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ICF Canoe Sprint Coaching Course Report – April 18th to May 1st Egypt 2026

Submitted to: Mr. Sebastian Cuatrin

The ICF Canoe Sprint Coaching Course held in Cairo, Egypt, represented an important milestone in the continued development of Canoe Sprint within the country and the broader African region. The programme was delivered under the International Canoe Federation development pathway and funded through Olympic Solidarity support. The course brought together 21 coaches from eight different cities across Egypt, including both male and female participants, demonstrating growing national interest and commitment toward coach education and long-term athlete development.

The course focused on Level 1 and Level 2 Canoe Sprint coaching education and included technical and theoretical modules covering stroke rate analysis, distance per stroke, training programme design, athlete assessment, physiology of Canoe Sprint performance, and technical athlete evaluation. Particular attention was placed on helping coaches better understand the relationship between technical efficiency and athlete performance development. Coaches were also encouraged to exchange experiences and discuss the challenges of building sustainable athlete pathways within their own clubs and regions.

One of the major objectives of the programme was to strengthen Egypt's national coaching structure and contribute to a long-term development strategy for Canoe Sprint in the country. Egypt has continued to demonstrate strong commitment toward the development of canoe sport through previous ICF-supported initiatives, coaching programmes, development camps, and Para Canoe educational activities.

Throughout the course, participants showed high engagement, motivation, and willingness to continue learning. Coaches actively participated in technical discussions, athlete video analysis, training design exercises, and on-water practical sessions. The collaborative learning environment created valuable exchanges between coaches of different backgrounds and experience levels. Several participants highlighted the importance of the course in helping professionalize coaching practices and improve athlete preparation within Egypt.

The programme also emphasized inclusive development, with participation from female coaches and representation from multiple regions of the country. This reflects the ICF's broader commitment toward accessible and sustainable coach education pathways globally.



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From a technical perspective, the course reinforced key principles of Canoe Sprint development including:

- Technical efficiency and stroke mechanics
- Stroke rate and distance-per-stroke analysis
- Athlete monitoring and assessment
- Training methodology and periodization
- Long-term athlete development principles
- Coach communication and athlete management

Recommendation

Based on the overall motivation, engagement, and development potential demonstrated throughout the programme, I would strongly recommend that the Egyptian Canoe and Kayak Federation consider applying for a future DNSS Olympic Solidarity grant in partnership with the ICF. Such support could significantly help elevate the federation to the next level by strengthening athlete development pathways, coach education systems, talent identification programmes, equipment access, and long-term high-performance planning.

As part of this future strategy, the continued focus should remain on expanding and strengthening Level 1 and Level 2 coaching education programmes to build a larger foundation of qualified coaches throughout the country. Developing a stronger coaching structure at the grassroots and intermediate levels will be essential for sustainable long-term growth and athlete development within Egypt.

The course concluded with positive feedback from participants and local organizers, who expressed strong interest in continuing future coach education initiatives and development programmes within Egypt. The overall atmosphere of the programme demonstrated that Canoe Sprint in Egypt continues to build strong momentum and has significant potential for future growth both nationally and regionally.

Submitted by:

Zak Mahmoudi

ICF Canoe Sprint Expert



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Always moving forward



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LIST OF THE APPROVED COACHES

