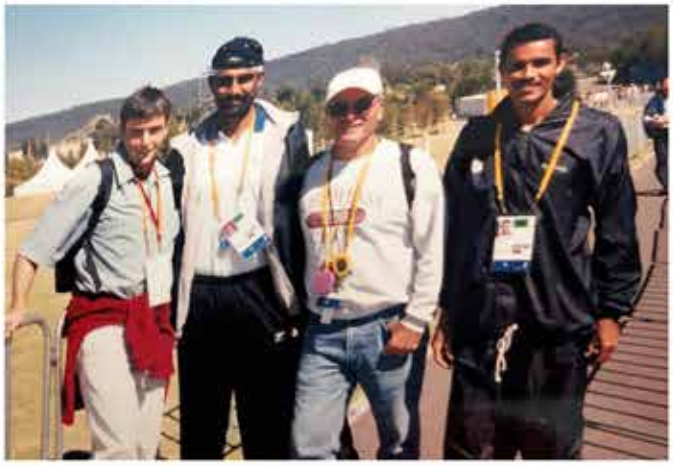
ROWING INDIA

2020

FIND YOUR FLOW



ELECTION OF EC MEMBERS

In all 37 councillors out of 38 approved councillors voted and the Winners of the elections were as follows: -

PRESIDENT

RAJLAXMI SINGH DEO
ANDHRA PRADESH

SECRETARY GENERAL

M.V. SRIRAM
TAMIL NADU

TREASURER

NABABUDDIN AHMED
ASSAM

VICE PRESIDENT

RAJPAL SINGH
DELHI

G. BHASKAR
ANDAMAN

SOUVIK GHOSH
WEST BENGAL

JT SECRETARY

CHIRANJIT PHUKAN
ASSAM

KRISHNA KUMAR SINGH
JHARKHAND

EXECUTIVE COMMITTEE

JASBIR SINGH
PUNJAB

VENKATESHWARA RAO
ANDHRA PRADESH

ISMAIL BAIG
TELENGANA

M. JACOB
KERELA

MANJUNATHA
KARNATAKA

ASSOCIATE VICE PRESIDENT

BALAJI MARADAPPA
TAMIL NADU

SUDHIR SHARMA
UTTAR PRADESH

ASSOCIATE JT SECRETARY

SUBHASISH MUKHERJEE
WEST BENGAL

RAJIV SHARMA
CHANDIGARH

The election to the RFI was held on the 22nd February, 2020 at the SATS Water Sports Academy, Hussain Sagar, Hyderabad-Telangana.

Election Officers M. Aravindan and R. Vishnu, Advocates Madras High Court Conducted the Elections and it was supervised by Retired Judge of the Madras High Court Mr. N. Authinathan and IOA Observer Mr. K. Govindaraj – President of the Basketball Federation of India.

PRESIDENT

ROWING FEDERATION OF INDIA

RAJLAXMI SINGH DEO

Dear Friends in Rowing,

It gives me immense pleasure to announce the launching of "Rowing India", our E-Newsletter, which will be published quarterly, covering a wide spectrum of activities of our rowers from all over the country.

The emphasis of this newsletter will be on the achievements of our past and present rowers in the Senior, Junior & Sub Junior categories, their stories, the Coaches and the State Associations behind their success.

We shall also include events and stories on international rowing. I would like to encourage all administrators, officials, umpires and Rowers to feel free to contribute interesting photographs, write ups and happenings on rowing activities from your States.

I am indeed honoured to lead the Federation for a third successive term, ably assisted by a new and dynamic Executive Committee. I welcome them all with a renewed hope of achieving new heights in Indian Rowing.

We are also assisted in fulfilling this dream, by young enthusiastic members of the RFI Commissions, guided by their respective Chairs, who bring in maturity with their experience.

My best wishes for success to each and every one of you in the team.

While we grapple with the terrible pandemic, which has brought all sporting events to a halt, I sincerely hope you and your families have remained safe and are following all protocols.

I pray things return to normal and we can once again resume all rowing activities.

