

ICF Coaches Course

Myanmar – 28 till 05 October 2019



Always moving forward

Regarding the interest canoeing by of the Myanmar NOC the ICF and OS was good opportunity to did educational seminar in Myanmar. They have fantastic lake also environment to grooving up this sport. ICF gave me this great opportunity to share my experience to teach people for modern sports trends and innovation. NF was experience with Dragon Boat also big interest for Canoeing sprint. In Yangon have good weather and fantastic facilities by the lake grooving up sports nice boat house gym and ergometer for normal training the weather is great for paddling.

The course has held in 28th October until 05th November 2019 during 8 days.

Location: Yangon local sports directory and sports training centre by the lake together with seminar room and practical session in the water and gym.

Participation: 34 - 36 people attended the course. Most of them have a sports background from different sports and sports directory with different professional occupation.



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Course Program: The program had part theory lecture and practical session at water and canoeing and kayaking ergometer also strength conditioning. Every day practical and theory take 5 – 6 hours. Most of participants try boats the weather and water condition was fantastic and safe also with enough life jacket. Ergometer was good also try high knee and kayaking couple off time for all participant. Classroom was good normal condition also NF providing translator. Environment for coaching course was good and convenient to share all lecture and practical session.

Examination: All participant past the exams for theory and practical sessions.



NOC and NF participation:

Deputy Minister for Health and Sport Ministry – Dr. Mya Lay Sein penned and closing the course.

The future:

NF have interest to improve infrastructure for this sport and investigate time for local expert.

They already have international coach hue are working with the national time also assistant coach from different city.

ICF Expert

Adnan Aliev