

ANNUAL CALENDAR FOR
TRAINING AND COMPETITION

(2019-20)

ROWING

**STANDARDISED FORMAT FOR SUBMISSION OF ANNUAL CALENDAR
FOR TRAINING AND COMPETITIONS (ACTC) FOR (2019-20)**

Index

Sl.No	Topic (Part-A)	Page No.
1.	Introduction of the NSF	3
2.	Brief Introduction of the Sport (Senior)	4
3.	Outstanding Performance at international level (Seniors)	5-7
4.	Brief report of performance at National Level	8-9
5.	National Coaching Camps (Seniors)	10-13
6.	International Competitions abroad (Seniors)	13
7.	International Competitions in India (Seniors)	14
8.	National Championships (Seniors)	15
9.	Requirement of coaches and support staff (Seniors)	15-16
10.	Requirement of Sports Equipments (Seniors)	16-17
11.	Synopsis of Budget (Seniors)	18
	(Part-B)	
12.	Brief Introduction of the Sport (Junior/Sub-junior/Cadets)	20
13.	Outstanding Performance at international level (Junior/Sub-junior/Cadets)	20-21
14.	Brief report of performance at National Level (Junior/Sub-junior/Cadets)	22-23
15.	National Coaching Camps (Junior/Sub-junior/Cadets)	24-25
16.	International Competitions abroad (Junior/Sub-junior/Cadets)	26
17.	International Competitions in India (Junior/Sub-junior/Cadets)	26-27
18.	National Championships (Junior/Sub-junior/Cadets)	27
19.	Requirement of coaches and support staff (Junior/Sub-junior/Cadets)	28
20.	Requirement of Sports Equipments (Junior/Sub-junior/Cadets)	29
21.	Synopsis of Budget (Junior/Sub-junior/Cadets)	30
	(Part C)	
22.	Final Synopsis of Budget	32

Introduction of the NSF

1.0 Name of Sport: **ROWING** _____

Details of the President and Secretary General/ CEO of the National Sports Federation.

S. No.	Name	Designation	Contact Detail Office tel. phone no./mob. No. /email id
1	Mrs.Rajlaxmi Singh Deo	President	040 27792577 9246202577 rowingindia@gmail.com
2	Mr. Girish J Phadnis	Secretary General	9820649939 sec.general.indiarowing@gmail.com

PART-A (FOR SENIOR MEN AND WOMEN)

2.0 Brief Introduction of the Sport:

- 2.1 Whether Olympic Games (OG) sports or not? If yes, since when introduced?
Yes, in 1896.
- 2.2 Whether Asian Games (AG) sports or not? If yes, since when introduced?
Yes, in 1982 (Delhi).
- 2.3 Other level of Championships where sport is played.
World Cup, World Rowing Championship, South Asian Games, Asia Cup, Amateur Rowing of the East Regatta, Asian Rowing Championship, School Regattas
- 2.4 Total no. of events and medals at stake in Men and Women category in OG a AG and CWG.
Men-7 events, Women-7 events and AG: Men-8 events, Women-7 events

3.0 Outstanding Performance of the Indian Team at international level in the past four years:

3.1 Performance of the Indian team / sports persons at International level (OG/AG) for last four years (2015-16 to 2018-19) in the given format.

No	Name of Athlete	Name of Competition	Date & Venue of the competition	Performance medal won by individual / team
1.	Kapil Sharma	16th Asian Rowing Championship 2015	Beijing, China	Silver
2.	Jaswinder Singh	16th Asian Rowing Championship 2015	Beijing, China	Silver
3.	Rajesh Verma	16th Asian Rowing Championship 2015	Beijing, China	Silver
4.	Mohammad Azad	16th Asian Rowing Championship 2015	Beijing, China	Silver
5.	DattuBaban Bhokanal	16th Asian Rowing Championship 2015	Beijing, China	Silver
6.	Vikram Singh	16th Asian Rowing Championship 2015	Beijing, China	Silver
7.	Shokendar Tomar	16th Asian Rowing Championship 2015	Beijing, China	Silver
8.	Roopendra Singh	16th Asian Rowing Championship 2015	Beijing, China	Silver
9.	Sonu Laxmi Narain	16th Asian Rowing Championship 2015	Beijing, China	Silver
10.	Davinder Singh	16th Asian Rowing Championship 2015	Beijing, China	Silver Bronze
11.	Naveen Kumar B	16th Asian Rowing Championship 2015	Beijing, China	Silver Bronze
12.	Suchcha Singh Tomer	16th Asian Rowing Championship 2015	Beijing, China	Silver
13.	Gurinder Singh	16th Asian Rowing Championship 2015	Beijing, China	Silver
14.	Laxman Rohith Maradapa	16th Asian Rowing Championship 2015	Beijing, China	Silver
15.	Dushyant	16th Asian Rowing Championship 2015	Beijing, China	Bronze
16.	Dattu Baban Bhokanal	Asian Oceania Olympic Qualification Regatta 2016	Chungju, South Korea	Silver
17.	Sanjukta Dung Dung	Asian Indoor Rowing Championship 2016	Pattaya, Thailand	Silver
18.	Manjula Xess	Asian Indoor Rowing Championship 2016	Pattaya, Thailand	Silver

