



ICF Canoe Slalom & White-Water Development Programme



REPORT

3 Continents Tailor Made Programme 2018

First Stopover - NIGERIA



Goal: Evaluate what support Nigeria is needed for Canoe Slalom development.

1. Introduction
2. Achievements
3. ParaCanoeing Slalom under YOG Format
4. Key points specific to Nigeria
5. Overview
6. Issue

Special thanks to Oluode Olubunmi Ola, General Secretary and Ebenezer Ukwunna Technical director of Nigeria Canoe Rowing Sailing Association



1. Introduction

Nigeria got 2 YOG qualification spots at the YOG World qualifier in Barcelona (April, 2018). Therefore, the ICF canoe slalom development programme decided to get further in its cooperation with Nigeria NF regarding canoe slalom development. A support was previously given for London 2012 and Rio 2016 through the TIP programme.

As it was the first ICF canoe slalom action in Nigeria, the main goal was to set an overview regarding the level of canoeing in the country.

Then ICF canoe slalom development programme will establish an accurate slalom tailor made development programme.

I spent eight days at Jabi Lake during the National Sport Festival, which is the biggest Nigerian sport event that takes place every two years. For the first time this competition included canoe sprint as an official event.

It was a very good opportunity to survey several points at the same time at the same place.

In order to support the work done by the NF, the ICF Canoe Slalom development programme donated:

- 1 K1/C1 slalom split boat (Nelo) fully equipped
- 1 C1 paddle
- 1 fixing kit
- 1 set of YOG buoys (18 pieces)

2. Achievements

The main job was to collect information regarding the level of the coaches, the athletes, the organization of the activity, the equipment, the venues, the resources and the constraints.

Slalom on YOG format was demonstrated under a competition format to make it more attractive to audience and teams (results in appendix).

2 slalom clinics were done for coaches and the federation members.

On the whole 20 people assisted.

2 slalom trainings were done on the lake:

- 2 sessions for valid paddlers: 8p
- 2 sessions for para-canoeing paddlers: 8p



3. ParaCanoeing Slalom under YOG Format

As a matter of fact, Slalom under YOG format is an easy format reachable for paracanoe paddlers. It has been long time some attempts were done during canoe slalom development camp.

As Nigeria NF proposed paracanoe sprint as official event, the opportunity was grabbed to introduce slalom YOG format.

All the paracanoe paddlers were truly enthusiastic and caught quickly with the format. It was hard to say "para or not para" when paddlers were paddling around buoys (less than 3s gap between best K1M non para and best K1M para)

Canoe Slalom YOG format is fully suitable to para and not para paddlers. YOG format and Slalom boats design help to develop skills of balance and body abilities. Beyond this aspect, we have a great tool to break boundaries between para and not para.

A dedicated race Slalom YOG format was organised for them (see appendix)



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As in charge of the slalom development programme, we would like to propose a common programme (under the Tailor Made) with the paracanoe commission for 2019 in Nigeria



4. Key points specific to Nigeria

National activity: about 80% of the canoeing activity happens on Lekki lagoon in Lagos, almost all the athletes live and train there.

The athletes compete for a State but, for most of them they are not living or from this State.

12 States out of 36 are represented on the national competition field but there is not much activity in the States. On average, each State has one boat and one coach. Only sprint is yet practiced, slalom on YOG format started recently to prepare the 2018 YOG qualification.

Coaches: there are no real canoeing coaches, the « coaches » are more group leader or coordinators. Most of them are former swimmers athletes. They have not canoeing experience. They learn on Internet, some received an assistant coach training in 2013.





5. Overview

Strengths	Weaknesses
Federation: eager to grow and develop.	Coaches: lack of education and knowledge about canoeing, no canoeing experience.
Equipment: Nelo partnership for local manufacturing programme	Athletes: lack of technique.
Athletes: young, gender equality, para.	Equipment: States are missing proper equipment. There is a will to solve the issue with the local manufacturing programme
Events: high involvement for canoe woman.	Event organisation: needs of increasing knowledge and experience
Coaches: eager to learn.	Number of competitions to increase
Venues: appropriate for flat-water sport, international sprint lanes in Abuja.	
Competition: sprint at the National Sport Festival and National Youth Games.	
Slalom: Eskimo roll knowledge, six boats and paddles, training platform.	
Human resources: enough to organise events.	
Commitment of 12 States to support canoe athletes.	

