



## **COURSE - REPORT**

**Place**

São Tomé and Príncipe

**Date:**

18th October to November 1st, 2013 (14 days)

**Coach /former**

Rui Fernandes - Portugal

**Number of participants**

33 - participants in the course



## Report

I will start this report by stating that for me this was a fantastic experience. Was my first time in an African country and was received in an exemplary manner with excellent treatment on the part of all stakeholders.

This course held in Sao Tome and Principe, made me realize the enormous difficulties existing in canoeing in this country. The lack of material conditions for practice is more than evident, the vessels number is very small and the practice is carried out on the sea (it's a bay but has some ripple). I had the opportunity to meet the President of the Olympic Committee of STP, and be aware of his concerns and intention to create a training facility on flat-water river.

I had a huge surprise with the learners. Although having large differences in learning and education levels (from 8<sup>th</sup> grade to University), I have to mention the strong desire shown by everyone to learn more and more.

I also have to mention the commitment by the Sao Tome and Principe's Olympic Committee to maintain a level of organization very good, involving the government by its Minister of Sport, the Portuguese Ambassador and the Media at the opening and closing ceremony in order to promote the course and canoeing.

### TECHNICAL REPORT

As for the course itself, was composed in two divided daily sessions, some theoretical and practical parts. The theoretical lessons of two daily hours were conducted with separate themes and presented in PowerPoint, and was focused in what interest and objectives trainees had with the course; resistance, strength and speed training; technique in kayak



and canoe and all its importance; various manoeuvres; safety; training methodology, planning; ICF rules; and some recommendations on types of materials and model paddle. A written test was conducted on technique and preparation of a micro cycle a preparatory period (basic or specific) and another in the competitive period (precompetitive or competitive).

In the practice based learning in a kayak and canoe for two to three hours a day, the course was focused in teaching of entering and exiting a kayak and canoe, exercises to train balance (with and without paddles), manoeuvring around buoys (difficulty increased with increasing number of buoys and different directions), creating a path where all had different paths meet in order for the final day was marked a little competition where each student had to fulfil a complete trajectory defined by me; that had to fulfil the shortest possible time , and another different route that became a draw and everyone had to compete against each other. This competition was based on two participants starting from different points, intersected and who finished last was removed, the winner went to the next phase. With this, students learn much faster with greater motivation and also made them to learn how to use these methods.

Part Theory / Practice

### **1st day**

Theoretical - that began shortly after the opening ceremony. We started with the presentation of the trainer, the trainees and the program carried during the days course;

Practice - teaching safety standards, making use of life jackets when a boat turns , as removing the water from a boat , use of the rudder to direct boat, using the paddle, entering and exiting of a kayak and canoe (first in the ground and then in the water);

### **2nd day**

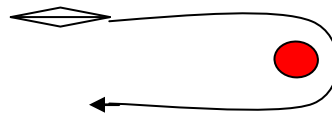
Theoretical - theme 2 was technique and manoeuvres of kayak and canoe, viewing videos of international referenced athletes, critical analysis of the technique through comparison athletes from different ranks.

Practice - extension of the first lesson, but only in the water. First movements with the boat in a balanced position paddle, first using only his hands and then with paddle;

### 3rd day

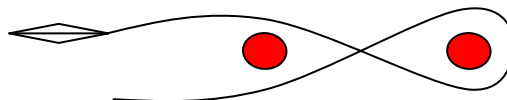
Theoretical - (2hours) – theme 3 was resistance training. The definition of endurance and its components, anaerobic, aerobic and endurance training.

Practice - (2hours) extension of the exercises with the boat in a balanced position and paddling to overcome obstacles;



### 4th day

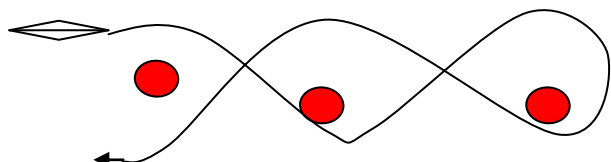
Practice - (4 hours) extension of the exercises with the boat in a balanced position and paddling to overcome obstacles;



### 5th day

Theoretical - (2 hours) the subjects were strength training. The definition of force, training methods and types of strength (maximum force, resistance and explosive).

Practice - extension of the exercises with the boat in a balanced position and paddling to overcome obstacles with increased difficulty;

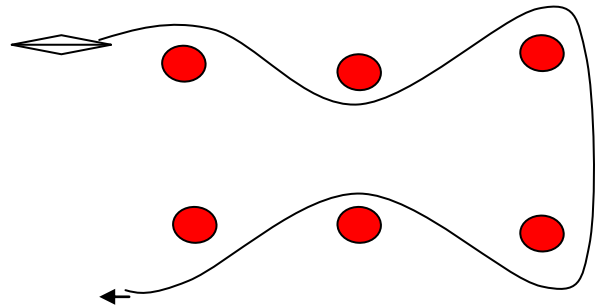


### 6th day

Theoretical – theme 5 was speed training and its methods.

