

ICF TIP Camp Bratislava 14th – 27th September 2021



Always moving forward



Table of contents

Section 01: GENERAL	2
Section 02: CAMP SCHEDULE	4
Section 3: RACE PROGRESS	7
Section 4: RESULTS	8
Section 5: CONCLUSION	8
Annexe: List of Participants:	9
Annexe: Camp and Race Schedule	10



Section 01: GENERAL

The World Championship took place in Bratislava (Slovakia) from the 22nd to the 26th of September, where we hosted a TIP camp from the 14th of September until the end of the race.

The first part of the camp we were at the Park Inn hotel (40min drive to the course), and the second part for the race we were at the X Bionic Sphere hotel (01-hour drive to the course).

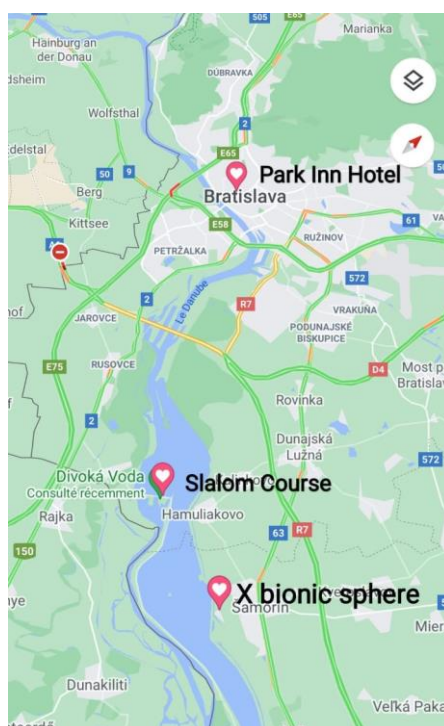
ICF has invited 5 TIP coaches to run the camp that which were part of the ICF TIP Coaches' group that had worked at the previously ICF canoe slalom camps and also had a great canoe sport knowledge, background, and dominie of many languages skill to offer the correct and precise information an training properly the athletes to ensure their best participation as possible during the camp and competition time:

1. Àdria CASTILHO - ESP
2. Anze BERCIC - SLO
3. Atanas NIKOLOVSKI - MKD
4. Nadjib MAZAR - ALG
5. Nelly Tornare - FRA

The coaches ran this camp with 20 athletes and 15 countries from 04 continents. Each coach received a group of 04 athletes to be responsible and work during the camp.

The athletes had the chance to race in three different competitions during the 04 days in the:

- Slalom
- Xtrem Slalom
- Down River



Section 02: CAMP SCHEDULE

- Day 01:

The competition organizing committee was in charge to pick up all TIP coaches and athletes from the airport in Vienna (Austria) and transport them with all competition material to Bratislava (Slovakia).

To pick up the TIP coaches Nelly Tornare and Atanas Nikolovski, the transfer bus had some issues and delay to arrive at the meeting point defined previously.

Part of the COVID protocol countermeasure requested by the Slovakian government, agreed by the International Canoe Federation, and implemented by the Organizing Committee was test all participants, staff, coaches, and all persons involved in the competition to be ensure that the protecting bubble system countermeasure working properly to protect all participants that attended to the competition. This countermeasure was mandatory to the official government approval to accept to realize the world sport competition.

The testing was realized at the Xbionic Sphere and take a long time for everyone. After the result, all TIP participants embark on the transfer shuttle to the Park Inn Hotel where the TIP and the ICF Staff was hosted. The transfer process made the wait even longer because of not enough shuttles to realize the TIP athletes and coaches' transportation.

Hind Jamili from Morocco didn't come because she was tested 72-hour priority and was positive at the Covid test, and Mohammad Nazzrin Najib from Malaysia didn't have the Visa approved by his government authority and cannot be part of the camp.

All the athletes and the team staff were negative at the first test and during all the several routine test did by the organizing committee during the camp and the race. All TIP participants were negative at all.

As a usual procedure during the world canoe/kayak slalom competition, the organizing committee scheduled just one water slot per group and dedicate one session at the official course to the Tip Program athletes. The tip Coaches requested to add 02 more afternoon sessions to have the chance to train on the Xtrem Slalom at the official slalom competition course and using the training slalom channel. To attend this new demand, the organizing committee provide an additional shuttle bus transportation per day.

The communication with the organisation committee (Gabiella and Linda) was very good since the first day and the TIP camp had all issues faced solved.