A start has been made with the assembling of the National Coaching Camps, in preparation for the 2021 Olympics, at ARN, Pune, and we hope to see gradual resumption in all the States, which are proposing to start rowing, from 1st October 2020.

I would like to thank SAI for initiating the E-Pathasala during the lockdown, which was conducted very successfully under the mentorship of Dronacharya Awardee and National Coach, Ismail Baig, Olympians P T Paulose and Inderpal, and Arjuna Awardee Saji Thomas.

Their focus and dedication helped our rowers to keep fit and engaged through the pandemic. It was not only a fitness programme, it was a learning experience on how to run our sport in a digital World

In conclusion, I wish you all a very Happy Dussehra and a bright and sparkling Diwali. Hope the festival season brings with it, tidings of good days to come.

Warmest regards,

Rajlaxmi Singh Deo, President
Rowing Federation of India

KNOW YOUR ADMIN

SECRETARY GENERAL

M.V SRIRAM

in conversation with ARINDAM KANODIA

How were you introduced to Rowing and how long is your association with the sport?

One day I decided to try rowing at the Madras Boat Club and my rowing story began, from 1975 to 2020.

What factors convinced you to stay associated with Rowing and can you share the glimpses of your journey, so far?

At Madras Boat Club in 1975, I got a chance to cox a crew under Borun Chanda & to coach a Junior crew in 1981, which won 2 Golds & 1 Bronze medal, over a 2000 meters race in Pune, Borun included me as a coach for the Asian Games 1982, under Mike Spraklen at Ramgarh lake, Jaipur, which was the venue of the Rowing events. I was made a participant, by Mike who asked me to lose weight and cox the India Fours. After the '82 Asian Games I did not take part in active rowing till I made a comeback in 1988 as the captain of Boats of the Madras Boat Club. I did the FISA Level 1 course. In 2008 I filed for the post of Secretary General OF RFI.

Please share with us some of your remarkable experiences in the rowing arena as a Rower and as an Administrator?

During the last 45 years, many experiences flash through my mind.
In 1981, I trained the TARA Junior crew in Chennai over less than a 1000 meter course, at Pune, we were told the races were over 2000 meters. My juniors were crestfallen. After motivation, they decided to go for it and won the races. This was a maiden coaching high for me to cherish.
After a drought of 34 years Bajrang Lal Takhar won a GOLD for India at the 2010 Asian Games, I, as the Secretary General of the RFI was there to witness the historic win, in far off China. That was a great moment to cherish.

During your tenure as the Sec. Gen. of RFI, which are your biggest moments of - Success, Failure/Regret and Joy?

Success : My acceptability amongst the rowing fraternity as a capable administrator. my Coaching, Umpiring and Officiating Championships
But my biggest success is as an 'overall administrator' in Rowing. I have all my life helped others succeed That is my success.
Regret/Failure : I have no regrets.
Moment of joy : When the National Anthem was played at the Asian Games 2010 at Guangzhou, China, when Bajrang Won the Gold and when our National flag went up 7 times in Colombo at the 2006 SAF Games, for winning all the 7 Golds, where I was Manager of the India Team.

A championship/race that is very close to your heart?

2013 Senior National Championships-Ezhimala-Kannur-Kerala,at the Naval Academy

RFIs rate of growth and what has been an impressive feat for RFI lately?

I have seen tremendous improvements on the ground. Use of technology and training aids have opened up new avenues to improve performance of our Rowers. From 1982 to 2019 we have a haul of 198 medals won in the International and Asian Championships, including Asian Games. Many new rowing centers have sprung up. Many new teams have joined in at the Nationals. Many have contributed to our present state. It's a huge list to thank really. Now it is time for gen next to plan future strategies and continue to make a mark and be relevant and build on our strengths.

Where do you see the Rowing in India in the coming 5 years?

I see more High-Performance Rowing Centers and Academies with top class equipment and coaches, coming up in many cities, this in turn will help India do better in International Championships, in the coming years. With cutting edge, top of the line, technology and sports science playing a major role in training.

