

# ICF COACH'S COURSE IN TURKEY ANTALYA / MAY 18-28, 2022



## Information relating to the Experts:

Surname/name (s)	Zak Mahmoudi ICF EXPERT
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## Description of the Course

Course dates	Start date : 18/03/2022 .....
	End date : 28/03/2022 .....
	Total duration : 11 days
Course location (city, country)	Antalya – Turkey

Type of technical course	Course level
<input type="checkbox"/> Regional <input type="checkbox"/> National <input checked="" type="checkbox"/> International	<input type="checkbox"/> Level 1 <input checked="" type="checkbox"/> Level 2 <input type="checkbox"/> Level 3

Participants	Distribution
<input checked="" type="checkbox"/> Coaches No.: 11 .....	<input checked="" type="checkbox"/> Men No.: 10 .....
<input checked="" type="checkbox"/> Sport Teacher No.: 9	<input checked="" type="checkbox"/> Women No.: 1 .....
TOTAL ..... 11 .....	



## Summary of programme content

The course was composed of two parts : Theory and Practice

The theories lessons were conducted by Pr.Zak Mahmoudi, the purpose was to provide coaches and athletes with high-level and advanced knowledge and skills needed to coach high level athletes.

Check Below for the course program

The practice sessions were conducted in Antalya along with the national team training camp. Coaches had the opportunity to participate to coach and observe the senior and Junior national team training sessions. At the conclusion of this project the coaches were required to submit a feedback-report on their coaching.



### Documents distributed for the participants:

1. Templates and Materials for coaches” Level 2 and 3 by Zak Mahmoudi
2. The Slides of the course
3. Olympic Solidarity Certificate by the Turkish Olympic Committee
4. ICF Video Education materials



### Evaluation of the Pedagogical Aspects of the Course

Language	English
Was interpreting necessary?	YES
If so, give evaluation:	Good <input checked="" type="checkbox"/> Medium <input type="checkbox"/> Poor <input type="checkbox"/>

National Federation	TURKISH CANOE KAYAK FEDERATION
Sport	CANOE SPRINT

Type of evaluation conducted and results of the participants	
Written evaluation <input checked="" type="checkbox"/>	Assignment evaluation <input checked="" type="checkbox"/>

Local transport	(necessary? yes / no)
Good <input checked="" type="checkbox"/> Medium <input type="checkbox"/> Poor <input type="checkbox"/>	
Comments: Transportation was provided to and from the Turkish National Team Training Camp	

Official representatives present during the course  
(of the National Federation, from the NOC)

Yes  No

President of the Turkish Canoe Kayak Federation - Mr. Alpert

Sports Director of the Turkish National Committee and Press Media Manager

A Staff member representing the of the Turkish Sport Ministry in Antalya was present at the examination on March 27<sup>th</sup>

At the Closing Ceremony the ICF Vice President Mrs. Cecilia Ferias along with the President of the Turkish Federation have addressed a speech to congratulate the coaches on the successful course.

#### Brief comment of the Chief of the Technical Committee Mr. Tolga

The 2nd level Coaching course organized by the ICF, TURKEY Canoe Federation and the Turkish National Olympic Committee was completed in Antalya on 18-28 March 2022. We would like to thank our teacher Zak Mahmoudi for the information and quality education he delivered. It definitely raised the standard of the coaching level in Turkey. The High level information we received from the expert will enable our local clubs to have new start in term of training, planning and assessing performance. Zak has provided our coaches with necessary resources to provide best practice in our clubs. I would also like to thank the President and Vice-President of the ICF. I think that these training and development studies will continue in the future. The good training provided by our course instructor was effective in the success of all participants. Thank you very much ICF, TKF and TMOK"

### List of Coaches who have successfully passed the ICF Level 2 course

Name-Surname	Gender	City
Mehmet TOPAL	Male	Istanbul/Halic University
Lütfi Tolga ÇELİK	Male	Adana/Cukurova University
Süleyman ŞİŞLİ	Male	Adana/Goverment Club
İbrahim ERCAN	Male	Samsun/Goverment Club
Hüseyin KAYA	Male	Sakarya/Goverment Club
Barış ÖZTÜRK	Male	Kocaeli/Şişecam Club
Damla GÜLDOĞAN	Female	Kocaeli/Şişecam Club
Gürhan SALMAN	Male	Sakarya/Goverment Club
Emre ŞİMŞEK	Male	Sakarya/Goverment Club
Erkut OĞULTÜRK	Male	Sakarya/Goverment Club
Ufuk ÖZCAN	Male	Muğla/Goverment Club



### General comments of the Expert:

The Olympic Solidarity Canoe Sprint Level 2 Coach's Course has been successfully organized under the International Olympic Committee, the International Canoe Federation and the Turkish Canoe Kayak Federation.

The entire course was very well hosted and organized by the Turkish NF, 11 coaches have attended the Level 2 course. The course program was very busy and rich with high level content. Several important subjects have been highlighted during the course such as: Youth Training Principals, Designing a Yearly Training Program, Performance Analysis, Tactical Analysis, Crew Boat Technical Analysis, Advanced Canoe and Kayak Technique, 200m and 500m speed analysis, Talent Identification Program and Pacing Strategies of Elite Athletes. The goal was to raise the standard of the coaching education program in Turkey, coaches with quality training are in a better position to produce high quality athletes and, subsequently increase the chances for Turkey to be on Podium.

With almost seven hours per day devoted to a lively mixture of class work and practical sessions concerning a wide range of subjects and learning techniques was covered. In an environment conducive to learning the coaches had the occasion to share their own methods and views on the subjects presented by the Expert Zak Mahmoudi.

The interaction between the expert and the coaches allowed for the frank exchange of information and knowledge from many countries that was of enormous benefit to the development of canoe sprint in the future.

All coaches had the chance to participate the practicum session held in Antalya with the Junior and Senior National Team, the practicum sessions was an occasion for the coaches to observe, evaluate and give feedback to the athletes but also sharing different opinions that was discussed among coaches. Furthermore, coaches had the chance to video analyze local Turkish paddlers as part of their assessment, the coaches used software to analyze frame by frame of the stroke phases in using multiple angles analyzing the stroke cycle. The video footage analysis was an occasion to create constructive debates among coaches to assess the technique of both Canoe and Kayak paddlers.

Aside from the course several meeting have been held with the Turkish Chief Technical committee in order to assess evaluate the existing Turkish development program but also to discuss new ideas to be implement to develop Canoe discipline in the country and close the gap for Women Canoe. Several other meetings were intended to establish a solid and sustainable club system to produce high level athletes.

Antalya along with other locations is the destination of many European countries to hold training camps during winter and spring.

Eleven candidates have successfully completed the course and passed the level two examinations.

Finally, I want to thank the President of the International Canoe Federation's Executive members and the ICF Development Manager Mr. Sebastian Cuattrin for his leadership and his ongoing efforts to develop the sport around the globe. Special Thank you goes to the of the Turkish Olympic Committee and the Turkish Canoe Kayak Federation for the successful organization of the course, the cordial welcome and the great effort made develop canoe sprint in Turkey, at the same time, I wish to express my gratitude to all coaches and staffs who have attended the coach's course for their will to learn and passion about the sport. The coaches are an integral part of the system and coach's education is high priority of the ICF. We look forward to see Turkish athletes shining at the ICF International events.



The Expert

We, the undersigned, certify that the information provided above is accurate.

Zak Mahmoudi

Wednesday, March 30<sup>th</sup> 2022