Training plan was made with the coaches at the end of the day according to the athletes' skills and levels to organize their groups.

- Day 02:

05 athletes missed the session because they weren't arrive on time, or late travel, or waiting to the Covid testing result, or haven't bring their own boats.

03 athletes did a late session after the Covid test and was able to got the boats borrowed from the local canoe/kayak club. The organizing committee provided an extra shuttle for these athletes training period and was flexible to accept the water training slots changings.

After the first session and, also confirmed the athlete's performance skills, they were split at the groups in 04 athletes with each coach.

The organizing competition committee was planned moving the TIP Camp athletes and coaches to the X-bionic Hotel at the day before to the competition face at the big issue to host all participants at the same place in advance. The TIP requested to change the hotel in advance at the planned by the LOC, because it will do an extra concern and will be the management harder. The LOC do not has answered immediately but will doing as much as possible to attend it.

During the first session we have had 01 slalom boat broken from Marko (Macedonia).

- Day 03:

Morning session with the group's level was good. On the afternoon we added an extra session with different possibilities, flat water, white water on the right channel, and Xtrem slalom training on the main course.

For the Xtrem, the program had only 02 borrowed boats from the LOC for 20 paddlers and 1 hour training which was extremely difficult to manage good session.

- Day 04:

Morning: Games and stretching at the hotel.

Afternoon training session (see training programme in the annexe).

1 boat and paddle broken from Greg (Greece).

- Day 05:

After training session each coach had a video review from training day with his group.

- Day 06:

Morning training (see training programme in the annexe).

Afternoon session on the flat, right channel and Xtrem.

On the evening we had a video review.

- Day 07:

Training (see training programme in the annexe) and video reviews.

- Day 08:

We moved from Park In hotel to Xbionic Sphere hotel.

The last session of the camp, the athlete have to choose their own session to feel involved in the training program before the race.

We took the Bibs for the Down River and Slalom competitions.

We did the check in at the Xbionic hotel after the training session.

- Day 09:

Morning off.

Afternoon we went to the course to watch the demo and make the course walk.

- Day 10:

Race day.

Joris Otten from Nederland went to the semi-final in C1 men.

- Day 11:

Down river race in the morning.

Xtrem slalom time trial in the afternoon.

The problem we had with the Xtrem it was about the spray decks, we were running everywhere to borrow at some countries some spray-decks to give the chance to the athlete to start their run.

- Day 12:

Watching semis and finals of K1M and K1W.

- Day 13:

Watching semis and finals of C1M and C1W.

Joris Otten was coached by Telmo the Nederland's coach and not by the TIP Coach.

Afternoon the TIP ran the Xtrem slalom quarters.

Section 3: RACE PROGRESS

About twenty athletes took part in this event in slalom C1W, C1M, K1W, K1M, in down river and Xtrem slalom.

In slalom we have had good condition to participate, everyone had his own boat or the ICF provided the boats for who haven't. The Bratislava Course was extremely hard for the TIP Paddlers, but at least one of our team went to the semi-final (Joris Otten from Nederland).

In Xtrem slalom we have had the chance to train with the creek boats, but we have had only 2 boats and 2 spray decks for our 20 athletes, which was hard to do a whole session, we were just preparing them how to jump from the ramp and learn the lines. The day of the race we had the boats but the biggest problem was to find spray decks because the organisation didn't borrow us some. It was hard for the coaches to find some, but all the athletes did their run on time.

In down river, it was the hardest part of the race 3 different races because we haven't the chance to join the training session or having some DR boats to train with. The TIP team (11 nations) ran this race without training, and in slalom boats. The other problem was to add an extra 1kg in each boat and borrow from Germany some airbags as well.