Some key reasons why Rowing is yet to be a popular sport

First is the water way. We need a decent stretch of water near a habitation. In India, many water ways are available, but not many are suitable to support Rowing. Second is the cost of equipment. Not many clubs can afford these equipments. Local manufacturers must collaborate with the best foreign boat manufacturers to build world class boats in India, to cut cost and make it available easily. The tax structure is also not OK. Right now, the GST rates are not friendly towards Rowing. We need to address it first. Or, if this is not possible, we need state support to fund purchase of equipments. If we get these two big issues sorted out, we can come to the main point – quality & talented sportspersons of right aptitude to take up the sport. Finally, developing a proper sports ecosystem in our Country. It does not happen overnight and the sports eco system is always entwined with the eco system outside, like our education system, life style and general way of life.

Your plan of actions to popularize the sport?

Government of India is very supportive through the "Khelo India" programme. RFI must support all the Government initiatives and make Khelo India a success for Rowers.

Please make a case as to why Gen-Next would choose Rowing as the Sport?

Rowing is a power- endurance- strength sport. Not easy, but at Sub Junior and Junior levels it is easy to win medals. There are many formats to win medals. Indoor Rowing is one. Coastal Rowing is a new initiative of FISA for India to develop.

Whom do you consider as India Rowing's face in the International Arena currently and who are the ones you predict will go a long way?

In the senior level I pin my hopes on Bittu Singh, Sukhmeet Singh, Arvind Singh, Arjun Lal Jat, and Parminder Singh, along with Sawarn Singh and some others who may make the grade. Frankly the field is wide open now. A new face could spring up and be a champion soon

What support is expected by the Federation from the Govt of India/MYAS to propagate the sport?

Less Government and More Governance should not be for the headlines alone. An over-zealous Government assuming roles which it is not a part of, does not augur well for sports. As these issues are in the limelight now and the ground situation is fast changing, I am sure better sense will prevail for a meaningful separation of roles with clear aims and responsibilities between the Federation and the Government for peace to prevail. This is the first help we expect. And of course, settling our rightful dues held up due to officialese and lethargic paperwork.

So far, which are the key regions/states in India which have contributed heavily with Rowers/Admins etc. Any club that you feel have been a forerunner in adopting new technologies and techniques?

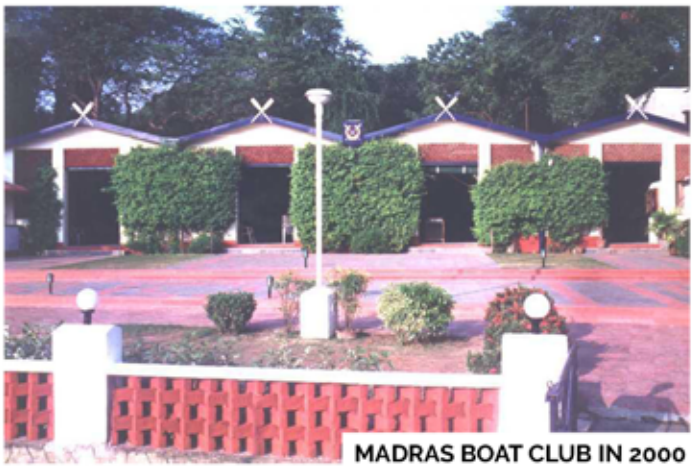
Rowing, as it was when the Britishers , has undergone major changes and competitive rowing has shifted to other centers which support only rowing with no other social activity as we experience in a club. So obviously, most of our champions and stars are from these centers. They also boast of the best boats and infrastructure to support the rowers.

RFI have recently come up with multiple commissions in various fields. Can you please briefly tell us what do you expect as the outcomes or the measure?

The President has nominated the following commissions and few more may be nominated. The commissions have independent roles to perform with freedom from RFI.

a. Athletes Commission
b. Competition, Regattas & Events Commission
c. Legal, Ethics, Discipline & Arbitration Commission
d. Marketing & Publicity Commission
e. Talent Search & Development Commission
f. Women's Commission

KNOW YOUR CLUB



MADRAS BOAT CLUB IN 2000

Madras Boat Club, was founded by a group of passionate British Rowers at Madras (Chennai) in 1867. Currently located along the banks of the Adyar river, the landmark establishment known to be a haven for rowers has expanded into Swimming, Table Tennis, Billiards and more in the last decade. A little-known fact is that the original rowing club was started at the Ennore Creek (~ 20 kms away) alongside a sailing facility, but later shifted to its current location on Boat Club Road, one of the most prime-residential spaces in Tamil Nadu!

