



ACADEMIC INSTITUTIONS

**BAHRAIN ROWING &  
CANOEING CENTRE**



## Welcome

Welcome to your first step in joining the *Bahrain Rowing & Canoe Centre (BRC)*.

This information pack will provide you with additional information about BRC, our membership packages and our goals.

BRC is a social enterprise that seeks to reconnect us to the sea, leverage our maritime resources and heritage, and most importantly create a community through sport.

**Academic institutions are central to the development of rowing in Bahrain** and our dream of grooming champions. Our centre offers both water- and land-based activities but most importantly we wish to pass on the true values that rowing espouses to adults and students.

True sportsmanship, perseverance, and dedication are a few of the many values rowing instills in its athletes, making it a popular sport amongst top universities and other academic institutions worldwide.



## Sports & The Student

Some of the world's most respected academic institutions have rowing at the heart of their varsity culture. And that is because **there is something remarkable about the combination of rowing and academics**. Ask a rower how they manage to study and train and they will tell you that the two complement each other.

Studies demand focus of the mind and athletics demand focus of the body, the two harmonise together to create the ultimate profile: a university rower.

Some might argue that one takes away from the other, not allowing a person to fully devote their attention to either. But, just as in rowing, the whole is greater than the sum of its parts and university rowing adds to the wholeness of the student.



*Rowing strengthens the balance, focus, determination, and dedication of all its athletes.*



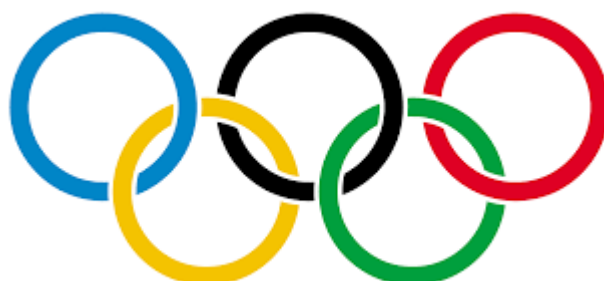
## Our Culture, Our Belief

- Our values are fully aligned with both FISA and Olympic traditions and we live by these...
- *Teamwork* – rowers work together towards one common goal
- *Fairness* – in the spirit of fair play, rowers show respect and true sportsmanship
- *Endurance* – experienced rowers pass on honoured traditions, values and shared experiences to future generations. Determination, hard work, and discipline is pivotal in this sport
- *Inclusiveness* – rowers form a united, supportive community, irrespective of race, gender, creed, age or ability
- *Environmental respect* – rowers respect and safeguard the water and marine life



*The values of rowing espouse dedication,  
teamwork, and fairness.*





## Focus & Funds

BRC is a home for amateur and professional athletes to learn, compete and contribute to a community.

The centre runs various sporting programs that encourage active and healthy living in a safe and professional environment.

**By working with academic institutions we can develop talent at the grass-roots level and host major regattas with schools and universities competing.**

In addition, we work closely with university teams, National Federations, Community Rowing Organisations such as Community Rowing Inc in Boston USA, as well as various other organisations.

Most importantly, we work closely with the World Rowing Federation, FISA (Fédération Internationale des Sociétés d'Aviron) while completely embracing the values represented by the International Rowing Community.



## Exclusive & Central

BRC is located at *Paddle*, in the middle of Bahrain Bay promenade. The outlet will be surrounded by first-class hospitality outlets and the country's most iconic landmarks.

**We are the exclusive rowing operator in the bay - a protected area that ensures non-interfering traffic and controlled conditions on the water.** There is ample parking in the vicinity and purpose-built facilities for our users.

This prime location allows BRC to organise and host international events, offering world-class visibility to our local spectators while facilitating extraordinary levels of international exposure.





Photo Credit: Bahrain Authority for Culture and Antiquities

## History

**Our history is central to our identity and our aspirations.** Bahrain's ancient maritime heritage is rich, colourful, and deeply ingrained in our way of life.

Bahrain and indeed other gulf countries have held important positions as major naval outposts, trading centres, and as prized pearling grounds that gained fame all over the world.

Today, it continues to hold major naval significance, hosting the base of the US Fifth Fleet and the British Royal Navy.

At BRC our focus is not limited to the mere conservation of these roots, but also on cultivating them for us and for future generations. To that end, we work closely with authorities such as Bahrain Authority for Culture and Antiquities as well as other stakeholders.



*"In 1838, Lieutenant J. R., Wellsted, an officer in the British India service, underscored the prowess of Bahrain's maritime commerce capability. He reported that the fisheries of the gulf employed 4,300 boats, manned more than 30,000 men.*

*Of these boats, 3,500 were from the Island of Bahrain, 100 from the Persian coast, and the remaining 700 from the Pirate Coast situated between Bahrain and the entrance to the Gulf of Oman." Lieutenant Wellsted estimated the value of the pearls secured annually as approximately 400,000 British pounds, which is somewhat less than the average value of the output in recent years."*

- Washington Globe, Washington, D.C., August 13, 1839

# Core Activities

BRC offers a variety of sub disciplines of rowing and canoeing:

## *Rowing*

We offer guidance and training to all athletes, professionals and beginners, passing down the principles, values, and techniques of the sport. We have a fleet of various boat sizes in scull and sweep format for Olympic and coastal rowing. We work closely with FISA regulations and standards.