6. Issue: How to train athletes to perform at the 2022 YOG?

The ICF Canoe Slalom development would assist Nigeria Federation through the 3 Continent Tailor Made programme to draw and follow up a performance and development plan.

At first, this would be based on the cooperation up to 2020 to launch basis of development on educational side for coaching and competition organisation as well.

This might embrace paracanoe activity as well.

The main milestones should be

1. Get more slalom equipment: To spread activity in the involved States
2. Train coaches: To train athletes and create a real State activity
3. Organise youth competitions: To improve the level of the athletes and the organisation abilities of the federation



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Appendix

K1M CSL RESULTS					
POINTS	RANKING	BIB	FAMILY NAME	TIMES	
0	1	7	Abraham Igedi - DELTA	72,00	Final A
2	2	3	Emmanuel Izileun - RIVERS	74,10	
3	3	10	Johson Godwin - KANO	79,69	Final B
4	4	2	Ojo S Pilies - BAUCHI	70,31	
5	5	6	Gbamire Princewill - LAGOS	78,88	Quarters
6	6	8	Alfred Emmanuel - OSUN	87,56	
7	7	1	Esther Ikpong - AKWA IBOM	99,12	
8	8	4	Abdullahi Ahame - YOBE	DNS	Heats
9	9	5	Peter James - OGUN	DNS	
10	10	9	Cousim - GOMBE	DNS	
11	11	11	Amusa Ayoola - ABIA	DNS	
12	12	12	Monday Adolphus - OYO	DNS	

K1W CSL RESULTS					
POINTS	RANKING	BIB	FAMILY NAME	TIMES	
0	1	23	Foloki Goodness - KANO	78,44	Final A
2	2	15	Sijuola Toyosi - OYO	83,50	
3	3	21	Thankgod Folagbade - OSUN	86,28	Final B
4	4	13	Affiong - AKWA IBOM	186,37	
5	5	17	Innocent Moses - RIVERS	88,32	Quarters
6	6	14	Faith Ejula - BAUCHI	98,13	
7	7	18	Ukpakere Beauty - OGUN	95,94	
8	8	20	Blessing Fabor - DELTA	89,25	Heats
9	9	16	Hadiza Sani - YOBE	DNS	
10	10	19	Adoration Ekiaza - LAGOS	DNS	
11	11	22	Micheal - GOMBE	DNS	
12	12	24	Sodipo Olatunbosun - RIVERS	DNS	

Para CSL RESULTS					
POINTS	RANKING	BIB	FAMILY NAME	TIMES	
0	1	36	Ehinmosa Olamilekan - ABIA	74,85	Final A
2	2	25	Olowoniyi - BAUCHI	89,22	
3	3	27	Bose Omoboni - LAGOS	95,03	Final B
4	4	35	Temitope Olasupo - OSUN	107,69	
5	5	33	Simeon Promise - DELTA	110,87	Quarters
6	6	28	Camille Oluwasegun - DELTA	135,37	
7	7	26	Funmilayo Adeyemi - OYO	140,47	
8	8	30	Marie - OYO	142,78	Heats
9	9	29	Ehinmore Ayomide - BAYELSA	DNS	
10	10	31	Festus - BAYELSA	DNS	
11	11	32	Alaba Metelewawon - YOBE	DNS	
12	12	34	Tuatimi Goodluck - GOMBE	DNS	



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3 Continents TAILOR MADE Programme Second stopover : PHILIPPINES



Goal : SEA Games, take part of a slalom event organisation & introducing a new slalom country

Report by Jessica Gwee SGP & Maxime Raux FRA

1. Introduction

It was the second ICF 3 continents programme in Philippines. The first camp in January 2018 was a canoe slalom introduction. It was focusing on the basic slalom skills for athletes and basic competition rules for coaches.

For this second camp, we worked on two fields : practical skills for the athletes and race organisation (educationnal programme) for the technical staff.

We had two groups, 13 athletes and 5 technicals. Schedule in appendix.

The budget for food/accommodation/local transportation/experts travels and perdiem was supported by ICF CSL Development Programme.

Slalom equipment was the donation of 5K1 and 5 C1 slalom boats given by ACC in 2017.

The venue was in Malawaan, Subic Bay. That place is one of the venue chosen for the 2019 SEA Games and it was the one of the 2005 SEA Games.

