

Report of Canoe Slalom Development Program
 TIP U23&Junior World Championship
 July 4th to 17th 2016
 Krakow (Poland)



TIP Group

A. Accommodation, venue and participants

ICF development training camp took place in Krakow, Poland. Accommodation, breakfast, dinner were made in Kolna Hotel, situated at the canoeing venue. This accommodation was the best option we could have. Everything needed was close: making two trainings per day was easy, being at the course was perfect for the preparation of the race and athletes were free to watch other paddlers whenever they wanted.

1	ICF	PIERRICK	Gosselin	M	
2	ICF	LUCAS	Hives	M	
3	ICF	RAFAL	Polazyck	M	
4	ICF	NAGWA	El Desouki	F	
5	ICF	IRATI	Goikoetxea	F	
6	CHI	ANDRAZ	Echeverria	M	K1
7	FIN	IISA	Mäenpää	F	K1
8	KOR	JAEHYEONG	Bak	M	K1
9	LTU	LIPSKA	Dalija	F	K1
10	GRE	KAKKARA	Stella	F	C1

11	GRE	ZISEKAS	Panagiotis	M	K1
12	MEX	REINOSO	Sofia	F	K1
13	NEP	FLAGEUL	Nathan	M	K1
14	NOR	BERGSETH	Elias	M	K1
15	SEN	BOURHIS	Yves	M	K1
16	THA	CHOOAMPAI	Rattanjat	M	C1
17	TPE	YU-HAN	Chung	F	C1
18	TPE	CHIN-HAN	Liu	M	C1
19	UKR	BOHUTSKA	Viktoriia	F	K1
20	VEN	SOSA	Angelo	M	C1
21	MAR	SOUDI	Matis	M	K1

We could have twice trainings a day: one on the white water course (to get used to the specific water movements) and other in flat water (to work on the basic canoeing skills). We also did some stretching sessions with the whole group.

B. Coaching and equipment

The training programme was designed by the coach team.

The group was split in 4 parts:

- K1 W: Coached by Irati Goikoetxea.
Members: Iisa Mäenpää (FIN)
Daliya Lipska (LTU)
Sofia Reinoso (MEX)
Viktoriia Bohutska (UKR)
- K1 M: Coached by Rafal Polazyck.
Members: Andraz Echeverria (CHI)
Bak Jaehyeong (KOR)
Panagiotis Zisekas (GRE)
Nathan Flageul (NEP)
Elias Bergseth (NOR)
Matis Soudi (MAR)
- C1 W: Coached by Nagwa El Desuki.
Members: Stella Kakkara (GRE)
Chung Yu-Han (TPE)
- C1 M: Coached by Lucas Hives.
Members: Yves Bourhis (SEN)
Rattanjat Chooampai (THA)
Liu Chin-Han (TPE)
Angelo Sosa (VEN)

C. **Results**

1	CHI	ANDRAZ	Echeverria	M	K1	59/75
2	FIN	IISA	Mäenpää	F	K1	42/54
3	KOR	JAEHYEONG	Bak	M	K1	58/75
4	LTU	LIPSKA	Dalija	M	K1	43/54
5	GRE	KAKKARA	Stella	F	C1	35/37
6	GRE	ZISEKAS	Panagiotis	M	K1	26/80
7	MEX	REINOSO	Sofia	F	K1	48/48
8	NEP	FLAGEUL	Nathan	M	K1	62/75
9	NOR	BERGSETH	Elias	M	K1	78/80
10	SEN	BOURHIS	Yves	M	C1	13/57
11	THA	CHOOAMPAI	Rattanajet	M	C1	35/57
12	TPE	YU-HAN	Chung	F	C1	33/37
13	TPE	CHIN-HAN	Liu	M	C1	30/60
14	UKR	BOHUTSKA	Viktoriiia	F	K1	37/54
15	VEN	SOSA	Angelo	M	C1	47/57
16	MAR	SOUDI	Matis	M	K1	22/80

D. **Conclusion**

As my first experience in this TIP programme I would like to express my admiration to the work that the ICF has been doing among these years. I think that the athletes attending to this World Championship appreciate the opportunity given by the ICF and that they try hard to do their best. At the same time, they are highly motivated and they put all the effort to improve their skills and the result is easy to see after a week of paddling.

I think that providing them a more continuous work during the whole year they could all achieve the semi-final.

To finish with, I would like to thank the ICF for being part of this fantastic group in this event.