

ICF Coaches Course

Egypt – 9th – 15th December 2019



Always moving forward



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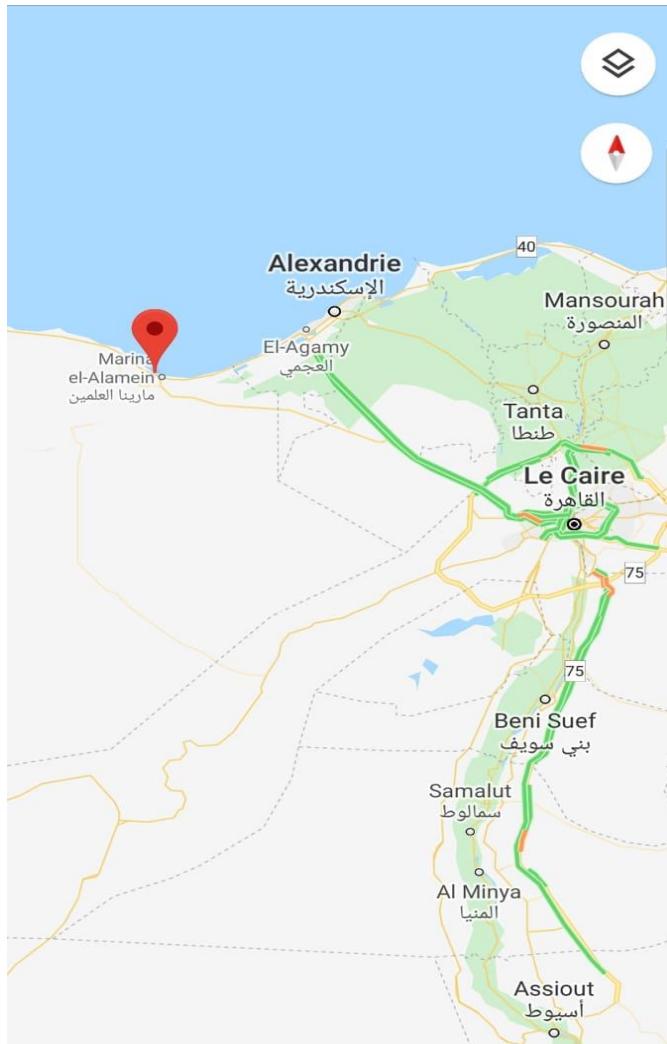


Section 1: GENERAL

The African Championships took place on the Marina of the new city of Al Alamein (historic place during the World War Two), where there were all the amenities for a successful championship. From accommodation, transportation to the racecourse. The city is 1 hour from Alexandria Airport and 4 hours from Cairo Airport. The choice of this location was strategic in order to have the support of the various authorities for the smooth running of this event.

The Egyptian Federation has a complete boat park for canoe sprint/paracanoe and the following equipment for the developing sports:

- 2 Versatile Polaczyk boats K1/C1 + spraydecks + paddles
- 8 Nelo boats K1/C1 + spraydecks + paddles
- 8 canoe polo + spraydecks + paddles + helmets + life jackets



Section 2: CAMP SCHEDULE

	Morning	Afternoon
Sunday 8 th December	Arrive at Cairo	Arrive at Al Alamein
Monday 9 th December	Slalom training and eskimo roll at the pool. Setting the slalom course	Slalom training and eskimo roll at the pool. Setting the slalom course. Night: coach course
Tuesday 10 th December	Setting the course. Slalom and sprint training at the course	YOG Format training + Athletes theoretical course Night: ITO's and Technical meeting Arab champ
Wednesday 11 th December	Arabic sprint championships. YOG training open for all NF	Arabic sprint championships. YOG training open for all NF
Thursday 12 th December	Arabic sprint/para canoe championships. Arabic YOG format championships	Races cancelled due to weather. Night: ITO's and Technical meeting Africa champ
Friday 13 th December	African sprint/paracanoe championships. YOG training open for all NF	African championships. YOG training open for all NF
Saturday 14 th December	African sprint championships. African YOG format championships	Canoe Polo exhibition
Sunday 15 th December	Departure From Al Alamein to Cairo	Race and camp debriefing with the Egyptian chairman
Monday 16 th December	Departure	

Section 3: COURSE CONTENT

During this camp, most of my time was spent on the practical delivery where I tried to give specific solutions to coaches and athletes. I also made time for more theoretical discussions during the athlete meeting and the coach meeting where we discussed the following points:

- Presentation of the YOG format
- Difference between CSL and CSP by presenting a performance model in each discipline
- How to train.
- CSL technique: different strokes, 360 ° and eskimo roll
- CSP technique: C1 and K1 strokes, turn into C1 and K1.
- Eskimo roll video
- 2 videos made by New Zealand on warming up and building muscles.