2. Athletes programme

For most of the group it was the first time paddling slalom. The content of the sessions was about the equipment, the safety, the basic slalom strokes and the basic gates moves.

2 slalom training sessions were done per day. At the end of the camp, the group was able to memorize and negotiate a course of 10 gates using sweep and rudders.

3. Venue setting

One of the goal was to find an appropriate slalom venue for the camp and in the same time for the SEA Games.



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The SEA CSP and Dragon boat will be in Subic Bay, on the sea (venue layout in appendix). We decided to set up a slalom course at the same venue. It was challenging to set poles and cables on the sea but this work fitted perfectly for the educational programme participants.

They are now able to set up poles on the sea, tight cables, hang over the gates and set correctly the venue.

For any race or training course on this area, mind the tide to set up the course and the start list race.

4. Educational Programme – PHI

a) Lecturers

Gwee Shou-Fung Jessica (SGP) was in charged of the educationnal programme: clinic on race organisation. Maxime Raux was instructor mostly on technical setting side.

Maxime also took care of a coaching the athletes.

b) Equipment / logistics Arrangement

Pipes, Ropes for gates, stationery, printing of resources for the educational programme were sourced and made locally.

c) Group dynamics

Three out of Five participants of the Educational Programme were present in the first camp in 2018. Therefore the three participants had prior induction in a judging clinic.

Country	Name	Function
PHI	Patricia Ann Bustamante	NTO
PHI	Earl Ryan Vidal	NTO
PHI	Reymart Nevado	NTO
PHI	Diomedes Manalo	NTO
PHI	Francis P. Redrendo	NTO
SGP	Gwee Shou-Fung Jessica	ITO

d) Sessions planned

- 1 - Global frame of competition (slalom rules, technical setting of venue, scoring, judging, other platforms as equipment, rescue etc pertaining to Race Organisation)
- 2 - Proper work on judging and scoring: theoretical and practical
- 3 - Proper work on judging and scoring: practical during a training session
- 4 - Prepare all docs for the race – Start List, Judging sheets, Timer sheets, etc.
- 5 - Mock Race - to practice under pressure a mock race in different roles
- 6 - Looking at details of Course Designer and How to setup a course – Practical
- 7 - Demonstration Race – officiating a race from beginning to end in an assigned role

5. Proposal

- Hold a formal Technical Training for their future local races and 2019 SEA Games Demo and grow a pool of NTO to draw from.
- It was very productive for the 5 participants to understand and practice an overview of Slalom Judging and Race Organisation. It would have been further enhanced have there been a larger pool of Technicals.



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6. Appendix 1: Schedule

Provisional schedule PHI - January 2019																		
	Wednesday 9th		Thursday 10th		Friday 11th		Saturday 12th		Sunday 13th		Monday 14th		Tuesday 15th		Wednesday 16th		Thursday 17th	
Group	Technical staff	Athletes	Technical staff	Athletes	Technical staff	Athletes	Technical staff	Athletes	Technical staff	Athletes	Technical staff	Athletes	Technical staff	Athletes	Technical staff	Athletes	Technical staff	Athletes
Morning			How to set a venue		Setting of the venue		Basic CSL technique		CSL practical		Class n°2	CSL practical	Class n°5	CSL practical	CSL demo race		DEPARTURE	
Afternoon	ARRIVAL Introduction of the camps		Setting of the venue		Basic CSL technique		Basic CSL technique		CSL practical		Class n°3	CSL practical	Class n°6	CSL practical				
Evening									Class n°1		Class n°4							

Major targets :

Slalom event organisation
Development of athletes

Trainees :

13 athletes and 5 coaches/staff

Instructors :

1 ICF expert and 1 Continantal expert

Venue :