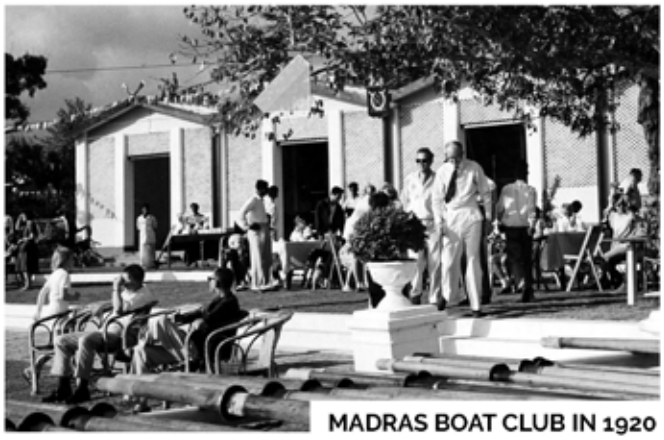
The club has access to a 1 Km stretch of the Adyar river for training, but when water levels are suitable, long rows past the famous Theosophical Society, leading up to the Bay of Bengal on one side and the Cosmopolitan Golf Course on the other are possible. Early records show the club started with a strength of just 32 Rowing and 24 Non-rowing, members. Today the club has burgeoned to almost 2000 members. In 1898, the club coat of dark blue with brass buttons and the club monogram was adopted. The original design is still in use today without modification.

The club, since inception, has been active in the conduct and participation at Club regattas. Most notably the ARAE Regatta, started in 1933. MBC was one of the founder members of the Amateur Rowing Association of the East. In the inaugural inaugural regatta of the ARAE in 1933 at Pune, MBC won the 'Willingdon Trophy for the Fours' and the 'Venables Bowles Trophy for the Pairs'. With ARAE having just 6 members at inception, today it consists of 17 affiliated clubs spread across the sub-continent. MBC in its history has won the 'Hooghly cup' – an Overall Trophy for men and the 'Adyar Trophy' – an Overall Trophy for women, several times, the last was in the year 2016.

MBC and Colombo Rowing Club have had the Madras- Colombo Annual Regatta between them since 1898. Barring breaks during the wars. This event has been held alternately by each club, with the last Regatta hosted by MBC in June 2019. The Men's fours event in Madras-Colombo is the second oldest Inter-Club Boat Race in the world after the Oxford–Cambridge Boat Race. Winners of the Men's overall Championships receive the Deepam Trophy, while the Adyar Trophy is awarded to the Overall Women Championships winners, both of which were won by Colombo in its last edition.

In 1900, MBC pioneered Corporate rowing, with the Merchants and Bankers Regatta, with participation from British mercantile firms like Binnys, Parrys, Gordon Woodroffe etc. While this tournament grew in popularity until the early 2000s, the format has been revived with the inclusion of non-rowing clubs in Chennai, a chance for all to experience the sport.

Having commenced rowing with just 5 wooden boats over a century ago, today the Madras Boat Club has over 50 Modern Racing shells, a state-of-the-art gymnasium and a professional coach to propel the sport of rowing in the city. Several members of the club have gone on to win medals at the National Races. A few have distinguished themselves winning medals at the Asian Level for India.



MADRAS BOAT CLUB IN 1920

- Rohith Maradappa

KNOW YOUR COACH

INDERPAL SINGH

Towering gentleman and an ex-serviceman, Inderpal Singh exudes a personality that is both awe inspiring and intimidating. Yet, the man who hails from a humble village in Punjab, despite his 6 Foot 5 inch frame, is rather gentle, with his tenacity showing only in his outlook to his biggest passion, rowing.

