

# ICF Global Development Camp

## Canoe Freestyle

### Plattling, Germany



## OVERVIEW

**Dates:** 20<sup>th</sup> to 25<sup>th</sup> of May 2024

**Location:** Plattling

**Organizers:** Plattling Organizing Committee, ICF

**Financially supported by:**

- Plattling Organizing Committee
- ICF

**Participants:**

- Number of athletes 6
- Number of coaches
- Number of ICF Coaches 2
- Number of NF attending 4

## PROGRAM:

### Training Sessions

The daily schedule included a minimum two training sessions. Sessions had focus on the basic skills of freestyle and were tailored to the level of each participant. After the official training schedule began, the second training session was then replaced by an on-land session and served to drill body movement, physical and mental preparation and mobility training. See Appendix II for full schedule.

### Seminar and Meetings

Once the camp had begun, daily meet-ups between coaches and participants in the morning served as a start point of the day. Once training sessions were finished, athletes and coaches gathered for video review and to discuss technique. Coaches and athletes also shared meals and socials together.

### Side Events

The social aspect of these camps is extremely important to help participants feel that they are a part of a bigger community. Introducing them to other athletes, inviting coaches from other nations for advice, sharing an ice cream and playing volleyball with athletes from elsewhere, as well as camping by the river like most freestyle competitors have also been important for their inclusion into the sport. At the camp, meals also took an international twist as participants took turn to cook and taste foods from other parts of the world. Grilling and bonfire nights also added charm and authenticity to the experience.



## ATTENDANTS

### Athletes

A total of six athletes attended the camp. They came from Peru, Ireland, Norway, Ecuador. Attendants were born between year 1999 and 2008.

### Evaluation

Participants were very thankful for the opportunity and showed great respect to fellow athletes, coaches, ICF and Organizing Committee. Their shared expectations towards the Development Camp included to get to know the sport and the community better and to increase their personal skills. Expectations grew as the week went by, this time around towards themselves as athletes, but also as representatives of freestyle in their respective nations.

### Results

Originally, the camp targeted nations of lower resources and/or athlete support; nations that could use an extra push to see the sport evolve. As a matter of facts, this camp –and the previous ones for that matter– achieved a lot more than just that. The What's App group that was used to connect participants together during the Columbus Development Camp and the one we used in Plattling are still active and alive. Earlier participants still share pictures and videos between them, a proof of the long-lasting friendship and further development.

During the camp in Plattling itself, what the coaches did not expect was for any of the participants to podium when put on the big stage. But with good guidance and a focus on individual strengths, one of the junior ladies made top 10 and another took a bronze medal. One of the participants also took on the challenge of competing into the squirt category, a type of boat he had never sat in prior to this. Moments like these will forever be engraved in their minds and of those watching.

Detailed results: [World Cup 1](#) and [World Cup 2](#)



## COACHES

### ICF Head Coach

Head coach Valérie Bertrand has a master's degree in Sport Education and works as a coach and teacher daily. She started competing internationally at the age of 18, at the time representing Canada in freestyle and other disciplines of whitewater. She moved to Norway in 2004 and has been competing for the Norwegian team since. She has multiple podiums from World Cups and World Championships from between the years 2001 to now. She is also a multiple World Champion in freestyle-squirt and surf kayaking.



### ICF Coach

Eirik Pedersen is a Norwegian coach and teacher daily with a background in Sport Education and physiotherapy. He did his debut in whitewater at the age of 16, learning to raft and kayak simultaneously. He represented Norway at several international events in rafting and freestyle. He currently serves as national coach in freestyle for Norway.

### Evaluation

Eirik Pedersen came in at the last minute when ICF coach Maxi Montoya from Argentina became ill and had to return home. Adding another nation into the coaching team would have been ideal, although Eirik added an important contribution mainly on-land filming and analyzing rides, and the camp ran very smoothly with this plan B collaboration. The two coaches complemented each other very well.

## LOGISTICS

### Pick up and Local Transportation

Local trains from Munich Airport were easy to use, accommodating bigger luggage pieces such as kayaks and paddles, and reliable. The head coach welcomed participants upon arrival to Plattling.

### Accommodations

The HOC provided a simple set-up with individual tents, blown-up mattresses and sleeping bags. They also provided one common tent with two long table and benches for food and cooking. Although simple and rustic, these accommodations served well and made the stay cozy and somewhat more authentic. The common tent quickly became the gathering point at night and provided shade during the day.



## Catering

All meals were organized by the head coach. Breakfast included mainly fresh bread/buns with a simple choice of toppings, boiled eggs and fruits. Lunch was often warm: soup or omelet with bread. An afternoon snack suggested fruits, or at times biscuits or nachos. At night, a bigger international dinner was organized, either cooked on camp stoves or barbecued on the fire. Snacks and water were also available all day.



## Training facilities

The Development Camp used the main feature, the wave across and the grass field next to the wave.



## Meeting facilities

The common tent served as gathering point to discuss the daily plan, eat and analyze video after sessions. We had no big screen nor fancy equipment, but the small group size also made it possible.

## EQUIPMENT

### Boats, Paddles, Spray skirts, PFD's and Helmets

All five participants had their own equipment with them; one rented from Denk Outdoor.

### Coaching tools

The head coach used her personal I-Pad for filming. Videos and pictures were shared with participants via AirDrop.



