasim

Korea



Bow: Kang Woo Kyu

Stern: Lee Seon Soo



Coach: An Hyo Ki



Bow: Son Seong Min

Stern: Jin Doo Hwa

Myanmar



Coach: Zaw Lwin Tun



Position #4: ni lar win

Position #3: shwe zin latt

Position #2: san dar shwe

Position #1: ei phyu

Philippines



Coach: Maria Concepcion Medina Fornea



Melcah Jen Borigas Caballero



Right: Zuriel Gumi-as Sumintac

Left: Edgar Recana Ilas

Sri Lanka



Nalin Madusanka Jayasooriya Arachchige



Bow: Gunarathna

Stern: Hathurusinghe



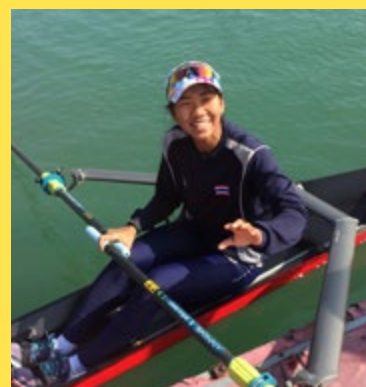
Coach: Reshmin Mihin Amarasinghe



Bow: Karunarathna

Stern: Ediriwarna

Thailand



Raruen Matinee



Raklao Rojjana



Coach: Paisanwan Sitthakarn



*Bow: Chanin
Stern: Piyapong*

Lebanon



Rower: El Azzi Tanios Joseph



DPR Korea



Coach: Mun Yong Chol Kim Chung Il
Translator: Sok Jin Ju



Pak Ho Song



Pak Chol Hun



Bow: Ri Yu Jong

Stern: Kim Un Hui

Iran



*Coach: Afshin Farzam
Rower: Nazanin Malaei*



*Coach (middle): Behnaz Moradkhani
Rowers (From the left): Parisa Ahmadi, Maryam Omid, Mahsa Javar, Nazanin Rahmani*

5. Highlights

5.1 Training & Races



5.2 Workshops



5.3 Cooperation



5.4 Christmas Regatta



5.5 New Year Celebration



6. Summary

6.1 About Coaches

We believe the coaching level among these nations/regions has developed by learning from each other and the seminars we shared.

Seminars in ARF High Performance Training Camp

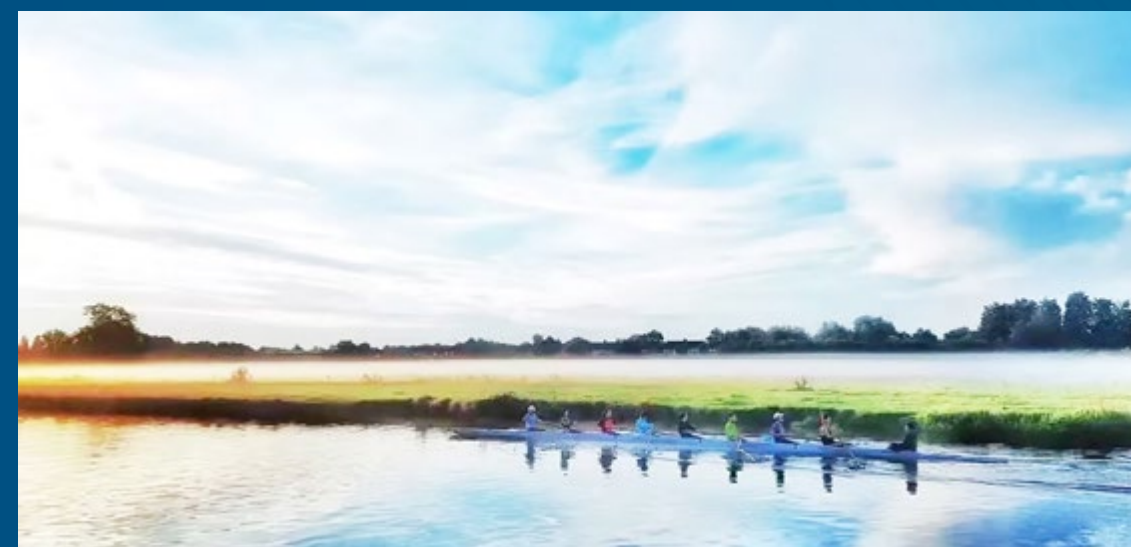
Topic	Presenter	Title of the presenter
Design Training Program and Training Methodology	Wu Jining	Guangdong Province Head Coach Formal Canada National Team Coach Formal Hongkong Team Coach
ARF Learning + Drills	Andrew Harrison	Head Coach of ARF training camp Formal Japan National Team Coach Formal Canada National Team Coach
ARF planning workshop		
Rowing experience sharing	Huang Zhongming	LM4x winner of 2006 World Championships Guangdong Province Coach at present
Rigging	Zhou Qinian	Formal Head Coach of China National Team Coach of the LW4x champion boat in 2008 Olympic Games
The organization of Rowing training	Liu Xianbin	Coach of China National Team
Training Plans for different boats and rowers	Gao Bingrong	Formal Head Coach of China National Team Coach of the LW4x champion boat in 2008 Olympic Games Formal Head Coach of Chinese Juniro National Team Coach of Juniro Olympic Games and Junior World Championships winners



6.2 About Athletes

Almost all the athletes broke their best 2k erg records and enjoyed the best time trial results.

- All the athletes have got improved in the techniques about posture, accuracy and other aspects, in the power and strength and in the stroke length.
- Most of our athletes performed better and better during our weekly 8K time trials.
- A lot of our athletes have broken their best records on ergometer.



6.3 Cultural Interactions

Coaches, rowers and officers from 12 countries/regions got well with each other and enhance the band among Asia rowing by cooperation, communication and competition.



6.4 About Asian Rowing

Most of the participants in the camp will take part in the Asia Games in 2018, and the results of the races are expected to be improved because of this training camp.

May all the athletes from this camp perform best ever in the Asia Games

7. Photos