Full Name (Given names and family name)	Gender	Discipline	Course Level
Mostafa Saied Saad Sayed Mansour	M	CSP	LEVEL 2
Mohamed Ossama Abdelaal Mostafa	M	CSP	LEVEL 2
Samaa Farouk Ibrahim Ahmed	F	CSP	LEVEL 2
Omar Hassan Aly Ahmed Karim	M	CSP	LEVEL 2
Eslam Mohamed Hany Ahmed Mohamed	M	CSP	LEVEL 2
Mahmoud Mohamed Said Awad	M	CSP	LEVEL 2
Ahmed Elsayed Mohamed Fathy Mohamed Elbedwihy	M	CSP	LEVEL 2
Mohamed Ahmed Fawzy Bayoumi	M	CSP	LEVEL 2
Ahmed Hatem Tawfik Hassan Mohamed	M	CSP	LEVEL 2
Mohamed Khaled Kamel Elsayed	M	CSP	LEVEL 2
Rewan Magdy Ramadan Mohamed Abouarram	F	CSP	LEVEL 2
Lamar Ahmed Gaafar Aly	F	CSP	LEVEL 1
Salah Mohamed Salah Sayed	M	CSP	LEVEL 1
Abeer Ezzat Abdo Alserwy	F	CSP	LEVEL 2
Safwat Nassem Abdelkader Elfar	M	CSP	LEVEL 1
Karim Raafat Abdel Mawgoud Salman	M	CSP	LEVEL 1
Abdalla Arafa Mahmoud Mohamed	M	CSP	LEVEL 1
Omnia Mostafa Sayed Shahat	F	CSP	LEVEL 1
Shaimaa Abdelhakem Refaey Ahmed	F	CSP	LEVEL 1
Esraa Mohamed Hassan Mohamed Hassan Toto	F	CSP	LEVEL 1
Hamza Ayman Ahmed Ahmed	M	CSP	LEVEL 2



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ICF Coach's course Level 2 - Course program - April 19 – 31, 2026

ICF Expert: Zak Mahmoudi

Location: Cairo – Egypt



	April 18	Monday April 20 th	Tuesday April 21 st	Wednesday April 22 nd	Thursday April 23 rd
AM Session 8h30 12h30 4 hours with 20min Break	Travel days	Opening Ceremony Level 2 course introduction Coach's introduction <ul style="list-style-type: none"> ✓ Physiology, Energy system specific to Canoe Sprint ✓ Training evolution from 1948 to Tokyo 2020 Developing Athletic Abilities: <ul style="list-style-type: none"> ✓ Determination of the Athletic Abilities ✓ Training ability from Youth to Senior Level Q&A session	Youth Training Principle -Stages of long-term preparation and evolution - Monitoring Youth Training Q&A session <ul style="list-style-type: none"> ✓ Coach's discussion / outcomes / working groups 	Learning Advanced Kayak Technique <ul style="list-style-type: none"> ✓ Technical component, stroke biomechanics, speed chart, impulsion, boat glide, movement coordination and physiological adaptation ✓ Coach's Technical practical - Dry land working groups Coach's Technical practical Dry land with the working groups	Learning Advanced Canoe Technique <ul style="list-style-type: none"> ✓ Technical component, stroke biomechanics, speed chart, impulsion, boat glide, movement coordination and physiological adaptation Coach's Technical practical Dry land with the working groups
12h30 - 2h00 pm LUNCH					
PM Session 2h00 5h30 3.5 hours with 20min Break	April 19 Arrival to Cairo	Development of Speed <ul style="list-style-type: none"> ✓ SPEED TRAINING ✓ SPEED DEVELOPMENT ✓ SPEED PACING ✓ SPEED ENDURANCE ✓ SPEED MEASUREMENTS Q&A session	Talent Identification in Canoe Sprint (Presentation) <ul style="list-style-type: none"> ✓ Training concept and talent identification ✓ Transition from Youth to Elite ✓ Youngsters competition system, target, principals and type of competition Q&A session	Practice Session with the Egyptian Team Video Stroke Analyze: Kayak Discipline Video analysis: technical evaluation/ stroke rate/stroke distance <ul style="list-style-type: none"> ✓ Technical checklist form Coach's working groups Presentations and Evaluation 10min max per coach Q&A session	Practice Session with the Egyptian Team Video Stroke Analyze: Canoe Discipline Video analysis : technical evaluation/ stroke rate/stroke distance <ul style="list-style-type: none"> ✓ Technical checklist form Coach's working groups Coaches Presentations and Evaluation 10min max per coach Examination part Q&A session