THE LAND DOWN UNDER

THE OLYMPIC DREAM

Not known to many, upon joining the army, he was whisked away to join the basketball team, but as fate had it, rowing found him! Upon the insistence of coaches Jasveer and Mastan, he was allowed to switch from basketball to rowing. He would be an Olympian in rowing, they argued, Inderpal's commanding officer acquiesced!

Lo and behold, Inderpal made a sparkling debut by bagging the Gold medal at the Inter Center Championships held every year between the 3 Engineering Regiment Centers, which participate in rowing. It is a highly anticipated event where novice recruits are allowed to row against each other, their first real competition of sorts.

Inderpal never looked back. The years went by and India had gained a spot in the Men's Pairs event, to participate in the Olympics, via the Asian Qualification Regatta held in 1999. Back then, another pair had won the medal, guaranteeing India her spot. But then it was the boat that qualified, the athletes spot however was contingent on their performance. With this being the case an Olympic camp was held 2000, Sydney Olympic Games and despite not being in the Qualifying boat, Inderpal found a spot in the camp.

He was part of the 6 member team of Olympic hopefuls chosen to get trained in the US. They went on to become the first crew to ever represent the tri-colour at the Olympic Games! Asked about his proudest moment, he says, **"Winning the Gold with Jenil, at the 2004, SAF Games in Islamabad, Pakistan, we got to hoist India's flag and sing the National anthem on foreign soil. I will remember this for life."**

On introspection, Inderpal says "They were much taller and bigger than even me." Yet, he claims this experience has shaped him to learn many new things. Today, he stresses the need for personalized equipment and technical finesse to maximize performance As an NIS accredited coach at SAI, he says our sport needs a more well rounded support system. Team must include Physios, doctors, sports scientists, psychologists and much more.

"We must have support staff for not just every team but, every crew".

As a coach, who develops the grassroot talent for the country, he assures us that his experience and education have enabled him to produce even better results as a coach.

> *"Push your limits for today, and the future will be yours"* - *Inderpal Singh*

- Rohith Maradappa

KNOW YOUR ROWER

SAWARN SINGH VIRK

Sawarn's (Singh Virk) journey into rowing started in his late teens, at 18, he got enrolled in the Indian Army. Little did he know that he would become a champion and represent India one day. Hailing from Mansa a village in Punjab, Sawarn had started rowing at the Army Rowing Node, Pune and in a very short time impressed his coaches with his dedication, determination and grit. His first race was against his role model Bajrang Lal (former Asian Champion) who he had seen representing India in international competitions. As luck would have it, within 250m Sawarn's boat had overturned yet, he did not give up. National Coach Ismail Baig quickly came to his rescue in a speedboat as he watched Sawarn's will-to-win attitude while trying to get back into his boat. Mr C.P.Singh Deo, former President of RFI who was also in the same speedboat then remarked that this novice rower is going to bring medals for India.

Fast forward to National Games 2011. Men's Single Scull Final race - as soon as the word go, was announced Sawarn slipped from his seat and landed on the rails. The oars had already touched the rope marking the lane. Not willing to raise his hands due to a technical issue. And also, knowing that there is little chance of a re-race against a plea from a novice, he took a quick start and started inching towards his competitors who had started racing a while ago. Sawarn ended up winning the race with a lead of 50 metres.

Sawarn is a two time's Asian Games medallist represented India in three World Championships and London's Olympic in 2012. He had won gold in the Olympics qualifying regatta and several other medals in the doubles scull category. After a 3 years hiatus, Sawarn came back in 2018 enduring a back injury and severe typhoid. He once again proved that for winning, the most fundamental attribute required is mental strength. He had lost a great amount of weight and fitness. Even warming up would leave his legs shaking because of weak muscles which would get too fatigued too soon. A determined Sawarn had soon reclaimed his rank as one of the top three rowers in India with a 2000m timing of sub-7. He gave trials for the Asian Games 2018 where he claimed the fourth position in the Men's Double Scull with Om Prakash, narrowly missing the gold medal by 1.5 seconds due to the headwind in the last 350 metres, but won the Gold in Men's Quadruple Scull event and still counting.

"To be a successful rower and to win medals for the country, one just need to set one goal at a time" Always abide by your coach's words, maintain a proper sports diet and never forget that you are your own competitor. If you have confidence in yourself, you will always win."

