

# Report of Canoe Slalom Development Program Expand & Extend, Women Canoeing Thailand, Nakhon Nayok 20<sup>th</sup> to 29<sup>th</sup> March 2015



## **A. Accommodation, venue and participants**

Full boarding was supported by RCAT and Thailand NOC for the 18 participants.

The participants were from 6 different countries: Thailand, Nepal, Singapore, Malaysia and Chinese Taipei.

The venue is the 2008 Asian championships venue, Nakhon Nayok. It's a grad 2 venue and fits perfectly with the average level of the participants.

## **B. Coaching and equipment**

The coaching was made thanks to the TIP Slalom athletes: Wei-Han Chen (silver medal C1W Incheon 2014), Hermann Husslein (Olympian 2012), Jet Chooampai and Palm Sukjaeng (TIP World 2014).

5 sets of K1 and 5 sets of C1 were bought by ACC in the 3 years plan agreed at the ICF Congress 2013. RCAT provided also 10 boats then each athlete could have a boat for the time of the camp.

## **C. Educational program**

To be noticed that athletes had to fit the C1 boat purchased by ACC, it's a part of the educational program as setting gates system.

Beside that a first approach of race organisation and judging was made for the participants.

## **D. ICF Article**

**The International Canoe Federation places a high importance on the development of the sport; one of the keys to its success is the involvement of elite athletes that provide insight and share skills to help enrich the programme for the future generations.**

Chinese Taipei athlete, Wei-Han Chen, is one such athlete who is determined to help other progress in the sport she loves. The 22-year-old has been an integral part of the 'Extend and Expand' programme that was launched in December 2013.

The programme has gathered girls from Hong Kong, Nepal, Thailand, Malaysia, Singapore, and Chinese Taipei. With support from the Thailand Canoe Federations (RCAT) and the Asian Canoe Confederation the latest camp was run in Nakhon Nayok, the venue for the Olympic Continental Qualification for the 2008 Beijing Olympic Games.

2012 Olympian, Herman Husslein (THA) joined Chen, along with head coach Nicolas Noël to run the nine-day programme.

With two sessions on the water per day, the programme focused on the techniques and skills required to become an elite athlete, plus provided tactical and physical conditioning advice.

In addition they also received advice regarding boat settings and instructions on how to organise officiate at slalom competitions.

This was the first camp run in Thailand and marks the beginning of a new wave in the 'Extend and Expand' programme with a clear four-year target to help the selected athletes progress on the international stage. Key milestones are the 2017 SEA Games, the 2018 Asian Games and the Tokyo 2020 Continental Qualification event in 2019.