

Report of Canoe Slalom Development Program Expand & Extend Women Canoeing - EEWC Pau, France – 3-19 June 2016



A. Group, Program and logistic

The group was made by a selection of ladies who attended previous EEWC camps over the last 2 years.

1	IRI	Razeghian	Roksana	EEWC Iran
2	SER	Pretovic	Kristina	EEWC Turkey
3	TPE	Chen	Wei-Han	EEWC Thailand
4	SIN	Gwee	Jessica	EEWC Thailand
5	TUN	Ben Ismail	Abir	EEWC Iran
6	ICF-FRA	Huvelin	Flora	Coach

Program

- 4th and 5th July: Women Week-end in Mimizan

The organisation committee of Pau 2017 organized a week-end dedicated to women and canoeing activity. Thus, it was the great opportunity to link the ICF world program EEWC with this action in the region of Pau.

Ladies attended wave-ski, stand-up paddle, dragon-boat and polo workouts.

- 6th to 12th July

Regular trainings on the international venue and trainings on the venues around Pau

- 13th to 19th July

Preparation of the World Cup

Accommodation

It was convenient to be in the Lycée de Gélos as it's only 10min walking. At the meantime, the frames of time for eating created some discrepancies with the training schedule.

Meals

Meals were given in Aygo or at the lycée. According the girls, sandwiches everyday is too often. In conclusion, for such a small group of people, the option of another accommodation with the possibility to cook by ourselves could be a good alternative.

B. Global comments on the group

Nice group and good atmosphere, friendly and motivated girls. Pretty wide range of levels, with different goals. I had to adapt to make sure that I could give the best of mine to each of them. Many exchanges of experience and cultures: created a good friendship and complicity among us.

Points to be improved

- The number of transportations

As all the girls could not arrive/leave at the same day due to some commitments in their countries.

- The shuttles between Toulouse and Pau

Toulouse is the closest airport where companies accepting boats in the flights are landing.

Pau would be more convenient (as for Jessica) but there is no chance to have paddlers coming with boats at Pau airport.

So, the only option is to work closely with the athletes to make sure there are informed earlier to organize their trip.

Outcomes

All the girls progressed throughout the 2 weeks:

- Abir achieved to roll
- Jessica has made good technical progress in the river and on the flat water
- Roxana changed her attitude, she was more "aggressive " on the water
- For the first WC of Kristina in slalom, it was a little difficult because the WWS is very demanding, but she's improved very quickly her slalom skills
- Sherry made her first semi-final at a World Cup and she is the first slalom paddler from Chinese Taipei to reach this performance

C. Conclusion

In 2 weeks, it was very positive for each of girls! 3 continents were gathered at the same place for the same duration: beside the obvious improvement in kayaking on/out of the water, the personal experience for all of us was incredible.

This has to be plan again for the next year at the World Championships to be held in September/October 2017.

I'm so happy for my first experience with the EEWC camp, it was very awesome time for me ! ☺

Flora Huvelin