19.	Sawan Kalkal	Asian Indoor Rowing Championship 2016	Pattaya, Thailand	Silver Bronze
20.	Pritpal	Asian Indoor Rowing Championship 2016	Pattaya, Thailand	Silver
21.	Navneet Kaur	Asian Indoor Rowing Championship 2016	Pattaya, Thailand	Silver Bronze-2
22.	Mayurakshi Mukherjee	Asian Indoor Rowing Championship 2016	Pattaya, Thailand	Silver Bronze
23.	Yuvraj	Asian Indoor Rowing Championship 2016	Pattaya, Thailand	Silver
24.	Tejaswara Reddy	Asian Indoor Rowing Championship 2016	Pattaya, Thailand	Silver Bronze
25.	Sanjukta Dung Dung	Asian Indoor Rowing Championship 2016	Pattaya, Thailand	Silver
26.	Manjula Xess	Asian Indoor Rowing Championship 2016	Pattaya, Thailand	Silver
27.	Parveen	Asian Indoor Rowing Championship 2016	Pattaya, Thailand	Bronze
28.	Paras	Asian Indoor Rowing Championship 2016	Pattaya, Thailand	Bronze
29.	Maheshwar Singh	Asian Indoor Rowing Championship 2016	Pattaya, Thailand	Bronze
30.	Sunil	Asian Indoor Rowing Championship 2016	Pattaya, Thailand	Bronze
31.	Pramod	Asian Indoor Rowing Championship 2016	Pattaya, Thailand	Bronze
32.	Deepa Maharaja	Asian Indoor Rowing Championship 2016	Pattaya, Thailand	Bronze
33.	Jibolata Chanu	Asian Indoor Rowing Championship 2016	Pattaya, Thailand	Bronze
34.	Lucky	Asian Rowing Championship 2017	Pattaya, Thailand	Bronze
35.	Akshat	Asian Rowing Championship 2017	Pattaya, Thailand	Bronze
36.	Nikhil Goliyan	Asian Rowing Championship 2017	Pattaya, Thailand	Bronze
37.	D Sai Raju	Asian Rowing Championship 2017	Pattaya, Thailand	Bronze
38.	Sawarn Singh	18 th Asian Games 2018	Indonesia	Gold
39.	Om Prakash	18 th Asian Games 2018	Indonesia	Gold
40.	Dattu Bhokanal	18 th Asian Games 2018	Indonesia	Gold
41.	Sukhmeet singh	18 th Asian Games 2018	Indonesia	Gold

42.	Dushyant	18 th Asian Games 2018	Indonesia	Bronze
43.	Rohit Kumar	18 th Asian Games 2018	Indonesia	Bronze
44.	Bhagwan Singh	18 th Asian Games 2018	Indonesia	Bronze

3.2 Ranking of the Team/important sports persons at the International level (if no medals are won).

1. Pandurang Dhanaji Mohite - 4th position at 16th Asian Rowing Championship 2015, China
2. Jegan Sekar - 4th position at 16th Asian Rowing Championship 2015, China
3. Tejash Hanmant Shinde - 4th position at 16th Asian Rowing Championship 2015, China
4. Manjeet Singh - 4th position at 16th Asian Rowing Championship 2015, China
5. Sanjukta Dung Dung- 6th& 7thposition at 16th Asian Rowing Championship 2015, China
6. Dittymol Varghese – 6th & 7thposition 16th Asian Rowing Championship 2015, China
7. Pooja Sangwan – 6th& 7thposition at 16th Asian Rowing Championship 2015, China
8. Manjula Xess – 6th& 7thposition at 16th Asian Rowing Championship 2015, China
9. Nafisa Sadiq – 7th position at 16th Asian Rowing Championship 2015, China
10. Navneet Kaur – 7th position at 16th Asian Rowing Championship 2015, China
22. Roopender – 5th position at Asian Olympic Qualification Regatta 2016, Korea
23. Vikram Singh – 5th position at Asian Olympic Qualification Regatta 2016, S.Korea
24. Yuvraj – 5th position at Asian Indoor Rowing Championship 2016, Pattaya, Thailand
25. Gagandeep Singh – 6th position at Asian Indoor Rowing Championship 2016, Thailand
26. Sawan Kalkal - 4th position at Asian Indoor Rowing Championship 2016, Thailand
27. Pritpal - 5th position at Asian Indoor Rowing Championship 2016, Pattaya, Thailand
28. Maheshwar Singh - 4th position at Asian Indoor Rowing Championship 2016, Thailand
29. Sunil - 4th position at Asian Indoor Rowing Championship 2016, Pattaya, Thailand
30. Deepa Maharaja - 4th position at Asian Indoor Rowing Championship 2016, Thailand
31. Jibolata Chanu - 4th position at Asian Indoor Rowing Championship 2016, Thailand
32. Kuldeep Sendhav - 7th position at Asian Rowing Championship 2017, Thailand
33. Narender Kumar - 7th position at Asian Rowing Championship 2017, Thailand
34. Paras - 7th position at Asian Rowing Championship 2017, Pattaya, Thailand
35. Bhanu Pratap - 7th position at Asian Rowing Championship 2017, Pattaya, Thailand
36. Santosh Kadale - 7th position at Asian Rowing Championship 2017, Pattaya, Thailand
37. Mangal Singh - 7th position at Asian Rowing Championship 2017, Pattaya, Thailand
38. Tejaswar Reddy - 7th position at Asian Rowing Championship 2017, Pattaya, Thailand
39. Mahesh Kumar - 7th position at Asian Rowing Championship 2017, Pattaya, Thailand
40. Sanjukta Dung Dung - 7th position at Asian Rowing Championship 2017, Thailand
41. Manjula Xess - 7th position at Asian Rowing Championship 2017, Pattaya, Thailand
42. Sona Keer - 6th position at Asian Rowing Championship 2017, Pattaya, Thailand
43. Karuna Devi - 6th position at Asian Rowing Championship 2017, Pattaya, Thailand
44. KM Gita - 6th position at Asian Rowing Championship 2017, Pattaya, Thailand
45. Rukmani Dangi - 6th position at Asian Rowing Championship 2017, Pattaya, Thailand
46. Harpreet Kaur - 5th position at Asian Rowing Championship 2017, Pattaya, Thailand
47. Navneet Kaur - 5th position at Asian Rowing Championship 2017, Pattaya, Thailand
48. Bhopal Singh – 4th position at 18th Asian Games 2018, Indonesia