## REPORTING

### Participants' comments

Participants reported at the end of the camp that their skill improvement and nevertheless their motivation for their own further progression had increased exponentially as days went by. This was easily noticeable on the water, just as much as in everyone's ability to blend in in such a short period of time. During the last talk before

the camp ended, participants were sharing their plans on how they could incorporate freestyle more in the months to come, both in terms of personal growth, and in sharing their (new) passion with others in their respective countries.

### **ICF Coaches' comments**

The Development Camp in Plattling was a great success and we are generally very happy with how it turned out. We are very impressed by the personal growth each athlete has had during the week and overwhelmed by the efforts they put in to make it happen. We all quickly made bonds and continue to share good memories and accomplishments. Here are a few key points to take into consideration when planning next year's Camp:

- financial help to cover transport, accommodation and catering of athletes of limited support is crucial to insure participation from an even broader range of nations.
- catering should be organized by the organizing committee, but kept simple; participants are old enough to help themselves to a breakfast buffet, sandwiches could serve well for lunch, warm dinner somewhere in town or grilled at the camp, and snacks, fruits and water could be kept available at any time.
- access to a meeting room with a bigger screen with be practical for video reviews or technical training, but not a daily requirement.

Valérie Bertrand  
Head Coach and Camp Coordinator  
From Geilo, Norway  
October 02<sup>nd</sup> 2024



## Appendices

### List of participants

Country	Last name	First name	DoB	Gender	Age category	Event
Ecuador	Silva Moreira	David Alejandro	8/11/2000	Male	Athlete Senior	Kayak surface
Peru	Soldevila De Ugarte	Gabriel	7/11/1999	Male	Athlete Senior	Kayak surface
Ireland	Murphy	Fergus	7/10/2007	Male	Athlete Junior	Kayak surface
Ireland	Minchin	Mea	11/5/2009	Female	Athlete Junior	Kayak surface
Norway	Tidemann-Foldvik	Ask	4/29/2008	Male	Athlete Junior	Kayak surface
Norway	Saetre	Siren	6/5/2006	Female	Athlete Junior	Kayak surface
Norway	Bertrand	Valérie	12/27/1978	Female	Head coach and Athlete	Kayak surface
Norway	Pedersen	Eirik	3/3/1978	Male	Coach	Coach only

## Schedule of the camp

### INTRO DAY: MONDAY MAY 20

TIME	WHAT	WHERE
	*Today's meal responsible: the coaches	
08:30-10:00	Breakfast	Campground
10:00-11:00	Welcome and info meeting	Campground
12:00-13:30	Lunch	Campground
14:00-15:30	Easy on-water session for those ready: surfing basics and getting familiar with the main feature ...or sorting out equipment and setting up base camp	Main feature / Campground
17:30-19:00	Dinner	Campground
20:00-22:00	Welcome bonfire and marshmallow meet-up	Campground

### DAY 2: WEDNESDAY MAY 22

TIME	WHAT	WHERE
	*Today's meal responsible:	
08:30-10:00	Breakfast	Campground
10:30-12:00	On-water session: loops and variants	Meet upstream of Main feature
12:00-13:30	Lunch	Campground
14:00-15:30	On-water session: work on individual tricks	Meet upstream of Main feature
15:30-16:15	For those who wish: On-land session: mobility and stretching	Campground
17:30-19:00	Dinner	Campground

### DAY 1: TUESDAY MAY 21

TIME	WHAT	WHERE
	*Today's meal responsible:	
08:30-10:00	Breakfast	Campground
10:30-12:00	On-water session: flat water drills + wave entry and placement	Upstream of main feature + Main feature
12:00-13:30	Lunch	Campground
14:00-15:30	On-water session: key moves on edge and edge balance	Meet upstream of Main feature
17:30-19:00	Dinner	Campground
20:00-21:00	Theory session: Freestyle moves explained	(...)

### DAY 3: THURSDAY MAY 23...

TIME	WHAT	WHERE
	*Today's meal responsible:	
08:30-10:00	Breakfast	Campground
10:30-11:30	On-land session: easy acrobatics + technique training (bring your paddle)	Campground
12:00-13:30	Lunch	Campground
(Official timeframe)	On-water session: work on individual tricks	Meet upstream of Main feature
15:30-16:15	For those who wish: light jogging in the area	From-to campground
17:30-19:00	Dinner (...)	Campground

### DAY 4: FRIDAY MAY 24...

TIME	WHAT	WHERE
	*Today's meal responsible:	
09:00-16:00	*Accreditation opens today (bring passport!)	Clubhouse
08:30-10:00	Breakfast	Campground
10:30-12:00	Theory session: making a realistic game plan	Campground
12:00-13:30	Lunch	Campground
(Official timeframe)	On-water session: work on individual tricks	Meet upstream of Main feature
15:30-16:15	For those who wish: On-land session: mobility and stretching	Campground
17:30-19:00	Dinner	Campground

### DAY 5: SATURDAY MAY 25...

TIME	WHAT	WHERE
	*Today's meal responsible:	
09:00-16:00	*Accreditation if not already done (bring passport!)	Clubhouse
08:30-10:00	Breakfast	Campground
10:30-11:30	On-land session: easy acrobatics + technique training (bring your paddle)	Campground
12:00-13:30	Lunch	Campground
(Official timeframe)	On-water session: competition practice	Meet upstream of Main feature
17:30-18:30	Team Leaders Meeting	Clubhouse
18:00-19:30	Dinner	Campground
20:00-22:00	Before comp bonfire and marshmallow meet-up	Campground