## *Dragon Boat*

Popular in South East Asia, Dragon Boats are excellent for team building. This thrilling form of canoeing which is quick to learn. Each boat will initially hold 10 rowers and 1 drummer in the front to set the pace. Highly popular across the world, dragon boat racing offers a fun, exciting and very competitive activity to all. IDCF is the governing body for Dragon Boat

## *Canoeing*

Professional canoeing brings a twist to the traditional rowing format and allows each individual to perfect their own different style and technique. Our soon to arrive canoes will allow you to explore the open sea and perform under all type of weather conditions. IDBF is the governing body for canoeing and its various disciplines.

## *RP3 Rowing*

For those who feel like training on land or indoor, our RP3 machines are considered the best dynamic rowing simulators in the world with full mobile integration and tracking. The RP3 is used by elite country and varsity teams.



# What to Wear & Bring

**BRC exercises a strict attire policy with your safety and comfort in mind.**

This includes wearing snug, well fitted clothes to avoid getting caught in the rigging and ensuring BRC is presentable like any reputable team.

You can either wear a white t-shirt with black shorts or leggings, or BRC approved outfits that can be specific to your personal, academic or corporate team.

BRC also offers a range of apparel and merchandise to choose from.



- Wear proper snug clothing
- Wear comfortable sneakers or special rowing footwear
- Bring an extra pair of socks as these will get wet
- Stay hydrated and bring a water bottle with you
- Do not forget your sunscreen and sunglasses or a cap

All members have access to onsite locker rooms and hot showers.



BRC stocks high-performance customised gear exclusively for our members. We use the best manufacturers incorporating cutting-edge sports performance material.

**We can also create unique team jerseys and gear for your academic institution,** instilling a sense of pride and team unity to your varsity team.

**Merchandise**



## Develop & Protect

With the support of our sponsors and partners, our funds are channeled towards the development and social responsibility programmes to provide a positive impact on our society and environment.

**Our development programmes are focused on 5 key areas:**

1. Children & Academic Institutions
2. Para-athlete Development
3. Elite Athletes from Low-Income Households
4. Water Protection & Conservation
5. Gulf Maritime Heritage

## Upcoming Projects

- BRC would like to work with your academic institution to develop specific training programs and competitions. This will allow BRC to host major inter-collegiate regattas.
- We aim to bid for regional and international events and competitions on both land and water.
- Building an additional boat storage facility and eco-friendly clubhouse (with an indoor gym) based on sportsmanship, and community.
- Organising training sessions, specialised clinics, and activation events for sponsors and corporate entities.



# The BRC Team

## Head Coach – Anis Jouini

Our BRC team is be led by qualified Head Coach Anis Jouini. He has multiple achievements both as coach and professional rower.

- Former coach of the Libyan and Tunisian National Rowing teams
- Numerous international titles such as gold medal JW2 and JW1 at the Olympic Games Qualification in Egypt 2013.

With Anis training and leading our athletes, we are certain that their full potential will be met and raw talent will be honed.



## Assistant Coach – Raja Mansour

Raja is a young and accomplished rower and trainer. She is a fully qualified FISA instructor and has worked with adults, children and directly with academic institutions.

She has an astounding reputation as rower, with over 60 medals in international championships all over Africa, Europe and the Middle East.

Gold Medal in Woman's Coxed Octuple Scull (W8x+)-Rhone Alpes Cup- Aiguebelette France- March 2014.

Gold Medal in Woman's Double Scull (W2x)-International Rowing Regatta Macon May 2011.

Rank 2 Final C in Lightweight Women's Double Scull (LW2x) - 2011 Under 23 World Rowing Championships - Amsterdam, Netherlands.



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**Additional References & Trainings Can Be Provided for our Coaches.**

## Our Founders & Friends

**The founders of BRC sought to introduce a centre that is open to all;** that honours Bahrain's cultural affinity and heritage to the sea, and that supports the community through sport. A place that celebrates individual dedication and team talent; and to highlight the natural beauty of the Gulf. BRC is the platform that was created to achieve this and to ultimately develop champions and a sustainable community.

In order to reach our vision, support our communities and develop sustainable and educational programmes, we collaborate with numerous respectable and valued sponsors and partners.

We encourage organisations and corporations to reach out to us to discuss how we can fulfill shared visions and objectives together.

SUMMIT 7



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أوتاركي أدفايزرس

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مدرسة بيان البحرين  
The Bahrain Bayan School



RCSI



## How to Get Involved

BRC works with both public and private schools and universities both in Kingdom of Bahrain and in the Kingdom of Saudi Arabia, to develop their sporting capabilities.

**We can work with your physical educators**, incorporate BRC activities as part of your own academic programmes (IGCSE, IB) and help you develop teams, scout talent and add a fantastic new sport that is universally sought after by elite universities.

BRC takes on the responsibility of training, providing equipment and hosting regattas for inter-school and inter-collegiate competitions locally, regionally and internationally.

We also have numerous opportunities within our development programmes for students to contribute and volunteer towards their credits.

Our coaches are certified and trained to develop talent at the academic level. We encourage physical educators, principles, parents and students to **come and speak to us about our programmes, safety protocols and, what we can do for you.**





For more information about our academic membership or other inquiries, please do not hesitate to contact us.

Website: [www.bahrainrowing.org](http://www.bahrainrowing.org)

E-mail: [row@bahrainrowing.org](mailto:row@bahrainrowing.org)

Facebook: [www.facebook.com/bahrainrowing/](http://www.facebook.com/bahrainrowing/)

Or feel free to stop by our club at Bahrain Bay!

**Contact Us**



ACADEMIC INSTITUTIONS

[bahrainrowing.org](http://bahrainrowing.org)

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