	Friday April 24 th	Saturday April 25 th	Sunday April 26 th	Monday April 27 th	Tuesday April 28 th
AM 9h30 12h30 3 hours	Design a Yearly Training Plan Presentation YTP example 2025 by Zak Mahmoudi Alberta - CANADA Round table – working group YTP Caches Presentations And evaluation 10min max per coach Examination Part 1	200m Distance <ul style="list-style-type: none"> ✓ Physical Preparation ✓ Training requirements ✓ Speed Analysis ✓ Speed development ✓ Stroke rate requirement ✓ Strength development ✓ Distance per stroke Q&A session	Technology Trends in favor for Canoe Sprint <ul style="list-style-type: none"> - Precise technical correction - Objective data → better coaching decisions ✓ Stroke timing ✓ Technique quality ✓ Efficiency patterns Integrated Performance Systems Q&A session	Crew Boat Focus K2 & K4 / C2 & C4 stroke analysis / Technical elements / Peak Force / Team Behavior / Team Formation / elements for each position. Q&A session	Long Distance Training (Wash-riding and Pacing) <ul style="list-style-type: none"> ✓ Riding the wake (wash) created by another boat to reduce resistance ✓ Teaching race positioning skills ✓ Technical Skills for Wash-Riding ✓ Tactical Use of Wash-Riding Q&A session
12h30 - 2h00 pm LUNCH					
PM 2h00 5h30 3,5 hours	Practice session with Athletes or Coaches <ul style="list-style-type: none"> ✓ Video recording ✓ Video Analysis ✓ Technique Check list Form Feedback and Evaluation session – Coach's working group	Strength Training - Weights Core strength conditioning Prevention and Recovery <ul style="list-style-type: none"> ✓ Common injury and their prevention ✓ Prevention and recovery strategies ✓ Paddling fitness and Injury prevention Q&A session	Recipe for consistently producing Elite champions <ul style="list-style-type: none"> ✓ World / Olympic champion performance standard ✓ Performance trends from Olympic Games Paris 2024 Q&A session	An interactive Q&A session bringing together all coaches, including national team coaches. This session will provide an opportunity to ask questions on topics not covered during the course, as well as to engage with experts on a range of additional subjects and projects.	Site Visits



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Modules:

	Wednesday April 29 th	Thursday April 30 th
AM	Design a Yearly Training Plan Presentation YTP example 2025 by Zak Mahmoudi Alberta -CANADA Round table – working group YTP Coaches presentations and evaluation 10min max per coach Examination part 2	ICF LEVEL 2 EXAMINATION Part 3
9h30 12h30 3hours		
PM	Practice Session Practice session with Athletes or Coaches ✓ Video recording ✓ Video Analysis ✓ Technique Check-list Form Feedback and Evaluation session – Coach's working group	Closing Ceremony
2h00 5h30 3,5 hours		

1. Physiology – Energy system
2. Advance Kayak Technique
3. Advance Canoe Technique
4. Prevention and Recovery
5. 200 m Distance – Training requirement and Racing analysis
6. Design a Yearly Training Plan
7. YTP Presentation and evaluation: coach presentation
8. Youth Training Principles
9. Performance Analysis – Racing Tactical
10. Strength Training
11. Elite Performance Tracking
12. Technique Analysis: coach presentations
13. Pacing Strategy
14. Talent Identification
15. Club Development Project
16. Technology Trends in favor for Canoe Sprint
17.

COACH'S ASSIGNMENTS:

1) TECHNICAL ANALYSIS PRESENTATION:

- 10 - 15-minute (maximum) Video presentation
 - a. You will present a technical analysis of one of YOUR athletes in either kayak or canoe
 - b. The video must show clarity, multiple angles
 - c. You must show a frame-by-frame analysis of your athlete.

2) Club Talent Identification

10 - 15-minute (maximum) presentation on how you identify talents in your club and assess them physically and on the boat.

3) Design a Yearly Training Plan: Your 2024 – 2025 Yearly Training Plan

- a. We may try to present these to the group as a whole, or in small groups if time permits. This is a great opportunity for you to receive feedback on your YTP
- b. This is an assignment as part of your participation and evaluation for your Level 2 Certification.