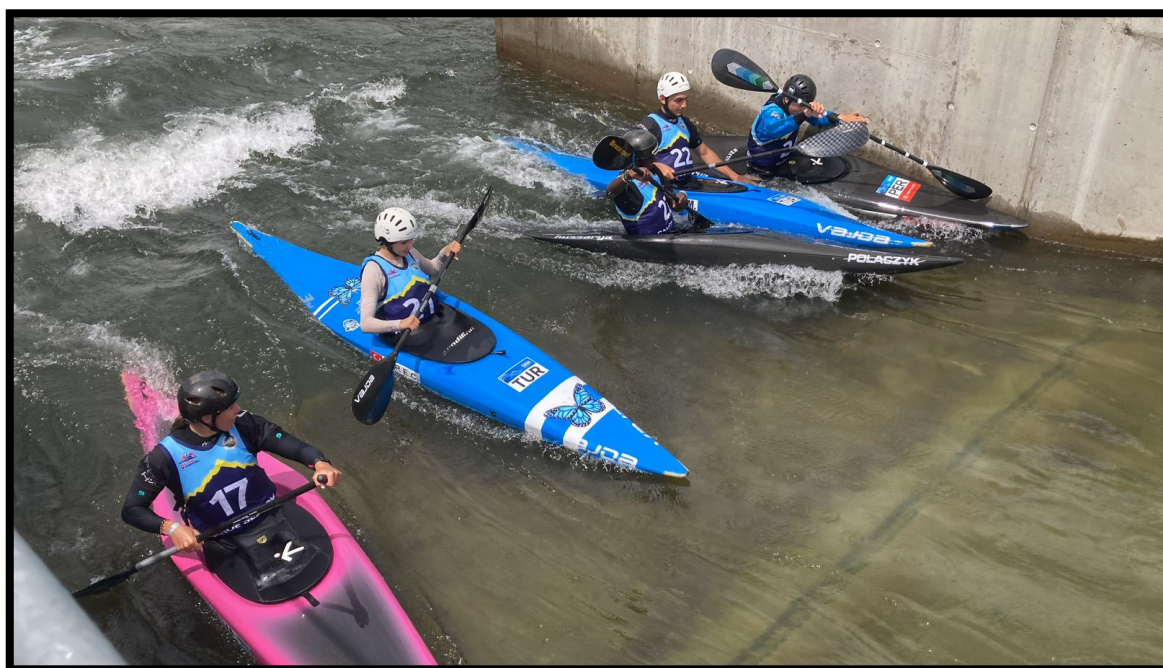


2024 ICF Global Canoe Slalom Development Camp Liptovsky-Mikulas



OVERVIEW

Dates: 24th June to 7th July 2024

Location: Liptovsky-Mikulas, Slovakia

Organizers: ICF & Liptovsky Mikulas organizing committee

Financially supported by:

- ICF
- Liptovsky Mikulas organizing committee

Participants:

- Number of athletes: 17
- Number of coaches: 0
- Number of ICF Coaches: 5 coaches + 1 coordinator
- Number of NF attending: 13

PROGRAM:

Training sessions

Training sessions were organised as follow. It is crucial to underline that each training sessions was followed by an individual video analysis session. That means a tremendous effort and work from the employed coaches.

| TUESDAY 25 | WEDNESDAY 26 | THURSDAY 27 | FRIDAY 28 | SATURDAY 29 | SUNDAY 30 | MONDAY 1 | TUESDAY 2 | WEDNESDAY 3 | THURSDAY 4 | FRIDAY 5 | SATURDAY 6 | SUNDAY 7 |
|---|--------------------------------------|--|---------------------------------|------------------------------------|------------------------------------|---|---------------------------------------|---------------------------|--|----------------------------------|----------------------------------|---|
| 7:00-8:00h Breakfast | 7:00-8:00h Breakfast | 7:00-8:00h Breakfast | 7:00-8:00h Breakfast | 7:00-8:00h Breakfast | 7:50 slalom 1/4's with your group. | 7:00-8:00h Breakfast | | | | | | |
| 10:00 flatwater Activation with Lachlan Everyone | 10:00 Mental preparation with Andraz | 10:00 stretching session in the garden with Carmen Everyone. | 12:50 Technique with your group | 10:20 Full runs minimum 2 Together | 9:15 Breakfast Group Activity | 12:20 slalom session 1/5's speed | TEAM K1MU23 10:43 KAZ 10:45 LAT | 9:15 U23 HEAT K1M K1W | 8:45 U18 HEAT K1M K1W | U23 SF 9:00 K1M 10:05 K1W | U23 SF 8:30 C1M 9:20 C1W | U18 TT 8:30 K1W 9:26 K1M |
| 12:00 Lunch | 11:30 Lunch | 12:00 Lunch | 14:15 Lunch | 12:00 Lunch | 12:00 Lunch | 13:30 lunch | 12:00 lunch | Pic nic | Pic nic | 12:00 lunch | 12:00 lunch | Pic-nic |
| 18:00 1/4's with your group. | 14:00 1/3's with your group. | 15:20 1/2's together | 19:00 Cross | 18:15 Cross | 18:30 Open Ceremony | 15:30 Cross paddles and get the boats ready | 17:30-18:30 Heats Construction | 15:00 U23 HEAT C1M C1W | 14:00 U18 HEAT MC1 WC1 | U18 SF 14:00 C1W 14:50 K1W | U18 SF 13:00 K1M 14:05 K1W | U18 Heats 13:30 K1W 13:54 K1M |
| 20:00 Dinner | 20:00 Dinner | 18:00 Dinner 19:45 Cross | 20:15 Dinner | 19:30 Dinner | 20:15 Dinner | 18:15-18:31 Demo Teams run | 19:15-19:31 Full runs | 18:30 Cross training | 17:15-18:15 Demo Semi 19:00 full runs | 18:30 Cross training | 17:00 Cross training | 15:04 U18 Finals U23 Heats 15:30 K1W 15:54 K1M |
| Everyday you need to go to the course at least 1h before your session, be sure you have warmed up properly. We will walk the course 15' before the session starts, and we will meet at the first gate. | | | | | | 19:00 Dinner | 20:30 Dinner | 19:30 Dinner | 20:15 Dinner | 19:00 Dinner | 19:30 Dinner | 19:00 Dinner |

