



ICF Canoe Freestyle World Championships Development Camp HPP Nottingham 2022

Prepared for: ICF Freestyle Committee

Prepared by:

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EXECUTIVE SUMMARY

Background

The ICF Freestyle Canoe World Championships are coming to HPP Nottingham in June 2022.

This event brings the worlds' top athletes together to perform at the highest level in the sport.

As part of this celebration of our discipline, the ICF Freestyle Committee will be organizing a Development Camp. This camp follows on from successful camps at previous World Championships.

This document aims to set out the reasons for a development camp and where it sits in the broader context of an overall development strategy. The document is primarily aimed at those with the potential to resource the camp, but also aimed at potential participants & the wider freestyle community.

The principle aim of recent camps has been to improve the basic skills of junior Freestyle paddlers. To achieve this, the ICF brought together coaches and top-level athletes to deliver a series of training camps.

This year's development camp is part of a development strategy now being put together by this committee and is partly resourced by the ICF Development Fund.

As part of our strategy, we will deliver a structured mix of Practical sessions, tutorials & lectures, these will be designed with the aim of taking each athlete from their own unique starting point to a measurably improved place on their own development pathway. Participants will receive strategies and tools that will help them to measure their improvements and put in place training and competition plans to sustain their performance goals.

A brief overview of the development strategy follows:



Development Strategy

The following section sets out the basics of the ICF Freestyle Committee's Development Strategy. In it we lay-out the reasons why a strategy is necessary and what the aims of the strategy are.

Vision:

Freestyle kayaking is an inclusive and exciting sport which offers people from all backgrounds the opportunity to experience the creative expression of urban street sports, combined with the life enhancing benefits of being set in the natural environment. This unique combination can fulfil our need to explore, play and compete, whilst learning new skills and improving physical and psychological fitness and environmental awareness.

Freestyle kayakers of any age, gender and ability can develop and excel in the sport. On their journey they will have fun, make friends, and learn valuable life lessons.

Our vision is to increase participation with a series of development initiatives. These will include Development Hubs, Development Camps, an award scheme, and an event organizer's support framework.

Rationale:

Wider participation brings with it many benefits. Firstly, it introduces more people to the joys of the discipline. But also, a broader base of participation encourages innovation, investment, and unified competition structures. With a critical mass, we can build a body of like-minded individuals, who together can help the sport reach its full potential.

Aims:

1. To increase and widen participation in Canoe Freestyle and White-Water kayaking.
2. To expose people to the benefits of the natural environment.
3. To improve the physical fitness and mental wellbeing of participating paddlers.
4. To develop the knowledge and skillset of participating paddlers.
5. To build leadership and development capacity within the Canoe Freestyle community.





Challenges:

Some of the challenges to the goal of greater participation are:

- Shortage of suitable Freestyle sites and locations
- Paddlers may have to travel long distances to find a suitable site.
- Cost of equipment
- Shortage of event organizers.
- Lack of investment by commercial manufacturers.
- Shortage of skilled personnel to mentor or coach.
- Lack of a unified formal structure for development
- Under representation of some groups

Initiatives:

Development hubs:

Part of the strategy is to encourage the formation of Development Hubs. Ideally these hubs would be strategically located to serve populations that have historically had difficulty in accessing resources. Those managing the hubs would attend online, hub leaders' seminars, organized by the ICF and delivered by experts in their specific subject. Following successful completion of the seminar, they would be provided with teaching materials and resources to assist in the setting up of a hub.

Development hubs would cover all aspects of our discipline, including coaching, judging and competition organization.

Awards Scheme:

The strategy will include a basic award scheme for hub leaders to deliver.

The specific modules and awards will be graded as follows, Beginners, Intermediates and Advanced.

Alongside these modules will run specialist modules specifically aimed at a) White Water Safety b) Gender Specific camps c) Class Specific camps d) Event Organization e) Freestyle Judging and development.

ICF Freestyle Canoe Award Scheme



ICF Canoe Freestyle World Championships Development Camp 2022

Junior Freestyle and C1 Ladies Development camp

Overview of camp:

To provide a development opportunity for young freestylers who currently have limited exposure to facilities, coaches, and general training resources.