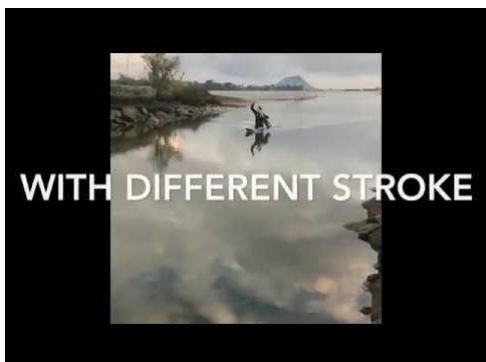
<https://www.youtube.com/watch?v=1oJLkRdgc4&t=1s>



[Canoe Slalom - Shoulders Prehab - Building Muscles - CSBOP New Zealand - YouTube](#)

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<https://www.youtube.com/watch?v=quwUoInMNKw&t=4s>



[Canoe Slalom Warm Up - CSBOP New Zealand - YouTube](#)

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www.youtube.com

- Video interview with YOG vice champion from New Zealand sharing his YOG experience and his preparation
- What is Canoe Polo

I worked hard to dedicate specific time to communication by giving interviews to athletes, managers, ITO's, ICF members and posting directly on social media. I would like to thank Mr. Abuzaid Sherif, the cameraman who followed me every day of the races as not to miss any interview



Section 4: RACE PROGRESS

About twenty athletes took part in this event in C1W, C1M, K1W, K1M.

Due to the adverse weather problems that caused a delay in the sprint championship, we made the decision to only compete on the slalom obstacle course and to remove the head to head sprint race. This decision was made easier knowing that all the competitors had already competed in the sprint championship in the previous days.

As there was an issue with the two slalom obstacle courses not being of equal size, we modified the race format to a race by time, with the best of the two runs counting to be fair.

For the competition to have a bigger number of athletes, we must count the classification of this event in the final ranking, by running the same categories as the sprint, this way all NFs will race. To make a U16 slalom championship in a U18 / U23 sprint competition, NFs will not be able to prioritize slalom for many countries.

Several points were discussed with the chairman during our end of race meeting to improve the event when it will next be held.



Section 5: CONCLUSION

The Egyptian federation is the number 1 nation in the African and Arab sprint ranking since 2018. Currently, they have two athletes qualified for the 2020 Tokyo Olympic Games in K1 men 200m and K1 woman 200m.

In 2019 they launched programmes in dragon boat, paracanoe and for the first time during this African championship, the federation introduced canoe slalom. They are also taking opportunity to start the canoe polo in 2020.

Today Egypt has more than 25 ITO's and more than 20 coaches who have the ICF level 1 and 2. It is therefore clear that the Egyptian Federation has the desire and capability to develop canoeing on a national scale across the country and to develop performance sport as part of this plan.



I want to thank the Egyptian federation and their chairman M.Elsokary with his important implication for the development of this discipline on the territory, all the ITO's and the volunteers who gave their time to make this event a success, to the coaches who did an awesome job and to the athletes who without them we would not have been there.

Annexe: List of Participants:

mohamed Khalid Ismai	EGYPT
Lamar Ahmed Hagar	EGYPT
Jana Fouad EL Shafai	EGYPT
Youssef Marwan	EGYPT
Mamdouh Sohail Ahmed	EGYPT
Ryad Bentouati	ALGERIA
Aya Ferfad	ALGERIA
Mohamed Islem Gherairi	TUNISIA
Mohamed Khaled	TUNISIA
Nedra Trabelsi	TUNISIA
Yahia Osireh	DJIBOUTI
Emmanuel Ayomide Bello	NIGERIA
Celia Jodar	MOROCCO
Matis Soudi	MOROCCO