- Atiriya Dasgupta

OLYMPIC & DHYAN CHAND AWARDEE ROWER

MANJEET SINGH IN CONVERSATION WITH ATIRIYA DASGUPTA

In the 2012 Asian Olympic Qualification Regatta, you came third in men's lightweight category. To get to that level, what was your average schedule in those days?

Post my participation at Beijing Olympic 2008, I had won medals in the 2010 Asian Games and went on to participate in the same category at London Olympic 2012. I had to extend my peak performance through rigorous practise spread over 3 sessions a day.

Representing India in two consecutive Olympics requires a great amount of perseverance. It is basically a preparation of at least 8 years. How did you manage to do so?

Rowing requires a great amount of patience. Starting from learning how to maintain the balance of the boat to crossing the finishing line, nothing comes easily. I would spend nights after nights thinking about my small goals and focussing on them. Only after that, I got a chance to represent India in the Olympics.

How were you introduced to this sport?

Having finished my studies when I had moved to Chandigarh, I used to watch my friends in Police Force at the Sukhana Lake. That's when I got immensely interested in the sport.
In 2004, I joined the CRA. After winning the Silver in Junior National Championships, I realized that I can do something big in rowing.

What do you rank as the ultimate highlight in your career?

Representing India in Beijing Olympics 2008 & London Olympics of 2012. and winning 2 Silver medals in Asian Games 2010.

You had initially trained at the Chandigarh Lake Club and then you had shifted to Hyderabad Camp for Asian Junior Camp. How different were the experiences?

The very fact that CRA used to provide equipment made in India as opposed to international standards / brands at Hyderabad. The coaches at Hyderabd were some of the best available in India.

You had represented India in Men's Lightweight Double scull in 2008 and 2012 Olympics. How did you manage to take India to the Olympic Waters?

Till 2007, I was into sweep rowing. Seeing my physical attributes, techniques & skills, the coaches at Hyderabad decided to put me into sculling which then led me to the lightweight Double Scull team that went to represent India in two consecutive Olympic Games.

What was your strategy to win?

I have kept myself and the boat always ready before the race. From the "SET, ATTENTION, GO" of the starter to the finishing beep of the race, I have maintained my race plan and have not changed it mid-race. I have always kept one hundred percent faith and trust in myself and my training.

Smita Shirole, First Dhyan Chand Awardee, 2003

How do you feel after receiving one of the most prestigious National Sporting awards - The Dhyan Chand Award?

Greatest Reward of my life. This would not have been possible without the unending support coming from RFI and the blessings of my parents who always gave me the freedom to pursue my dreams. They did everything under the sun to support my career and I know, how hard they had to work to provide my sports diet. I am greatly indebted to the RFI and ARTY for their relentless encouragement. If CRA had not introduced me to rowing, I would not have reached this far. I will always credit my coaches and trainers for guiding me & correcting my mistakes. I will always remember my friends who always encouraged me.

What advice would you like to give to the budding rowers and the Olympic aspirants of our country?

> A rower must always set the goal and remain focused on it. Rowers should always work hard and abide by their coach. Must watch their diet.

COMMISSION MEMBERS

ATHELETES COMMISSION

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CHAIRMAN

DALVIR SINGH
MEMBER

LAXMI DEVI
MEMBER

COMPETITION, REGATTA & EVENTS

BALAJI MARADAPPA
CHAIRMAN

SHUBHASHISH MUKHERJEE
MEMBER

SANJAY JAYARAJ
MEMBER

SANJAY VALVI
MEMBER

ANIMESH BISWAS
MEMBER

BENOY CHATTERJEE
MEMBER

LEGAL, ETHICS, DISCIPLINE, DISPUTES & ARBITRATION COMMISSION

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MR. P T PAULOSE
MEMBER

OLYMPIAN
MR. INDERPAL SINGH
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V. VENKATESHWARA RAO
MEMBER

ARJUNA AWARDEE
MR. JENIL KRISHNAN
MEMBER

ARJUNA AWARDEE
MR. DALVIR SINGH
MEMBER

N. LAKSHMI DEVI
MEMBER

ROWING NATIONAL NEWS

E- PATHSHALA

The Sports Authority of India has initiated the Khelo-India E-Pathshala - an online athlete coaching and education programme in collaboration with the Rowing Federation of India

The aim is to maintain the fitness of the rowers as well as keep them focused & motivated during the pandemic when rowing on water isn't possible.