49. Jagvir Singh – 4th position at 18th Asian Games 2018, Indonesia
50. Tejesh Shhinde – 4th position at 18th Asian Games 2018, Indonesia
51. Naukarkar P Ganesh – 4th position at 18th Asian Games 2018, Indonesia
52. Akshat – 4th position at 18th Asian Games 2018, Indonesia
53. Jegan Sekhar – 4th position at 18th Asian Games 2018, Indonesia
54. Hardeep Singh – 4th position at 18th Asian Games 2018, Indonesia
55. Sumit – 4th position at 18th Asian Games 2018, Indonesia
56. Malkeet Singh – 4th position at 18th Asian Games 2018, Indonesia
57. Gurinder Sigh – 4th position at 18th Asian Games 2018, Indonesia

4.0 Brief details of the sport at National Level:

4.1 Details of National Championships organised in all age group in last two years in following format:

Name of Championship	Duration	Venue	Best 5 performance States/Board
35 th Sr National Rowing Championship	27 Jan-4 Feb 2017	Bhopal, Madhya Pradesh	Madhya Pradesh Odisha Telangana Karnataka/Punjab SSCB/AIP
20 th Sub Jr National Rowing Championship	5-11 Jun 2017	Kolkata, West Bengal	Telangana West Bengal Odisha Kerala Madhya Pradesh
38 th Jr National Rowing Championship	14-19 Nov 2017	Cuttack, Orissa	Odisha Telangana Madhya Pradesh Kerala Karnataka
36 th Sr National Rowing Championship	4-11 Dec 2017	Pune, Maharashtra	Services Army Sports control Board Odisha Madhya Pradesh Punjab

21 st Sub Jr National Rowing Championship	4-10 June 2018	Chennai, Tamil Nadu	Telangana Kerala Madhya Pradesh Karnataka Manipur
39 th Jr National Rowing Championship	2-7 Oct 2018	Bhopal, Madhya Pradesh	Odisha Kerala Punjab Madhya Pradesh Telangana
37 th Sr National Rowing Championship	17-22 Dec 2018	Pune, Maharashtra	Services Army Sports control Board Odisha Madhya Pradesh Punjab

5.0 Annual Calendar for Training & Competition (ACTC) for Seniors (Male and Female) in the given format:

5.1 National Coaching Camps:

S. No	Purpose of the coaching camp	Composition of the campers	Proposed date for submission of proposal	Period		Total days	Venue	Estimated expenditure to be incurred as per norms	SAI Comments	Decision of the Committee
				From	To					
	Senior Men									
Participation at Asian Indoor Rowing Championship, Thailand, dates will be intimated										
1	In preparation for Asian Championship 2019 & World Championship	40 Men 8 Coaches 5 Support staff	Feb 2019	8 Apr 2019	2 June 2019	56 days	ARN, Pune	Rs.3129920/-		
Break for 9 days from 3-11 June 2019										
2	In preparation for Asian Championship 2019 & World Championship	40 Men 8 Coaches 5 Support staff	Apr 2019	12 June	6 Aug 2019	56 days	ARN, Pune	Rs.3129920/-		
3	In preparation for Asian Championship 2019 & World Championship	36 Men 8 Coaches 5 Support staff	June 2019	7 Aug	22 Aug 2019	16 days	ARN, Pune	Rs.820440/-		
Participation at World Rowing Championship at Linz, Ottensheim from 22 Aug – 2 Sep 2019										

4	In preparation for Asian Championship 2019	34 Men 8 Coaches 5 Support staff	July 2019	3 Sep	20 Oct 2019	48 days	ARN, Pune	Rs.236880/-		
Participation at Asian Rowing Championship at Chungju, Korea from 20-24 Oct 2019										
Break after Asian Rowing Championship 2019										
5	In preparation for Asian Olympic Qualification	10 Men 6 Women 5 Coaches 5 Support staff	Oct 2019	5 Dec 2019	29 Jan 2020	56 days	SAI, Alleppey, Kerala	Rs.2516720/-		
Break for 9 days from 30 Jan – 7 Feb 2020										
6	In preparation for Asian Olympic Qualification & Asian Rowing Championship 2020	40 Men 8 Coaches 5 Support staff	Dec 2019	8 Feb 2020	31 Mar 2020	53 days	ARN, Pune	Rs.2969960/-		
Participation at Asian Olympic Qualification Regatta 2020 - Venue and Dates will be intimated										
SENIOR WOMEN										
Participation at Asian Indoor Rowing Championship, Thailand, dates will be intimated										
1	In preparation for Asian Championship 2019	18 Women 6 Coaches 5 Support staff	Feb 2019	2 Apr 2019	29 Apr 2019	28 days	SATS, Water Sports Academy, Hyderabad	Rs.1388400/-		