Subic Bay

7. Appendix 2: Venue

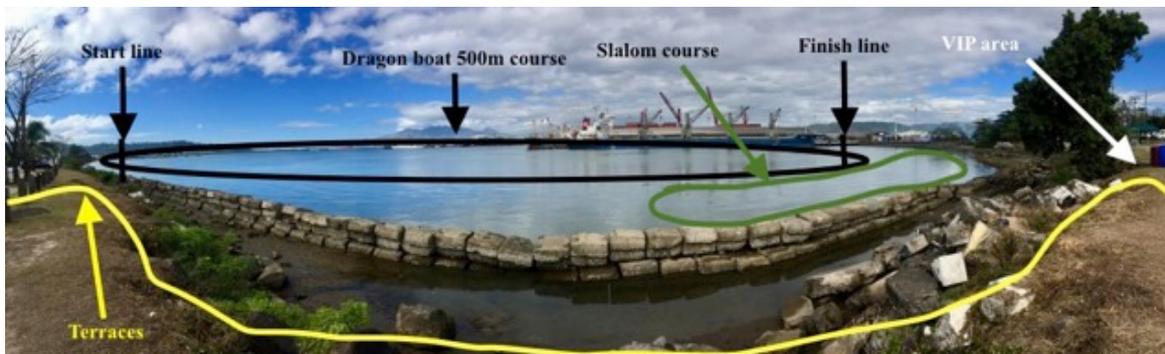


Figure 1 : Venue layout



Figure 2 : Slalom course done by the technical team



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8. **Appendix 2: Race Results**

PHILIPPINES - CANOE SLALOM DEMO RACE - RESULTS

Name	Cat	Run 1			Run 2			Best run
KIM BORROMEO	K1M	59,52	+ 0 =	59,52	58,99	+ 2 =	60,99	59,52
DEXY MANALO	K1M	62,04	+ 0 =	62,04	59,52	+ 6 =	65,52	62,04
CHRISTIAN BURGOS	K1M	111,37	+ 52 =	163,37	60,45	+ 2 =	62,45	62,45
MARLON BARCA	K1M	67,95	+ 0 =	67,95	67,04	+ 2 =	69,04	67,95
JOHN PAUL SELENCIO	C1M	61,25	+ 0 =	61,25	61,84	+ 0 =	61,84	61,25
LEO JANE REMARIM	C1M	76,11	+ 2 =	78,11	75,46	+ 2 =	77,46	77,46
JANNA BARCA	K1W	75,85	+ 0 =	75,85	77,28	+ 0 =	77,28	75,85
LEALYN BALIGASA	K1W	82,72	+ 4 =	86,72	80,06	+ 0 =	80,06	80,06
AVA GAKO	K1W	94,49	+ 0 =	94,49	DNF	+ 6 =	DNF	94,49
JOHN NINA ANDRADE	K1W	119,87	+ 2 =	121,87	DNS	+ 0 =	DNS	121,87
CHRISTINE TALLEDO	C1W	72,72	+ 0 =	72,72	69,26	+ 0 =	69,26	69,26
ROSALYN ESGUERA	C1W	79,9	+ 0 =	79,9	78,95	+ 2 =	80,95	79,9
MARIA APRIL	C1W	132,16	+ 0 =	132,16	80,63	+ 2 =	82,63	82,63
TEAM 1		83,4	+ 4 =	87,4				
TEAM 2		80,67	+ 8 =	88,67				
TEAM 3		89,19	+ 8 =	97,19				
TEAM 4		129,95	+ 4 =	133,95				

9. **Appendix 3: Some Pictures**





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Special thanks to
The people of Philippines
Ms Go and the representatives of PCKF
Mr Jean-Michel Prono Chair for ICF Canoe Slalom
Ms Cecilia Farias Chair for Canoe Development Commission
Mr Kambara and Narita San from ACC

3 Continents TAILOR MADE Programmes

Third stopover: CHILE



2 young kids: 13 for the girl and 15 for the boy

Goal: Improve the slalom foundation skills & support the 2023 Pan-American Games preparation

1. Introduction

There are 16 participants at the camp, made up of ten athletes and six coaches. The group consists of five men and five women from five different clubs among the athletes, with an average age of 17, and the coaches come from four different clubs.

The athletes, from five different clubs, will undergo a two-week training camp under the guidance of ICF expert Maxime Raux and talent identification program graduate, Andraz Echeverria. The coaches have a five-day educational program.

2. Achievements

Training programme for athletes

The athletes have the opportunity to train and improve techniques on both flat water and whitewater at the Los Andes venue. They were training twice a day (training programme in appendix)

Educational programme for athletes and coaches.

Slalom gates and cable systems fitting system. Improving of the already existing system. The main aim was to bring hand-made solutions for loops and fine tuning gates system. All the equipment and material could be built with local equipment fundable in any DIY shop in Chile.

Fixing boats clinic.