The Khelo India E-Pathshala had started on 1st of June, 2020. The programme is led by SAI NCOE Kolkata.

The mentors are Dronacharya Ismail Baig, Coach Olympian P.T.Paulose, Olympian Inderpal Singh and Arjun Awardee Saji Thomas.

The sessions include training schedules which are intense, dynamic strength and core training, muscular and general endurance, circuit training, resistance training using Theraband, Zumba, Yoga Asanas etc.The online education programme also includes presentations on the part of a rowing boat,ergometer,muscles and joints used in rowing,rowing technique correction, preparation of competition and races etc.

This programme has helped to bring the training from the training center to the drawing rooms. More than 200 rowers across India have enthusiastically attending these sessions.

As said by Olympian Inderpal Singh, **"Rowing is a sport which needs perfect mind & body synchronization and requires daily discipline. These sessions will benefit the rowers physically and mentally. "**

OARSPEAK EPISODE

OARSPEAK chat show has been launched during the lockdown. This initiative intends to archive the contributions & achievements of the legends of the sport. The episode1 had one of the Founding Members of the National federation- Subrata Dutta , followed by National Coach Ismail Baig, Olympian Inderpal Singh and Arjuna Awardee Bajrang Lal. The chat show has been very well received within the rowing community and immensely encouraging the rowing aspirants.

KHELO INDIA

The Khelo India programme has been introduced to revive the sports culture in India at the grass-root level by building a strong framework for all sports played in our country and establish India as a great sporting nation.

Federation is extremely grateful to MYAS for recent additional selection of our young talents in such big numbers.

OLYMPIC DAY

STAY HEALTHY | STAY STRONG | STAY ACTIVE

It was in 1947 during the 41st Session of the International Olympic Committee in Stockholm, that Doctor Gruss, IOC member in Czechoslovakia, presented a report on a World Olympic Day celebration which would primarily be a day of promoting the Olympic idea. The project was adopted some months later on the occasion of the 42nd IOC Session in St Moritz in January 1948. The National Olympic Committees were put in charge of organising this event and were requested to choose a date between 17 and 24 June, thereby celebrating the foundation of the International Olympic Committee at the Sorbonne, Paris, on 23 June 1894, where Pierre de Coubertin obtained the revival of the Olympic Games.

Legends of the sport, Coaches, Administrators and young Rowers joined in the celebrations. Made short video clips of themselves to wish the fraternity. Some of the most popular videos were shared by Bajrang Lal Thakar, Tejas Shinde, Mrunmoyee Salgaokar, Avinash Kaur R. Chandramouli, Naren Kothari, Smita Shirole Yadav,Saji Thomas, Inderpal Singh, Rajiv Sharma, Balaji Maradapa and Ismail Baig. Truly, Olympics Day 2020 turned out to be a wonderful event.

OLYMPIC SOLIDARITY

RFI is pleased to announce that our physio therapist Mr T.Sai Kumar had been selected from India to attend the IOC Diploma in Physical Therapies organized by Sports Oracle. This will be funded by Olympic solidarity. He has been working with the national team since 2015 and travelled with them for almost all the International Championships

2020 – THE YEAR THAT WASN'T

2020- 'The Chinese year of the Rat 'has been a difficult year for all, even sports had not been spared. Upon winning the Gold at the 2018, Asian Games, India's scullers were looking to qualify for the 2020 Olympic Games at Tokyo and further improve their performance at the world level.