	Break for 4 weeks from 30 Apr – 27 May 2019									
2	In preparation for Asian Championship 2019	18 Women 3 Coaches 5 Support staff	Apr 2019	28 May	22 Jul 2019	56 days	SATS, Water Sports Academy, Hyderabad	Rs.2492880/-		
	Break for 10 days from 23 -31 July 2019									
3	In preparation for Asian Championship 2019	12 Women 3 Coaches 5 Support staff	Jun 2019	1 Aug	25 Sep 2019	56 days	SATS, Water Sports Academy, Hyderabad	Rs.1780560/-		
4	In preparation for Asian Championship 2019	12 Women 3 Coaches 5 Support staff	Aug 2019	26 Sep	20 Oct 2019	25 days	SATS, Water Sports Academy, Hyderabad	Rs.798750/-		
	Participation at Asian Rowing Championship, Chungju, Korea from 20-24 Oct 2019									
	Break after Asian Rowing Championship 2019									
5	In preparation for Asian Olympic Qualification & Asian Rowing Championship 2020	6 Women 2 Coaches 4 Support staff	Dec 2019	8 Feb 2020	31 Mar 2020	53 days	SATS, Water Sports Academy, Hyderabad	Rs.973600/-		
	PARA ROWING									
1	Para Rowing camp	Men- 4 Women-2 Coach -1	Feb 2019	2 Apr 2019	27 May 2019	56 days	ARN, Pune/SAI, Kerala	Rs.617680/-		

2	Para Rowing camp	Men- 4 Women-2 Coach -1	Apr 2019	28 May 2019	18 June 2019	21 days	ARN, Pune/SAI, Kerala	Rs.231630/-		
Participation at World Rowing Cup II from 17 -25 June 2019										
3	Para Rowing Camp	Men -4 Women-3 Coach- 1	May 2019	26 June	20 Aug 2019	56 days	ARN, Pune/SAI, Kerala	Rs.664680/-		
Participation at World Rowing Championship at Linz, Ottensheim from 22 Aug – 2 Sep 2019										
4	Para Rowing Camp	Men -4 Women-3 Coach- 1	July 2019	3 Sep	20 Oct 2019	48 days	ARN, Pune/SAI, Kerala	Rs.550080/-		

5.2 International Training /Competition/ Exposures:

S. No.	Name of training cum competition abroad	Composition of the participants			Proposed date for submission of proposal	Period		Total days	Venue	Status of the competition	Estimated expenditure to be incurred as per norms	SAI Comments	Decision of the Committee
		Players	Coaches Indian/ foreign	Support staff		From	To						
1	Asian Indoor Rowing Championship	10 Men 4 Women	2 Indian	1 Support staff 1 Umpire	Mar 2019	To be decided by ARF (Tentative Thailand)					Rs.1689200/-		
2	World Rowing Cup II for Para Rowers	3 Men 1 Woman	1 Indian		Apr 2019	17 June	24 June 2019	8 days	Poznan, Poland		Rs.560000/-		

3	World Rowing Championship for Senior & PARA	14 Men 3 Women	3 Indian	1 Support Staff 2 Umpires	June 2019	22 Aug 2019	2 Sep 2019	11 days	Linz, Austria		Rs.4065500/-		
4	Asian Rowing Championship for Seniors & PARA	27 Men 12 Women	5 Indian	2 Support Staff 2 Umpires	Aug 2019	16 Oct	25 Oct 2019	10 days	Chungju, Korea		Rs.4642000/-		
5	Asian Olympic Qualification Regatta 2020	5 Men 4 Women	2 Indian	1 Support Staff 1 Umpire		To be decided by ARF					Rs.1814000/-		
						Total					Rs.12770700/-		

5.3 International Competition where team will participate in India: Nil

S. No.	Name of competition	Names of the countries expected to participate	Proposed date for submission of proposal	Period		Total days	Venue	Estimated Expenditure to be incurred as per norms	SAI Comments	Decision of the Committee
				From	To					

6.0 Annual Calendar of National Championship for all three age categories separately with date and venue.

S. No.	Category	Expected number of states and UTs who will be participating	Proposed date for submission of proposal	Period		Total days	Venue	Estimated Expenditure to be incurred as per norms	SAI Comments	Decision of the Committee
				From	To					
1	Sub Junior	22	Apr 2019	May/ June		7 days	Pune	Rs.1000000/-		
2	Junior	22	Sep 2019	Oct/ Nov		7 days	Bhopal	Rs. 700000/-		
3	Senior	25	Nov 2019	Dec 2019	Dec 2019	8 days	Hyderabad	Rs. 500000/-		

7.0 Coaches and Support Staff proposed for providing training at National Camps for Seniors only (Male & Female separately).