Section 4: RESULTS

World slalom championship September 2021 Bratislava TIP Ranking							
Name	Country	Category	Heat 1	Gap with 1st	Heat 2	Gap with 1st	Xtrem Time trial
RAZEGHIAN Roxana	IRI	K1W	58/58	293.17	33/38	92.73	50/55
SOMMERNES Iris	NOR	K1W	56/58	263.72	37/38	299.11	
OTTEN Maartje	NED	K1W	55/58	208.93	35/38	193.71	
NOBIS Constanza	CHI	K1W	53/58	255.81	36/38	291.91	55/55
SEPRENYI Sara Timea	HUN	K1W	52/58	137.98	30/38	40.71	
MAENPAA Iisa	FIN	K1W	46/58	54.37	32/38	88.74	54/55
MOROU Georgia	GRE	C1W	43/44	248.31	23/24	220.94	51/55
KARANJA Levis Peter	KEN	K1M	80/80	529.41	49/49	459.33	78/82
KOZMA Patrick	ROU	K1M	79/80	276.45	41/49	45.76	72/82
BAKOVIC Ignacio	CHI	K1M	77/80	76.72	47/49	122.35	43/82
WEWEGE Donovan	RSA	K1M	71/80	48.7	31/49	19.37	69/82
OLAR Matteo-Alexander	ROU	K1M	70/80	40.42	46/49	87.68	73/82
ONG Jun Yi	SGP	K1M	68/80	38.7	45/49	85.01	75/82
MUTURI Samuel	KEN	K1M	67/80	36.6	44/49	79.58	70/82
PLAUDIS Martins	LAT	K1M	66/80	32.82	33/49	20.7	74/82
AIT KADDOUR Nour	MAR	K1M	59/80	17.77	34/49	22.7	62/82
DORDEVIC Marko	SRB	K1M	57/80	16.45	35/47	26.96	
PETRUSHEV Angel	MKD	K1M	56/80	14.91	24/49	13.18	
FENTANES Ricardo	MEX	K1M	72/80	50.69	40/49	45.72	
KOMNINOS Grigorios	GRE	C1M	44/53	46.41	32/33	122.55	76/82
OLAR Matteo-Alexander	ROU	C1M	53/53	161.32	33/33	138.2	
MUTURI Samuel	KEN	C1M	51/53	87.11	30/33	80.82	
FENTANES Ricardo	MEX	C1M	50/53	85.03	28/33	62.33	
OTTEN Joris	NED	C1M	31/53	8.39	5th/33	2.72	44/82
OTTEN Joris (SEMI FINAL)	NED	C1M	21/30				

Section 5: CONCLUSION

The TIP Camps are always amazing and are the proof of diversity, coexistence and sharing more than canoe skills, sharing difference and culture.

In general, this camp was good and all the team staff was having kind of the same idea. But to improve the next camps, there are some important points to share:

It will be better to have a head coach to lead the team and do the communication with the race organisation and the ICF manager.

It will be good if the ICF provide a set of Xtrem slalom spray decks to use during the different competitions. To ask for a first aid kit and repair kit from the organisation for each camp which is very important knowing in slalom we break boats most of the time and there are always some minor incidents.

About the down river, it will be way better to have to chance to take part at the training before the race and then to race with the DR boats and not with slalom boats which is fairer.

The paddlers had the opportunity to take some donations from some international paddlers and the ICF had donated 1 K1 and 1 C1 boat to Kenya Rowing and Canoe Federation to the Kenyan paddlers (Samuel and Peter) had the awesome chance to come back home with them to will improve his training.



Annexe: List of Participants:

MAR	Jamili Hind
IRI	Roxana Razeghian
CHI	Constanza Andrea Nobis Campos
NED	Maartje Otten

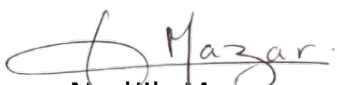


FIN	Lisa Mäenpää
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Annexe: Camp and Race Schedule

All water sessions have a double objectives : Technical and Physical aspects		
Tuesday 14	Arival	
Wednesday 15	Session 1 Bus 7:55 return 11:15 Training 9:25 Easy loops	
Thursday 16	Session 1 Bus 6:45 return 9:35 Training 7:45 Progs	Session 2 Bus 1:15 return 5:00 Training 3:00 Flat water, right chanel and extreme
Friday 17	Session 1 Bus 12:20 return 15:25 Training 13:35 Thirds	
Saturday 18	Session 1 Bus 10:25 return 13:10 Training 11:55 Tech Session rapid racing	
Sunday 19	Session 1 Bus 8:45 return 11:45 Training 10:15 Half + 2 Fulld	Session 2 Bus 2:00 return 5:00 Training Extreme slalom

Monday 20	Session 1 Bus 7:20 return 10:25 Training 8:15 Quarters	
Tuesday 21	Session 1 Bus 12:55 Training 14:25 Tech session.	Session 2
Wednesday 22	Session 1	Demo course walk
Thursday 23	Session 1 Race day	Session 2
Friday 24	Session 1 Race day	
Saturday 25	Session 1 Race day	
Sunday 26	Session 1 Race day	Session 2
Monday 27	Departure	


Nadjib Mazar