Race simulation with videos and timing and yoga “prophylactic” session:

| FULL RUNS 29/06/2024 | | | |
|----------------------|--|------------------|--------------|
| C1M | | | |
| 10:20:00 | 10:44:30 | SARAMANDIF | Terence |
| 10:20:30 | 10:45:00 | Zachos | Ioannis |
| 10:21:00 | 10:45:30 | Ongchit | Nantipat |
| C1W | | | |
| 10:21:30 | 10:46:00 | Ananyeva | Anastasiya |
| K1M | | | |
| 10:22:30 | 10:47:00 | Korobov | Alexandr |
| 10:23:00 | 10:47:30 | TASKIRAN | HASAN MERT |
| 10:23:30 | 10:48:00 | JEMAI | SALIM AHMAD |
| 10:24:00 | 10:48:30 | NA | Yeonsu |
| 10:24:30 | 10:49:00 | Plaudis | Martins |
| 10:25:00 | 10:49:30 | Carrasco Cadillo | Juan Antonio |
| 10:25:30 | 10:50:00 | SHARAMKE MAGAN | RAAGE |
| 10:26:00 | 10:50:30 | van Heerden | Matthew |
| 10:26:30 | 10:51:00 | Cano | Lucas |
| 10:27:00 | 10:51:30 | Rathod | Praduyama |
| K1W | | | |
| 10:27:30 | 10:52:00 | WU | TING-I |
| 10:28:00 | 10:52:30 | Plata | Laura |
| 10:28:30 | 10:53:00 | Niamthong | Jaruwan |
| 10:29:00 | 10:53:30 | YER | ELIF CEYLIN |
| 10:29:30 | 10:54:00 | Trower | Hannah |
| 10:54:00-11:10 | FREE PADDLING (maybe try some moves you want to improve from the full runs, have fun...) | | |



Seminar and meetings

- Saturday 29th June Meeting with Jules Bernardet 2023 World Champion U23 and 2024 Krakow World Cup winner
- Sunday 30th June, Meeting with Mrs Basset, Kayak Cross judgement and rules symposium
- Monday 1st July meeting with ITA representative Dora Hegyi
- Sunday 7th July, Meeting ICF President Thomas Konietzko



Side events

- Sunday 30th June: social bbq meeting for all ICF Development CSL coaches present and from the past present in Mikulas (15 people)
- Monday 1st July, Team Building Minigolf



THA-TUR-RSA team.



DJI-TUR-COL team

Attendants

Athletes

Overall description

- 17 athletes shared as follow:
 - 13 countries, 4 continents
 - 6 women and 11 men
 - 11 Junior (U18) and 6 U23
- 6 athletes from Asia: Korea, Kazakhstan, Thailand, Chinese Taipei
- 4 from Europe: Latvia, Turkiye, Greece
- 5 from Africa: South Africa, Djibouti, Mauritius, Tunisia
- 2 from America: Colombia, Peru

Evaluation

- Young group, ideal to target and go through the new olympic period
- good average level
- good skills for Kayak Cross

Results global overview and link to the document

- 1 K1M U23, 1 C1M U23, 1 K1W U23, 1 C1W U23 => CSL Semifinal
- 1 C1M U18, 1 K1M U18 => CSL Semifinal
- 2 K1M U23, 4 K1W U23 => Heats Kcross
- 1K1W U18, 2K1M U18 => Heats Kcross
- 1K1W U23=> quarters Kcross

Detailed results

Coaches

Overall description

- 4 continents represented (Europe, Oceania, Asia, America)
- 3 coaches out 5 were athletes for the TIP CSL program from the 2013-2019
- 1 coach coordinator well experimented



Logistic

Pick up and Local transportation

Hotel-venue: walking distance to the whitewater venue

Hotel: Hotel Lodenica

Catering: full boarding at the Hotel => excellent in quality and quantity

Training: at the whitewater venue and also upstream on the flat water gates

Meeting facilities: 1 room in the hotel, 1 room in the main building at the venue

Equipment

Boats

Canoe and kayak slalom

Personal boats or rented to private paddlers in Slovakia

There was no renting system from CSL HOC

Kayak Cross

18 ICF Kcross, 11 Kcross helmets, 8 Kcross decks,

Paddles

None

Safety equipment

None and no need

Coaching tools

- 4 ICF Ipads
- 1 repair tool box

Reporting

Participants' comments

Athletes

Separate oogle form provided to the athletes

Coaches

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

Coach coordinator

Good group of athletes well selected which suggest interesting operation and action in the coming olympic period.

Part of the attendants are double passports paddlers (FRA, USA...). Thus to transform the try one, one of the main objective in coming years in term of development will be to create programs where they can be "foster fellows" in the concern "developing" country.

The coaching group was really efficient, adaptative and easy to work with. The selection was accurately done.

Mantra to keep in mind => **A TIP coach who is a former TIP athlete is a concrete sustainable milestone for development camps, this involvement should be applied for any development camp.**

Appendices

List of participants (cf separate table template)

Schedule of the camp (pdf version): Already given above

Pierrick Gosselin

Lannion, France, 09/07/2024

