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# ICF Coaches Course

## Olympic Solidarity

### Level 2

Limasol (Cyprus) 06 to 13 March 2022

Report by Csaba Szanto





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### **OVERVIEW:**

**Dates: 07 March to 13<sup>th</sup> March 2022**

**Location: Limasol, Cyprus**

**Organised: Cyprus Canoe Federation**

**Financially supported: Olympic Solidarity**

**The course level: Level 2**

### **PROGRAM SUMMARY:**

Regarding the availability of the participants the lectures were held from 16:30 to 20:15 on 7<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>. On 12 from 9 to 12 AM. The total time of the lectures 18 hours. The full programme attached.

Two practical courses were held at the training place of the local Clubs, about 15 minutes' drive from the city centre.

The second practical part was organised on 13<sup>th</sup> March from 09 to 12 AM. Total practical time: 6 hours.

In addition, I coached club athletes on one occasion in morning.

### **The participants:**

21 people took part in the course. About half are practical coaches working for Canoe sprint, Dragon boat and/or Sea kayaking. The others were senior athletes with several years of practicing and compete.

In addition, some other club coaches took part in the practical lessons and requested to comment their athlete's technique.



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#### **Details of the course:**

The theory lectures were held in the same Hotel I was hospitalised. The lecture room had all the facilities what requires for PP presentation and drawing on white board. Sneaks and drinks were also offered.

The federation gave a copy of the presentations by USB.

In the practical courses I introduced the “dry-land technical practice” which was very well taken. The second parts were practice on pontoon then for the athletes paddling in boats. The coaches also requested my analyzation and suggestion for the better technique of their youth members at age from 9 to 18.



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### **Examination was held on 12<sup>th</sup> March**

The course is financially supported by the Olympic Solidarity second times as the first were organised in 2017 also with my conduction.

The difficulty of the course is Level 3

All 21 participants took part in the examination. I used a test questionnaire form and 80% of correct answer was the requirement for passing the course. All 21 did it!

A representative of the NOC took part in the closing part of the course and gave Certificate of participation diploma to all attendees in the course.

### **Summary:**

The preparation and running the course were very well made on high level. Special thanks for this to the President Morias and Secreter Elena.

The coaches' course served the interest and progressing of the level of canoeing for Cyprus. It was one interview with me and local head coach about canoeing as well. Several photos were made in different occasions. (I will send some soon)

Budapest, March 15<sup>th</sup> 2020

A handwritten signature in black ink that reads "Frank Cook".