To allow individuals to identify their starting point for improvement and through the opportunities offered by the camp, realize their specific goals and maximize their potential.

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Objectives:

- To provide an opportunity for paddlers to receive on and off water training through a range of practical and classroom-based sessions.
- Initially to allow each individual to identify their position on their own development pathway, revisiting this position at the end of the camp to establish measurable improvement.
- To set achievable personal targets and put in place strategies to achieve these.
- To analyze current paddling strengths and areas of improvement with the aim of improving these and maximizing abilities during the camp.
- To help athletes to establish training regimes and plans.
- To enable paddlers to establish positive mind-sets to help in the realization of achievable goals.
- To assist athletes in the development of strategies to maximize their competitive potential.
- To provide athletes with land-based exercises to enhance performance and reduce injuries.
- To provide athletes with a basic knowledge of hydrodynamics (reading the water)
- To provide a learning environment that encourages friendship and peer to peer learning.
- To provide the trainee with a judge's eye view to maximize scoring potential during competition.
- To introduce the principles of video analysis.
- To reinforce the principles of white-water safety.
- To instill the ethics of sustainability and protection of the natural environment.

Provisional Details:

Eligibility Criteria:

- The camp will be open to all juniors (18 or under, with a minimum age of 15) that will be entering this year's Freestyle World Championships. Priority will be given to those with limited access to training resources.
- The camp will be open to all C1 paddlers, irrespective of whether they are entering the World Championships. Priority will be given to ladies.
- All applicants should be physically fit and capable of a solid white-water roll.
- All applicants should have suitable travel and activity insurance.

Other Details:

1. The Camp will be held at the White-Water course at Holme Pierrepont Nottingham UK.
2. It will run for a maximum of 6 days Commencing on the 21 June.
3. The camp will be organized and administered by 2 members of the ICF Canoe Freestyle Committee and led by a qualified course provider.
4. Specialist guest speakers and coaches will be brought in to lead specific sessions.
5. Water based training will take place on flat water and three freestyle features, excluding the Worlds hole. The white-water course itself will also be utilized.
6. Land based activities will take place at one of the British Canoeing lecture rooms and or the on-site gym.
7. Trainee to trainer ratios for water-based activities will be maintained at 5:1 and all safety precautions will be observed. Registered and qualified activity providers will ensure that all statutory requirements are met.
8. It is hoped that a limited number of C1 boats will be available for the trainees use. Whereas, others attending the camp will be expected to provide their own equipment.
9. The trainee will be responsible for the cost of their travel, accommodation, and food. Camping is available at the site.
10. Food and catering outlets will be available to trainees during rest periods.
11. Changing and showering facilities are available at the white-water course.
12. It is anticipated that there will be a maximum of 20 trainees attending the junior camp and around 10 attending the C1 camp.
13. All learning materials other than basic kayaking equipment will be supplied by the camp providers.
14. An application form will be available shortly.
15. There will be a minimal administration fee of €20 for those attending the camp.

Provisional Timetable for 2022 ICF Freestyle Development Camp
Subject to confirmation

	Tue 21 June	Wed 22 June	Thu 23 June	Fri 24 June June	Sat 25 June	Sun 26 June	
10.00	Induction	Inlet Gate and Classroom	Muncher And classroom	Troll hole and classroom	Inlet Gate and Gym	Inlet gate	
11.00	Flat water	Outdoor Activities and gym	Muncher and Classroom	Troll hole and classroom	Gym and Inlet gate	Muncher	
12.00	Classroom (safety)	Gym	Outdoor activities	Gym and Outdoor activities	Classroom	Troll hole	
13.00	Break	Break	Break	Break	Break	Break	
14.00	White Water Course	Inlet Gate And Classroom	Muncher and Classroom	Troll hole and classroom	Outdoor Activities	Classroom Review	
15.00	Break	Inlet Gate And Classroom	Muncher and classroom	Troll hole and classroom	Outdoor activities	Classroom review	
16.00	Classroom Feedback	Classroom Feedback	Classroom Feedback	Classroom Feedback	Classroom Feedback	Classroom Feedback	