Written test - multiple choice about kayak and canoe technique

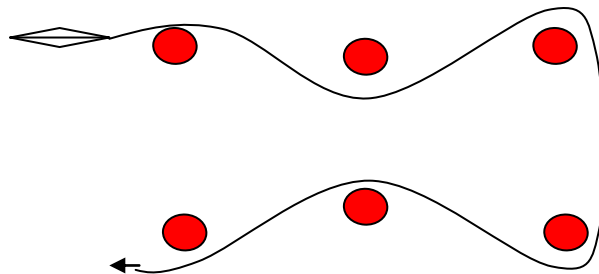
Practice - continuation of movements with the boat in a position to balance and paddle with overcome obstacles, increasing difficulty.



### 8th day

Theoretical – Theme 6 was about basic training methods: what is training, loads and frequencies and methods of training;

Practice - continued practicing in kayak and canoe with increased difficulty, already with the goal to achieve the shortest possible time

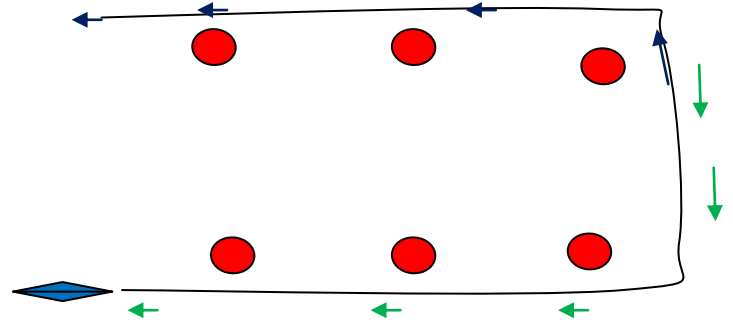


### 9<sup>th</sup> day

Theoretical – Theme 7 was focused Planning and Periodization.

Written test - elaboration of two microcycles in different training periods - preparatory period (basic or specific) and competitive period (pre-competitive or competitive).

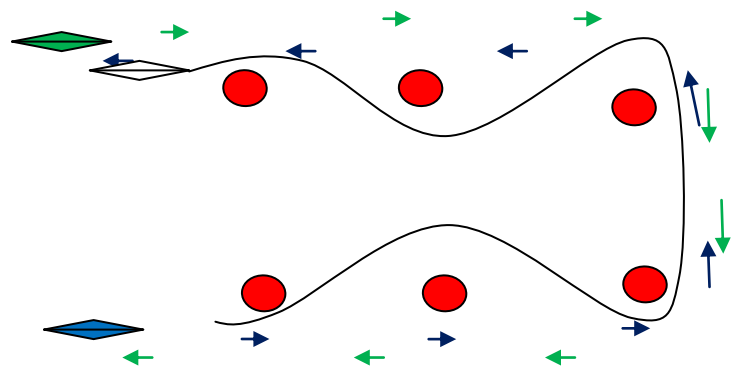
**Practice** - continued practicing in kayak and canoe. Completion of an identical course with opposed trajectory, in which two students practice in simultaneous with the goal to beat the adversary.



### 10th day

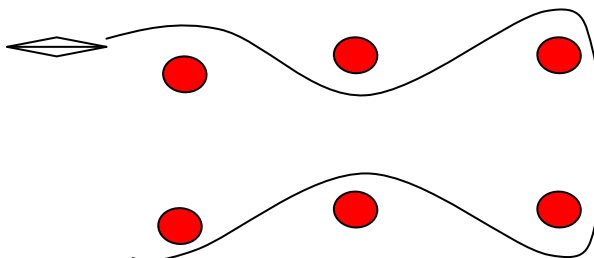
Theoretical – Theme 8 was focused on the ICF rules and competitions (recommendations equipment, sizes and measures); work loads, frequencies and training methods;

Practice - continued practicing in kayak and canoe, realization of the two pathways.

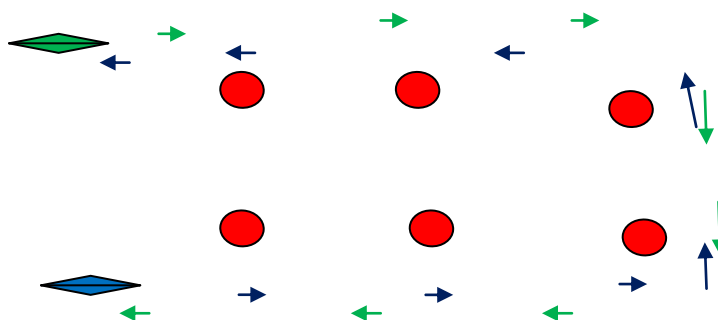


### Day 11 (last day)

**Practice** - competition on course against the clock with 32 “racers”, with departures every minute with objective of performing the shortest possible time.



**Practice** - competition in the direct path contour with 32 “racers”, groups of 2, the winner goes to next phase, who loser gets out



CLOSING CEREMONY – Speeches, Delivery of diplomas and Awards Ceremony

Date of Report: \_\_\_\_ / \_\_\_\_ / 2013

Coach signature

Rui Fernandes