

ICF Development Camp

Wildwater canoeing - Sabero



OVERVIEW

This part is filled by the ICF HQ

Dates: 10th to 18th of August

Location: Sabero, Spain

Organizers: ICF and Sabero Organizing Committee

Financially supported by:

- Sabero Organizing Committee
- ICF

Participants:

- Number of athletes 11
- Number of coaches 0
- Number of ICF Coaches 3 + 1 technician
- Number of NF attending 8

PROGRAM:

Training sessions

Overall, 9 training sessions:

- 4 training rides at classic combined with sprint training afterwards
- 5 sprint trainings

Seminar and meetings

- Meeting every evening to wrap up the day and discuss plans for the next day
- Video analysis of the sprint runs

Side events

- Hiking trip to a near mountain in time of classic team race
- Afternoon swimming in a dam near to accommodation

Attendants

Athletes

Overall description

National federation: Venezuela, Estonia, Canada, Brazil, Hungary, Ireland, Romania, Ukraine

Year of birth: 1979 – 2007 (median: 2005)

Background: Every athlete had previous experiences in canoeing

11 athletes from 8 countries all over the world formed a great group motivating each other and pushing forward each other.

Evaluation

Athletes were motivated and willing to improve.

They had a great sportsmanship (e. g. Estonian girls made C1 team race official).

They enjoyed the camp, gave us positive feedbacks and some of them are already looking for boats to buy to compete in future as well.

The mood in the camp was very good and pleasant.

Results global overview and link to the document

No medals for TIP athletes

Best results:

- Estonian C2W – 9. place
- Daniela Sofia (brazil), C1W sprint – 12. place
- Denys Kasatskyi (Ukraine), K1M sprint – 47. place

[Link to the detailed results](#)

Coaches

Overall description

- 3 coaches from France, Spain and Czechia, all of them experienced in canoeing, good communicators and really adaptative. They coached the main group of athletes.
- 1 technician from Czechia helped repairing the boats if needed and made sure everyone had a boat in adequate condition.

Evaluation

Coaches formed a well working team, they were able to discuss problems together and find solutions. They supported athletes psychically and also physically. They did their maximum to help the athletes.

Logistic

Pick up and Local transportation

TIP program was provided with 2 vans and 1 trailer. Most of the athletes were able to come directly to Sabero where they joined the camp. Only the Romanian athlete needed to pick up from train station. Estonian girls had their own car which they often used.

There were no problems with vans, only with the trailer. Because it was a trailer for slalom boats and wildwater boats did not fit in the trailer, so we had to put them on the roof of the vans and also asked other teams for help. It made us late and speedy every time we had to move to classic start. Then, we hope to not encounter this issue anymore for the wellbeing of coaches, TIP athletes and also other nation which were compelled to help us every time during a world championship week.

Accommodations

Accommodation in Pico Azul area, 40 mins by car from the river, so each day we went to the river at the morning and stayed there the entire day. Hopefully, the 40' of drive was the only issue, pleasant and welcoming people. Always accommodating for our schedules, especially for lunch.

Catering

Breakfast and dinner were provided in Pico Azul + they gave us lunch bags for a lunch. We all ate well and enough for a competition week.

Training facilities

The WWC and training was on the Rio Esla river, which was very cold (6 °C). It had some rapids and also flat parts. Sprint course also had rapids and flat parts, the main difficulty was to hit the right lines in the last part.

It was an easy river overall.

We think it's the best river to create a big development program.

Meeting facilities

We used the canteen in Pico Azul as a meeting spot for evening training seminars and also for socials (playing cards, games etc...).

Equipment

Boats

Other nations provided the camp with WWC boats. The biggest help came from Czechia, Switzerland and France.

Paddles

Most of the athletes brought their own paddles. Spanish local club rented us some K1 paddles and British team provided us with C1 paddles.

Safety equipment

It was mandatory that every boat is used only with airbags inside. We made sure, that there are airbags in every boat.

Every athlete that was on water had to wear a helmet and a life jacket. And safety was organized all along the camp and the river sections to keep an eye on athletes all the time they were on water.

