

Report of Canoe Slalom Development Program  
TIP Continental IKAS, Skopje  
March 28th to April 6th 2015



**A. Accommodation, venue and participants**

ICF development training camp which took place in Skopje, Macedonia from 28.03-06.04. 2015 was considered as successful. This is the second time the continental training camp was hosted in Skopje following the success of the 2014 camp that was run in conjunction with the Junior and U23 European Canoe Slalom Championships.

There were athletes from all over Europe - Bulgaria, Greece, Lithuania, Turkey, Ukraine and Montenegro - under the guidance of performance coaches, Ognjen Brazanski and Atanas Nikolovski from Macedonia and France's Sylvain Le Roux.

Paddlers to attend:

1	K1D	BUL	Paunovska	Margarita
2	K1D	TUR	Gamze	Paulat
3	K1D	TUR	Beyazoglu	Buse
4	K1D C1D	UKR	Us	Victoria
5	K1D C1D	UKR	Bohutska	Victoria
6	K1D	MNE	Bulatović	Majira
7	K1H	BUL	Garov	Anton
8	K1H	BUL	Georgiev	Svetoslav
9	K1H	LIT	MAZEIKIS	SIMANTAS
10	K1H	LIT	RASIMAVICIUS	VILIUS
11	K1H	LIT	POPIERA	PAULIUS
12	K1H	MKD	Zlatarov	Aleksandar
13	K1H	TUR	Acar	Mustafa
14	K1H	UKR	Zamyslov	Artem
15	K1H	MNE	Kavaja	Nikola
16	C1 /C2	GRE	Chatzilamprou	Apostolos
17	C1 /C2	GRE	Chatzilamprou	Eleftherios

## **B. Coaching and equipment**

We had two trainings per day for 6 days scheduled as first training at 9 o'clock and second training at 15 o'clock. This was a schedule two days before the race, our main purpose was to have as many training on a wild water as possible especially with the athletes who were not that experienced.

We separated the athletes in three groups, Atanas and Sylvain worked with the intermediate and advanced athletes and Ognen worked with the beginners in the water which was necessary because of there level.

## **C. Results**

We have some suggestions about the paddlers in meaning that first of all they have to work as many time as possible at flat water on there technic and basic movements. Second thing is spending as many time as they can also on wild water to become more skillful and create a good feeling. We had a little problems with the beginners because they did not know eskimoroll which is really important for the safety of the athletes and to have a normal and proper trainings. So maybe ICF should take this as option when choosing the athletes as a condition to enter as development athlete.

Atanas Nikolovski

