

ARF Planning for 2020 - 2022

Jobs	Proposed Development Program	Objectives/Visions	Work Plans/Missions	Our Prospects	Time lines/Approach	Proposed Budget	Amount	Remarks
1	ARF Memberships Drives	To have 4 - 6 non members to join as ARF and FISA members	<p>Step 1. To approach their respective National Olympic Council or National Sports Authority or any of their National Water Sports Organization.</p> <p><u>Step 2:</u> To provide them with the Affiliation Guide Lines for ARF and FISA in order to expedite their inclusion in rowing</p>	<p><u>SEA Region:</u></p> <p>Brunei and Laos</p>	<p>1st Step - Visits/Correspondence by ARF Secretary General & Development Committee with an Invitation to join ARF.</p> <p><u>2nd Step:</u> Invite them to attend ARF Congress in September 2016.</p> <p><u>3rd Step:</u> Help them to be Affiliated to FISA</p>	<p>Flight expenses for 2-3 visiting ARF Exco or working Committee appointed by ARF Development Chair</p>	Subject to ARF allocation. Maximum to 1 visit per nation or 2- 3 meeting per year for prospects.	
2	Rowing Programs for insufficient-resouce federations	To enhance rowing activity in those identified Federations	<p>Step 1:To support them with rowing programs (Coaching Clinics etc)</p> <p>Step 2: Organize donated boat collection programs to start with (If necessary)</p>	<p>Non Active Federations:</p> <p>SEA Region: Cambodia, Laos</p> <p>East Asia: Mongolia</p> <p>Central Asia: Bangladesh</p> <p>South Asia: Nepal, Maldives</p>	<p><u>Step 1:</u> To Visit or Invite them for Basic Training Camps by clustering them to the nearest Zone : (THA or UZB or China)</p> <p><u>Step 2:</u> Organize with Coach and boats to start with on for those who has shown potentiality to be developed.</p>	<p>1. OCA/OS/FISA Budget</p> <p>2. ARF Budget for Development program to support this events.</p>	Subject to ARF allocation and approval	
3	Junior Rowing Programs in Asia	<p>1. To have more structured Development programs for Juniors in Asia.</p> <p>2. To have more rowing events for schools and/or universities</p>	<p>Step 1: To organize special Training Camps only for Juniors</p> <p>Step2: To have more age group Regattas in Asia such as Asian School Regatta, SEA Schools Regatta, etc..</p>	<p>Zone A: East Asia (8 NFs)</p> <p>Zone B: SEA (11 NFs)</p> <p>Zone C: South Asia (5-8 NFs)</p> <p>Zone D: (Approx: 11 NFs)</p>	<p>Step 1: To organize Junior training camps for the 2-4respectives zone at least once in the year.</p> <p>Get ARF Coaches appointed by Development Committee to conduct.</p> <p>Step 2: To have at least 1 Combine training Camp for all Zone (ABCD) with the selected athletes and coaches . Each Federation will be represented by 1Male & 1 Female athletes</p>	<p>1. Appointed Host Nation for the training camp may request for OCA/IOC Budget</p> <p>2. ARF Development to assign on Head Coach and several coaches for this combine training camp. Its may last between 7 -14 days.</p> <p>3. ARF to identify strategic location and venue for the training centre.</p>	<p>1.Maximum budget allocation for 3 ARF appointed Coaches inclusive of Head Coach to run the Training Camp.</p> <p>2. ARF to allocate Budget for the Training Camp expenses for 1-2 Training Camp per year for maximum of 30 Junior athletes (15 Male & 15 Female).</p> <p>with FISA to support Development of Rowing in Asia for 2020 Olympic programs.</p> <p>3. Host Nation to provide free rental</p>	□□

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3					accompany by 1 Jr Coach at training camp which will be jointly organize by ARF and FISA or OS/OCA. whichever available.		of boats 1X,2X,4- and 8+. 4. FISA to provide free Flights for two athletes (1 M & 1F) . ARF to make this request and table it in our Development Training Programs for FISA Approval. We should have such MOU	
4	More women coaches and athletes in Asia	Enhance more women to coach and row for International, World or Olympic event.	Step1: FISA/AOOR allocation of 7 Crews for W1X from Asian Continental to qualify for 2024 Paris Step2. National Federations to encourage more women to learn coaching and row at ARF events. Step3. ARF with FISA supporting organize Women Coaches Training Camp at least 1 per year.	Targeted age 17 to 25 years old. ARF to have selection panel to select potential women athletes for this program. May base from ARF Junior results, WJRC or from any other tracked records which may relevant to her performance and potentiality as Elite athletes	1: To have 1 training camp for those preparing for AOOR in 2024 Paris Step 2: To have special training camp for Crews who qualified for 2024 Paris	1. Budget for those NFs Crew to attend training camp. 2.The Coaching Fees to be paid by ARF under Development programs budget. 3. FISA Development programs/OCA/IOC women development programs	ARF to approve the budget (TBD) to determine how many to attend.	
5	Contribute used boats to targeted NFs by ARF supporters cooperated with FISA	Enhance opportunity to developing Rowing at targeted NFs.	Step 1 : Establish MOU to ARF's supporters for contributing value in kind such as used boats, oars, ergometers and etc. Step 2 : Cooperate with FISA for collaborating and developing plans to enhance more fund. Step 3 : Allocate the targeted NFs with FISA and establish the sustainable development.	Insufficient Budget NFs which have competency to developing all kinds of Rowing.	Step 1: Circulated the proposal to all NFs then select 2 - 3 targeted NFs. Step 2 : Set FISA traning camp and establish 1 ARF event to each targeted NFs.	1. Contributed by ARF's supporters 2. FISA Development programs/OCA/IOC development programs	Target will be 1 NF per year. Nf may find the budget by NOC as well.	