7.1 Foreign Coaches (Provide number and approximate cost). : NIL

S. No.	Discipline	Name and Salary	Country	Period	Place of Posting	Salary (USD)	INR	Total 12 Months (365 days)	SAI Comments	Decision of the Committee

7.2 National Coaches (Give detail with Cost).

S. No.	Name & Designation	Event	Department/State	Monthly Salary	Total 12 Months (365 days)
1.	Mr. Ismail Baig, Dronacharya Awardee (National Coach)	Rowing	Telangana	Rs.125000/-	Regular basis

2	Mr. Jenil Krishnan, (Sr Women) Arjuna Awardee	Rowing	Kerala	Rs.75000/-	Till 2022 Asian Games
3	Mr. Rajendra Prahlad Shelke, Dhyanchand Awardee (Sr Men)	Rowing	Maharashtra	Rs.75000/-	Till 2022 Asian Games
4	Mr. V. Venkatewara Rao (Sr Women)	Rowing	Telangana	Rs.50000/-	Till 2022 Asian Games
5	Inderpal Singh (Sr Men)	Rowing	Maharashtra	Army personnel	
6	Rajesh Kumar (Sr Men)	Rowing	Maharashtra	Army personnel	
7	Karambir Singh Chahal (Sr Men)	Rowing	Maharashtra	Army personnel	
8	Lokesh Kumar (Para)	Rowing	Maharashtra	Army personnel	
9	Binu MT (Sr Women)	Rowing	Telangana	Army personnel	
10	Amit Singh (Sr Women)	Rowing	Telangana	Army personnel	

7.3 Support staff for Training. (Give detail with Cost).

S. No.	Name & Designation	Event	Department/State	Monthly Salary	Total 12 Months (365days)
1.	Doctor – will be appointed and intimated later			Rs.15000/- (Rs.1500/- per visit)	180000/-
2	Mr. Yash Adhye – Physiotherapist		Maharashtra	Rs.35000/-	420000/-
3	Dr A Kamalesh – General Physician		Telangana	Rs.18000/-	216000/-
4	Mr. C. Chakradhar – Physiotherapist		Telangana	Rs.40000/-	480000/-
5	Mr. T.Sai Kumar – Physiotherapist		Telangana	Rs.35000/-	420000/-
6	Mr. D. Tirupathi Rao – Boat Boy		Telangana	Rs.18000/-	216000/-
7	Ms. D. Soni Bhavani – Masseur		Telangana	Rs.18000/-	216000/-
	Total				Rs.2148000/-

8.0 Sports Equipment (Consumable and portable) required and to be procured for use in preparation of Indian teams/ campers.

S.No	Item	Qty	Usage	Make	Remarks	Unit cost	Total Cost
------	------	-----	-------	------	---------	-----------	------------

1	Coastal Rowing Boats						
A	Double Scull	2	Training /Competition	SWIFT (China)	Proprietary	US\$ 5800	Rs.8,46,800/-
B	Coxed Quadruple Scull	2	Competition	SWIFT (China)	Proprietary	US\$ 11100	Rs.16,20,600/-
2	Sculling Oars	24 sets	Training /Competition	Crocker	Proprietary	Rs.85000/- per set	Rs.20,40,000/-
3	Sweep Oars	36	Training /Competition	Crocker	Proprietary	Rs.45000/- each	Rs.16,20,000/-
4	Stroke Coach	12	Training /Competition	Nielsen Kellerman	Proprietary	US\$ 500 each	Rs.4,38,000/-
5	Speed Coach GPS	6	Training /Competition	Nielsen Kellerman	Proprietary	US\$ 650 each	Rs.2,84,700/-
6	Running Spares		Training				Rs.5,00,000/-
	Total						Rs.73,50,100/-

Total cost (Approx) of consumable equipment : Rs. 73,50,100/-

10.0 Synopsis of the Budget:

S. No	Item	Budget	Comments of TEAMS Division
1	National Coaching Camp (Para 5.1)	Rs.2,38,83,940/-	
2	International competition Abroad (Para 5.2)	Rs.1,27,70,700/-	
3	International competition in India (Para 5.3)	Nil	
4	National Championships (Para 6.0)	Rs.5,00,000/-	
5	Remuneration for coach/Support Staff (Para 7.1, 7.2, 7.3)	Rs.60,48,000	
6	Umpire upgradation & Exam in India	Rs.3,50,000/-	
7	Equipment consumable/Equipment portable (Para 8.0)	Rs. 73,50,100/-	
	Total	5,09,02,740/-	

- 11.0 Main target of training and achievement expected.**
- 11.1 Main targets in 4 year cycle (specifically in OG, AG, WG, WC & AC.**
- Qualification for Olympic Games in M1X, LM2X and W1X
- 11.1.1 8th Position in Olympic Games 2020, Tokyo in Men Single Scull (MIX)
- 11.1.2 2 Gold, 2 Silver in Asian Games 2022
- 11.1.3 2 Gold, 4 Silver & 2 Bronze in Asian Championships, at Thailand
- 11.2 Intermediate targets to be attained in between to achieve the main target/targets.**
- 11.2.1 Optimum values in Aerobic capacity of rowers through long distance steady state rowing
- 11.2.2 Increase in strength endurance
- 11.2.3 Ergometer scores of 6'.20" (M) and 7'.35" (W)
- 11.3 Proposed methodology for attaining the above results.**
- 11.3.1 National coaching camp of 240 days with breaks
- 11.3.2 Foreign exposure in selected international championship / Regatta
- 11.3.3 4 weeks training camp at Australian Institute of Sports (AIS), Gavirate, Italy and competition in Europe for the core teams
- 11.4 Hurdles that needs to be addressed for the successful implementation of the plan to attain the desired results.**
- 11.4.1 Timely release of advance grants & settlements for smooth conduct of camps.
- 11.4.2 Sanction of 8 weeks training cycles and monitoring.
- 11.4.3 Sanction for National Coaching camps and foreign exposures to be issued one month before the event / National Coaching camp.
- 11.5 Any other matter that is important.**
- 11.5.1 Once the ACTC plan is approved at the meeting, the Minutes issued by SAI should adhere to the approvals made at the meeting. It is experienced that the Minutes do not conform to the approvals at the meeting and arbitrary cuts and amendments are made.