Coaching tools

ICF provided us with 3 iPads, so we were able to make some videos of athletes doing the sprint.

ICF also provided us with a GoPro and SD card, so we were able to discuss lines at the classic.

Reporting

Participants' comments

ICF Coaches

Overall review of the camp was done in the ICF Coaches evaluation form

Appendices

Name	Firstname	Category	Nation
Arruabarrena	Javier	ICF Coach	ESP
Retková	Marie	ICF Coach	CZE
MIGLINIEKS	Jules	ICF Coach	FRA
Novak	Martin	ICF Coach - Technician	CZE
Klaus	Claudius	Athlete Senior	ROM
Baum	Anette	Athlete Senior	EST
Tetsmann	Linda	Athlete Senior	EST
Seprenyi	Sára Tímea	Athlete Senior	HUN
Da Silva Ferreira	Allan Kauã	Athlete Under 23 years old	BRA
Sofia	Daniela	Athlete Under 23 years old	BRA
Higgins by	Ben Vince	Athlete Under 23 years old	IRL
Kiss	Norbert	Athlete Under 23 years old	HUN
Parry	Daniel	Athlete Under 18 years old	CAN
Kasatsky	Denys	Athlete Under 18 years old	UKR
Nori Marrero Del Valle	Isabella	Athlete Under 18 years old	VEN

TIP CAMP Program
Sabero Wildwater World Championships
2024

Here the provisory program for all the athletes of Sabero TIP Camp. It can be change depending on needs of athletes and program changes.

	Morning	Afternoon	Information
Friday 9 th August	Travel to Sabero		Coach meeting in Sabero in the evening
Saturday 10 th	<p>Taking all the boat we need, find solution to any issues (need one more boat, balloons, paddle etc.)</p> <p>If we have time, 1 training session on classic separate in 2 groups: beginner and confirmed.</p> <p>Goal → discover the river and first paddle stroke in sabero.</p>	<p>2 classics training</p> <p>Confirmed: take marks, time marks, gopro videos. 1st down: easy and recovery 2nd down: 1' fast / 1' easy</p> <p>Beginners: Depending on needs</p> <p>Goal → improve skills for beginners and for confirmed know well the classic.</p>	Video analysis mainly for classic and a little bit for sprint
Sunday 11 th	<p>For both groups: Warm up on classic, then sprint sessions. 4-6 runs with theme</p> <p>Goal → take marks with sprint speed, understand how stream move your boat on this course</p>	<p>For both groups: 2 classics runs: 1) First half fast 2) Second half fast</p> <p>Goal → taking marks with race speed on classic</p>	<p>Video analysis on sprint:</p> <ul style="list-style-type: none"> - Technique - How you use stream - How to place your boat - ...
Monday 12 th	<p>For both groups: 2 or 3 complete runs on sprint</p> <p>Goal → achieve our work on sprint full gas</p>	<p>For both groups: Regeneration on 1 easy classic</p> <p>Goal → recovery</p>	<p>Discuss on needs and sensation of athletes. Do you need to practice or recover more?</p> <p>Video analysis.</p> <p>All things must be fixed and ok today. It's very important to be cool and unstressed tomorrow.</p>
Tuesday 13 th	<p>For both groups: Warm up on classic then 1 or 2 tier of sprint.</p> <p>Goal → activation and last setting</p>	<p>Rest time</p> <p>Goal → recovery</p>	
Wednesday 14 th	Individual Classic race:		

	Training: _____		
Thursday 15 th	Team Classic race: Training: _____	Medals presentations	
Friday 16 th	Sprint heats: Grp 1 → K1 and C1 Training: _____ 9h00 Heat 1 Grp 1 11h30 Heat 2 Grp 1	Sprint heats: Grp 2 → C2 Training: _____ 14h Heat 1 Grp 2 15h Heat 2 Grp 2 (MC2 only)	
Saturday 17 th	Sprint final: Training: _____ 9h WK1 9h25 MC1 9h46 MK1 10h12 WC1 10h45 MC2 11h03 WC2	Sprint team: 16h00 18h30 Medals presentation	
Sunday 18 th	Travel back home		