Some slalom boats in mediocre condition but they still used. Some resin and fiberglass material was bought in Chile.

The coaches got courses to learn how to teach the bases on flat water. A tailor made document was made for them (in appendix).

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2018 3 Continents Tailor Made Programme

To improve the competition events, all the participants had a clinic about the slalom rules and basic judging, a tailor made document was also done for this special purpose.

3. Justification of the programme

This strength/weakness diagnosis has allowed us to fine tune the content of the programme.

Tailor Made process				
Athletes level diagnosis			Schedule	
Subject	Strengths	Weaknesses	Athletes	Coaches
Foundation kayak skills	Good balance White water facilities	Use only the arms Not use much the river forces	Learn to use the whole body Learn to use the river forces	Learn how to teach those points
Slalom	Know the basic mooves Kayak eskimo roll	"Gate to gate" navigation Lack of analyse and project Not much slide Canoe eskimo roll	Anticipation Analyse and learn a design Choose a navigation project	
Safety	Good bases Eskimo roll		Analyse the dangers	
Equipment	Enouth boats Local boat production	Not adapted paddle choice Boats state Lack of canoe	Propose adapted paddles Fixing	
Behavior	Good in general Eager to learn	Lack of concentration	To concentrate	
Venues	Los Andes : good course Flat water	Improve the gate system Lack of flat water gates		

A crucial attention was paid giving tools to coaches for correct navigation basis. The first bricks of the knowledge are fundamental step and it's very hard to modify after some years of practicing. Somehow there is a strong will to train and improve but the used ways to follow the path were jeopardizing the process.

4. Proposals for the future

Local manufacturing programme

During the staying, I was approach for technical feedback on a already on-going process of local production of boats. The concerned factory is working in close cooperation with the Slalom Director Alex Olguin. The aim is to produce and spread fiberglass competition design boats in the different clubs in Chile. My expertise was mainly on "how to reinforce efficiently the construction".

Development of slalom activity on Chile territory

The strategy is to create a network of coaches and active clubs through regular competitions and meetings. The starting point is Los Andes as it aims to be the venue for Panam Games 2023.

Development of canoeing activity on Chile territory

An EEWC camp should be held in 2019 under the guidance and help of Sofia Reinoso (Mexico) and Valentina Aliaga from Chile (she attended the coach educational programme).

Lots of paddlers are keen into creek boating and white-water activity. The inclusion of CSLX could be an efficient arm lever to attract more paddlers to Slalom and thus feed the already Olympic discipline and the white-water activities.

Last but not least: thanks a lot to Alex Olguin who is leading Slalom growing in Chile, thanks a lot to all participants for their dedication and kindness.

5. Appendixe

Training programme

Propuesta de programa - Los Andes 2019																	
	04-03	05-03	06-03	07-03	08-03	09-03	10-03	11-03	12-03	13-03	14-03	15-03	16-03	17-03	18-03	19-03	20-03
Mañana	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	
	Descanso	Descanso	Descanso	Descanso	Descanso	Descanso	Descanso	Descanso	Descanso	Descanso	Descanso	Descanso	Descanso	Descanso	Descanso	Descanso	
Tarde							"Comendando" por "Atletas"										
Fin de tarde - atletas	Atletas llegan	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	Sesion CSL	Atletas salen
Fin de tarde - niños*			Sesion agua quieta	Sesion agua quieta	Sesion agua quieta	Sesion agua quieta	Sesion agua quieta	Sesion agua quieta	Sesion agua quieta	Sesion agua quieta	Sesion agua quieta	Sesion agua quieta					
Clinicas : fabricacion de puertas/instalacion de puerta en el canal/reparacion de bote/sesion video/...																	
Horarios																	
Mañana : salimos a las 9:30 del hostel - volvemos a la 1																	
Tarde : salimos a las 14 del hostel																	
Fin de tarde : sesiones empezan a las 17:30 - volvemos al hostel a las 20																	
* niños de la zona de 12-13 años que quieren descubrir el kayak																	
Carrera del canal : mini competición de slalom por los niños que hicieron sesiones antes y slalom paralelo por los atletas - Día para promover el kayak por los niños, los padres, la municipalidad, la federación...																	



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2018 3 Continents Tailor Made Programme



TIP Andraz sharing his knowledge of coaching



Fixing boats



Great Future expected