11.5.2 Umpires upgradation & Exam for International Umpires Licence Rs.3,50,000/- at Pune / Jagatpur during November 2019

PART- B (FOR JUNIOR/SUB-JUNIOR/CADET/YOUTH CATEGORIES)

11.0 Brief Introduction of the Sport:

- 11.1 Whether played in Youth Olympic Games (YOG) sports or not? If yes, since when introduced? : **In 2010 at Singapore, at Wuhan in 2014 & at Buenos Aries in 2018**
- 11.2 Whether played in Youth Asian Games (YAG), Youth Commonwealth Games (YCWG)/Championships (YCWC) or not? If yes, since when introduced?: **NIL**
- 11.3 Other level of Championships where sport is played: **Asian Jr Rowing Championships, World Jr Rowing Championships**
- 11.4 Total no. of events at stake in Men and Women category in Youth Olympic Games (YOG), Youth Asian Games (YAG)/Championships (YAC) and Youth Commonwealth games (YCWG)/Championship (YCWC). : **YOG Men-3**
- 11.5 No. of age categories for both, Men & Women (Junior/ Sub-Junior/ Cadet/ Youth etc.) played at international level. : **Under 18 and Under 23**

12.0 Outstanding Performance of the Indian teams in the sport at international level in the past three years:

- 12.1 Performance of the Indian team / sports persons at International level (As described from 12.1 to 12.5 above) for last Four years (2016-2019) in all age categories i.e. (Junior/Sub-Junior/ Cadet/youth etc.):

Name of Athlete	Name of Competition	Date & Venue of the Competition	Performance medal won by individual / team
Vipin Kumar, Sunil Nafisa Sadiq, Pricila Baxla, Keerthana TK, Reena Kumari Neelesh Chouhan, Atul Kumar, Kamalendra Singh, Hrishikesh Pawar	21 st Asian Junior Rowing Championship, Wuhan, China	4-7 Jul 2015	Silver 2 Bronze
Nikhil Goliyan, D Sai Raju Akshay Patil, Lokendra, Pramod, Jaskaran Singh	22 nd Asian Junior Rowing Championship, Pattaya, Thailand	24-28 Oct 2016	1 Silver 1 Silver
Akshat, Lucky, D. Sai Raju, Nikhil Goliyan, Ashish Phugat, KH Punil Singh Sonali Swain, Jharna Hasti, Deepika Xess, Yamini Singh	2017 Asian Junior Rowing Championship, Singapore	11-14 Oct 2017	2 Silver 2 Bronze

Sonali Swain, Jharna Hasti, Deepika Xess, Ritu Kaudi	2018 Asian Junior Rowing Championship, Korea	25-30 June 2018	1 Gold
Sunil Thamel, Vijaypal Singh, Rohit Sendhav, Dilip Singh			Silver
Sanket Patil, Ashish Goliyan, Mangal Singh, Nitesh Bhardwaj			Silver
D. Sairaju, Nikhil Goliyan			1 Bronze

12.2 Ranking of the Team/important sports persons at the International level (if no medals are won).

1. Sayali Shelke – 6th position at 21st Asian Jr Rowing Championship 2015, Wuhan, China
2. Snehal Shelke – 6th position at 21st Asian Jr Rowing Championship 2015, Wuhan, China
3. Jibolata Chanu – 4th position at 22ndJr Rowing Championship, 2016, Pattaya, Thailand
4. Deepa Maharaja – 4th position at 22ndJr Rowing Championship, 2016, Pattaya, Thailand
5. Sumitra – 4th position at 22ndJr Rowing Championship, 2016, Pattaya, Thailand
6. Yamini Singh – 4th position at 22ndJr Rowing Championship, 2016, Pattaya, Thailand
7. Sanjay – 6th position at 22ndJr Rowing Championship, 2016, Pattaya, Thailand
8. Sunil – 6th position at 22ndJr Rowing Championship, 2016, Pattaya, Thailand
9. Aparna Raj – 6th position at 22ndJr Rowing Championship, 2016, Pattaya, Thailand
10. D Sita Mahalakshmi – 6th position 22ndJr Rowing Championship, 2016, Pattaya Thailand
11. Rukmani Dangi – 7th position at 22ndJr Rowing Championship, 2016, Pattaya, Thailand
12. Jishnumon – 9th position at 22ndJr Rowing Championship, 2016, Pattaya, Thailand
13. Ashish Phugat – 9th position at 22ndJr Rowing Championship, 2016, Pattaya, Thailand
14. Tarun Prasad – 9th position at 22ndJr Rowing Championship, 2016, Pattaya, Thailand
15. Abhiraj Anil Kumar – 9th position 22ndJr Rowing Championship, 2016, Pattaya Thailand
16. Jaspreet Singh – 10th position at 22ndJr Rowing Championship, 2016, Pattaya, Thailand
17. G. Geetanjali – 9th position Asian Jr Rowing Championship, 2017, Singapore
18. Reshma Kumari Minz - – 9th position Asian Jr Rowing Championship, 2017, Singapore
19. N. Mrunmayee - 8th position Asian Jr Rowing Championship, 2018, Korea
20. B. Hemalatha - 8th position Asian Jr Rowing Championship, 2018, Korea