Since 1st of October, 2020, our national rowers have resumed training for the Olympic qualifiers after a long gap. The Asian and Oceania Continental Olympic Qualification will now take place alongside the Final Olympic Qualification Regatta in Lucerne, Switzerland, between 17-19 of May, 2021. At the Asian Rowing Congress at Chungju, South Korea, held in October 2019, the Rowing Federation of India had successfully bid to host the 2020, Asian Rowing Championship in Bhopal. Under the leadership of Mrs. Rajlaxmi Singh Deo, President of RFI, the entire rowing family in India was set in motion for the successful conduct of the regatta which was slated to happen in India after a long gap of 15 years. The last Senior Asian Rowing Championship was conducted on the Hussain Sagar Lake, Hyderabad in 2005. Unfortunately, this did not happen due to the Covid-19 pandemic. However, the RFI is gearing up to host the Asian Championship in 2021 and make it a grand success.

EXCELLENCE IS THE ART OF DOING COMMON THINGS IN AN UNCOMMON WAY" -BOOKER T. WASHINGTON

Rowing Federation of India had organized a Coaches Masterclass with Prof Antonio Maurogiovanni. He is currently Director of High Performance -Ireland Rowing and has helped his team win 6 International Gold Medals since 2017, alone! He has previously worked with 3 National Teams - Italy, Australia and Netherlands, as part of which has been to 5 Olympic Games, since the 1996 Atlanta edition.

ANTONIO MAUROGIOVANNI

As FISA's International Development Coach and Expert Consultant, he is amongst the most advanced rowing faculty and is a coach to coaches themselves. Excellence via – High Performance Systems, was an exclusive masterclass organized for FISA Level 2 coaches and upward. The session moderated by RFI Secretary General, Mr. M.V.Sriram and Mr. Balaji Maradapa, Associate Vice President-RFI was attended by over 60 coaches from India and Sri Lanka, had been well received. India Rowing hopes to conduct many more such sessions to equip our coaches and athletes to scale greater heights in India and the world.

TARGET OLYMPIC PODIUM SCHEME

Rowing Federation of India, would like to express sincere thanks to MYAS for selection of its young & promising talents under the Target Olympic Podium Scheme(TOPS) for the Olympics 2024 & 2028 preparations. Our best wishes to Avinash Kaur, Bittu Singh, Sukhmeet Singh, Arvind Singh and Arjun Lal Jat.

ARJUNLAL JAT : I joined Rowing in Delhi after joining Rajputana Rifles Regiment. My main objective for now is to win gold in upcoming 2022 ASIAN GAMES and to win medal in Olympics in Double Scull event with my partner Arvind Singh.

BITTU SINGH : I started rowing from BEG KIRKEE and I presently I practice in CME. My main event is Heavy weight single scull. After winning 2 gold medals in Hyderabad I was very motivated and now my main goal is to win medal in 2022 Asian Games in my event.

AVINASH KAUR : Till date no girls from rowing have represented India in Olympics. They have only secured third place in Asian Games. As my father Shri Inderpal Singh is an Olympian, I also want to be the first woman to represent India in Olympics and win gold in Asian Games. I was facing some problems while rowing in water due to this pandemic but, I continued my practice in my hometown since 20th March with the help of my coaches Shri Inderpal Singh and Shri P.T Paulose.

SUKHMEET SINGH : After joining Services from Punjab sector I joined rowing and this sport has changed me completely. Now my main aim is to win medal in 2024 Olympics and to win gold in Asian games in 2022. My event is single scull and quadruple scull where I want to be the best.

ARVIND SINGH : I started rowing from BEG RORKEE since then, my aim was to win a Gold in Asian Games 2022 and a medal in Olympics 2024 Currently, I practice in CME where I get good diet and nutrition along with best of facilities. I am thankful to MYAS for selecting me under Tops.

WE ACKNOWLEDGE THE HELP OF OUR VOLUNTEERS

KEERHANA TK

ATIRIYA DASGUPTA

OFFICIAL PARTNER FOR BOATS & EQUIPMENT

ANJANA INTERNATIONAL INDUSTRIES

INDIA

ROWING FEDERATION INDIA

Coming Soon

ROWING FEDERATON OF INDIA

presents *Virtual Challenge*

INDOOR ROWING

Events:

1 kilometre
2 kilometres
5 kilometres

RUNNING

Events:

5 kilometres
10 kilometres

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