

Report from the Secretary General of ARF

2018/2019 ARF Events attended as follows.

- 2018 ARCC Hong Kong 23 - 25 November 2018 (ARF Representative)
- ARF Executive Committee& Joint Committee Chairs Meeting in Bangkok on 9th Dec 2018
- 2019 ARIC Bangkok Thailand 30 - 31 March 2019 (ARF Representative)
- FISA & ARF Coastal Rowing Camp Pattaya, Thailand 13 - 18 September 2019
(OC consultant)
- 2019 ARCC Pattaya, Thailand 20 - 22 September 2019 (OC consultant)
- 2019 ARC in Chungju, Korea 22 - 28 October 2019 (ARF Representative)
- ARF Executive Committee Meeting, Chungju, Korea, 25 October 2019
- 2019 ARF Ordinary Congress 26th October 2019 in Chungju, Korea.

I have gathered and produced manuals, pictures, video clips, history of rowing, practices, interviews, strategic summaries of ARF, FISA and adapted into strategies and methods to disseminate the knowledge in various topics as follows: **Man, Money, Material and Management.**

4 M	Details by presentations
Man	ARF structure and their responsibilities.
	History of ARF.
	History Major Events of ARF
	ARF and ASIA National Federations in FISA
	Athletes, Coach, Team officials, Supporters and Spectators
	FISA Umpires
Money	Budget for All
Material	Indoor Rowing Machine
	Rowing Boat, Oars and Equipment
	Equipment of the course
Management	How could we know ARF Statutes?
	How could we join the bidding process of ARF events in 2020 – 2022?
	How could we know the duty of ITO, NTO, Learning and Examination?
	How could we learn to swim in 1 hour?
	How could we learn to row 1 hour?
	How could we support rowing development in Asia country?

I strongly believe that there is a great difference between “Love to do” and “Have to do” this job in many ways and I hope that my sincere open-hearted work, inner strength, and wealth of my enthusiasm and dedication will be accepted. The support from all of you will be greatly appreciated to accomplish the ARF's mission.

Sincerely yours,
Rear Admiral Praparnpongs Pochanasomburana