13.0 Brief details of the sport at National Level:

13.1 Details of National Championships (Junior/Sub-Junior/Cadet/Youth etc.) organised in all age group in last two years in following format:

Name of Competition	Duration	Venue	Best 5 performing States
18 th Sub Jr National Rowing Championship	9-14 June 2015	Bangalore, Karnataka	Karnataka Telangana Kerala Tamilnadu West Bengal
36 th Jr National Rowing Championship	7-12 Oct 2015	Roorkee, Uttarakhand	Uttrakhand Maharashtra Orissa Karnataka Kerala
19 th Sub Jr National Rowing Championship	6-11 Jun 2016	Chennai, Tamil Nadu	Kerala Telangana West Bengal Punjab Karnataka

37 th Jr National Rowing Championship	29 Nov-4 Dec 2016	Kollam, Kerala	Telangana Odisha Madhya Pradesh Kerala Andaman & Nicobar
20 th Sub Jr National Rowing Championship	5-11 June 2017	Kolkata, West Bengal	Telangana West Bengal Odisha Kerala Madhya Pradesh
38 th Jr National Rowing Championship	14-19 Nov 2017	Cuttack, Orissa	Odisha Telangana Madhya Pradesh Kerala Karnataka
21 st Sub Jr National Rowing Championship	4-10 June 2018	Chennai, Tamil Nadu	Telangana Kerala Madhya Pradesh Karnataka Manipur
39 th Jr National Rowing Championship	2-7 Oct 2018	Bhopal, Madhya Pradesh	Odisha Kerala Punjab Madhya Pradesh Telangana

14.0 Annual Calendar for Training & Competition (ACTC) for all categories (Junior/Sub-Junior/Cadet/Youth etc.) of Male and Female separately in the given format:

14.1 National Coaching Camps:

S. No	Purpose of the coaching camp	Composition of the campers	Proposed date for submission of proposal	Period		Total days	Venue	Estimated expenditure to be incurred as per norms	SAI Comments	Decision of the Committee
				From	To					
Participation at Asian Jr Indoor Rowing Championship- Thailand, dates will be intimated										
1	In preparation for 2019 World Jr Championship & Asian Jr Championship	25 Men 18 Women 6 Coaches 5 Support staff	Feb 2019	2 Apr 2019	29 Apr 2019	28 days	SATS, Water Sports Academy, Hyderabad	Rs.2144840 /-		
Break for 4 weeks from 30 Apr – 27 May 2019										
2	In preparation for 2019 World Jr Championship & Asian Jr Championship	25 Men 18 Women 6 Coaches 5 Support staff	Apr 2019	28 May	22 Jul 2019	56 days	SATS, Water Sports Academy, Hyderabad	Rs.4289680 /-		
3	In preparation for 2019 World Jr Championship & Asian Jr Championship	25 Men 18 Women 6 Coaches	May 2019	23 Jul	5 Aug 2019	14 days	SATS, Water Sports Academy, Hyderabad	Rs.1138640 /-		

		5 Support staff								
Participation at World JR Rowing Championship from 5-12 Aug 2019 at Tokyo, Japan										
Break for 14 days 12 Aug – 25 Aug 2019										
4	In preparation for 2019 Asian Jr Championship	12 Men 10 Women 4 Coaches 5 Support staff	July 2019	26 Aug 2019	20 Oct 2019	56 days	SATS, Water Sports Academy, Hyderabad	Rs.2329120 /-		
5	In preparation for 2019 Asian Jr Championship	12 Men 10 Women 4 Coaches 5 Support staff	Sep 2019	21 Oct 2019	18 Nov 2019	28 days	SATS, Water Sports Academy, Hyderabad	Rs.1164560 /-		
Participation at Asian Junior Rowing Championship, Thailand from 7-10 Nov 2019										
Break after Asian Junior Rowing Championship										
6	Sub Jr Camp	22 Boys 22 Girls 5 Coaches 5 Support staff	Oct 2019	10 Dec 2019	6 Jan 2020	28 days	SAI, Alleppey, Kerala	Rs.2496800 /-		
7	In preparation for 2020 Asian Jr Championship	12 Men 10 Women 4 Coaches 5 Support staff	Dec 2019	30 Jan 2020	25 Mar 2020	56 days	Hyderabad	Rs.2329120 /-		

14.2 International Training /Competition/ Exposures:

S. No.	Name of training cum competition abroad	Composition of the participants			Proposed date of submission of proposal	Period		Total days	Venue	Status of the competition	Estimated expenditure to be incurred as per norms	SAI Comments	Decision of the Committee
		Players	Coaches Indian/ Foreign	Support staff		From	To						
1	Asian Jr Indoor Rowing Championship	4 Men 4 Women	1 Indian		To be decided by ARF			8 days	Thailand		Rs.700800/-		
2	World Junior Rowing Championship	10 Men 8 Women	2 Indian	2 Umpires 2 Support staff	Jun 2019	3 Aug 2019	12 Aug 2019	10 days	Tokyo, Japan		Rs.3630000/		
3	Asian Jr Rowing Championship	12 Men 10 Women	2 Indian	2 Umpires 2 Support Staff	Sep 2019	3 Nov	11 Nov 2019	9 days	Thailand		Rs.3462300/-		
4	Asian Jr Rowing Championship (if held in India)	15 Men 12 Women	4 Indian	2 Support Staff	Sep 2019	3 Nov	11 Nov 2019		India		(Rs.3000000/-)		
					Total						Rs.7793100/-		

14.3 International Competition where team will participate in India: **To be decided**

S. No.	Name of competition	Names of the countries expected to participate	Proposed date of submission of proposal	Period		Total days	Venue	Estimated Expenditure to be incurred as per norms	SAI Comments	Decision of the Committee
				From	To					
1	Asian JR Rowing Championship		Aug 2019				Odisha, India			

14.4 Annual Calendar of National Championship for all age categories separately for Junior/Sub-Junior/ Cadet/ Youth etc. with date and venue.

S. No.	Category	Expected number of states and UTs who will be participating	Proposed date for submission of proposal	Period		Total days	Venue	Estimated Expenditure to be incurred as per norms	SAI Comments	Decision of the Committee
				From	To					
1	Sub Jr	22	May 2019	June 2019	June 2019	6 days	Bhopal	Rs.1000000/-		
2	Junior	22	Sep 2019	Oct / Nov 2019	Oct / Nov 2019	6 days	Pune	Rs. 700000/-		

15.0 Coaches and Support Staff proposed for providing training at National Camps (Junior/Sub-Junior/Cadet/Youth etc.) separately.

15.1 Foreign Coaches (Provide number and approximate cost). Nil

S. No.	Event	No.	Total approximate cost of salary for financial year 2018-19	SAI Comments	Decision of the Committee

15.2 National Coaches (Give detail with Cost).

S. No.	Event	No.	Total approximate cost of salary for financial year 2019-20	SAI Comments	Decision of the Committee
1	Mr. Jenil Krishnan, Arjuna Awardee	1	Rs.9,00,000/- (Rs.75000/- per month)		
2	Mr. V. Venkatewara Rao	1	Rs.6,00,000/- (Rs.50000/- per month)		
3	Mr. Binu MT	1	Army Personnel		
4	Mr. Amit Singh	1	Army Personnel		
5	Vinod Krishnan	1	NA		
	Total		Rs.15,00,000/-		

15.3 Support staff for Training. (Give detail with Cost).

S. No.	Event	No.	Total approximate cost of salary for financial year 2019-20	SAI Comments	Decision of the Committee
1	Dr A Kamalesh General Physician	1	Rs.216000/- (12 visits per month)		
2	C. Chakradhar Physiotherapist	1	Rs.480000/-		
3	T. Sai Kumar Physiotherapist	1	Rs.420000/-		
4	D. Soni Bhavani – Masseur	1	Rs.216000/-		
5	D. Tirupathi Rao – Boat Boy	1	Rs.216000/-		

	Total		Rs.15,48,000/-		
--	--------------	--	-----------------------	--	--

16.0 Sports Equipment (Consumable and portable) required and to be procured for use in preparation of Indian teams/ campers. : Same as seniors

17.0 Synopsis of the Budget:

S. No	Item	Budget	Comments of TEAMS Division
1	National Coaching Camp (Para 14.1)	Rs.1,58,92,760/-	
2	International competition Abroad (Para 14.2)	Rs.47,93,100/-	
3	International competition in India (Para 14.3)	Rs.30,00,000/-	
4	National Championships (14.4)	Rs.17,00,000/-	
5	Remuneration for coach/Support Staff (Para 15.1, 15.2, 15.3)	Same as seniors	
6	Equipment consumable/Equipment portable (Para 16.0)	Same as seniors	
7	Total	Rs.2,53,85,860/-	

18.0 Main target of training and achievement expected.

18.1 Main targets in 4 year cycle (specifically in YOG, YAG, YCWG, YCWC & YAC.: NA

18.2 Intermediate targets to be attained in between to achieve the main target/targets.

18.2.1 Increase in strength endurance

18.2.2 Ergometer scores of 6'.33" (M) and 7'.50" (W)

PART- C (TOTAL)

19.0 Synopsis of the total budget for Part- A & B of ACTC 2019-20:

S. No	Item	Budget (In INR) (For Senior)	Budget (In INR) (For Junior/ Sub-Junior/ Cadet/ Youth etc.)	Grand Total	SAI Comments	Decision of the Committee
1	National Coaching Camp	Rs.2,38,83,940/-	Rs.1,58,92,760/-	Rs.3,97,76,700/-		
2	International competition Abroad	Rs.1,27,70,700	Rs.47,93,100/-	Rs.1,75,63,800/-		
3	International Competitions in India	Nil	Rs.30,00,000/-	Rs.30,00,000/-		
4	National Championships	Rs.5,00,000/-	Rs.17,00,000/-	Rs.22,00,000/-		
5	Remuneration for Coach/Support Staff	Rs.60,48,000/-	Same as seniors	Rs.60,48,000/-		
6	Umpires Upgradation & Exam in India	Rs.3,50,000/-	Same as seniors	Rs.3,50,000/-		
7	Equipment consumable/Equipment portable	Rs. 73,50,100/-	Same as seniors	Rs.73,50,100/-		
	Grand Total			Rs.7,62,88,600/-		

20.0 Name of three Centres in order to preference for making hub of your sport discipline (Preferably SAI Centres). (Provide an Annexure with details to make these centres fully equipped as per international best standards for training).

20.1 ARN, Pune

20.2 Hyderabad – RFI High Performance Training Centre

20.3 Bhopal – Upper Lake