

## REPORT

### Olympic Solidarity Training Camp and Coach's Course in Senegal

By Zak Mahmoudi

29.01.2020

#### Foreword

The Training camp had been run successfully in collaboration with the Prythanee Military school under the framework of the International Canoe Federation and the Senegalese Canoe Kayak and Rowing Federation.

Dates of course: 02 - 08 December 2019

Location: St.Louis (Prythanee Military School)

Participation: 07 coaches and 40 athletes

The coaches attended the course. Most of them have passed the Level 1 ICF examination in 2018 and have strong background in various sports and two of them have been working as physical Education Teacher for various sporting activities. The participants were from Dakar and St.Louis City

#### Equipment / boat parts fixing / location and boat storage

The equipments were delivered and donated by ICF, most of the boats were in good condition except some sprint boats that missed parts, fixing and adjustment. I did my best to fix them all. The Slalom boats were in good shape. The NF have enough boats now to prepare the next generation for the Youth Olympics 2022. I don't think we should be worried about sending more boats in the Future.

The best location to store the boats is Saint Louis at this moment. I would agree with ICF to keep all equipment in Saint Louis until we do some progress on the development of the sport in Dakar and surrounding regions

The Storage in Saint Louis at the Military school is the perfect place and the best location to secure all equipments. The Rowing and Canoe Kayak boats will be put in the same storage place; the facility is big enough to accommodate all boats. I support the ICF decision to keep all boats at the Military School to serve as training base for canoe kayak and slalom activities preparing for the Youth Olympic Games. I want to take this opportunity to thank the Prythanee School center for his accommodation and great collaboration.

The President of the Senegalese Federation is very keen to develop the canoe kayak sport in Dakar, we had a long discussion together to promote ways to make it happens in the near future. I asked the federation to submit a development plan in Dakar to be approved by the ICF Manager to move forward with the activities in Dakar. The Main challenge would be the boat storage, so I hope the Federation can figure out a plan without asking for financing from ICF.

Paddles: Sprint paddles have been provided by the President of the Federation, so I managed to use them during the camp.

The water venue in Saint Louis is the best venue chosen by ICF and FISA. The Military School can serve as a base of canoe kayak sprint and Slalom activities for the future, there are no similar water venue Dakar unfortunately.

#### Training, Safety and Security / Swimming skills:

As we all know the military school base / Prythanee in St.Louis is the best place to continue training and hold training camps and coach's course. I don't see any better location until we get the development plan the sport in Dakar. The Senegal NF showed great collaboration to work with ICF/FISA continues their long term projects to develop the sport in both St.Louis as a primary location then Dakar. We have all the support we need to have successful operations until the Games.

The boats are safe and secured in a storage place. The training on the river takes place right at the Prythanee school; the river is pretty calm and suitable for both Slalom and Canoe Sprint training. However, safety measures should be taking in place to make sure we run a safe practice at all time. Due the necessity to acquire a motorboat to run practices on the river. The swimming ability level of the participants was average. In fact, I recommended to the local coaches to only select those who are able to swim to continue training. During the coaches' course I insisted on the safety and security aspect of the sport to make sure coaches have the required knowledge to run a safe practice.

I know that the ICF/FISA are working together to purchase a motorboat to be use at the Prythanee school, that is a great step to make sure we run a safe activities.

#### Course Program:

The programme had two phases, theory and practical sessions lasting 6 - 8 hours per day.

The water and weather condition was ideal for beginner paddlers. The Focus of the theatrical session was to prepare the coaches to take the responsibility of coaching groups in both Discipline Slalom and Canoe Sprint. At the end of the practical sessions, several people were able to sit in the kayak and paddle experimenting with technical knowledge they learnt. They could recognise better techniques to practice while canoeing and kayaking in both Slalom and Canoe Sprint.

#### The Future:

The coaches are well educated and very passionate about the sport. They have all the basic knowledge to lunch basic canoe kayak and Slalom activities; they could run athlete's training camp and courses. Senegal have great coached base resource to develop canoe kayak sprint and Slalom, they are capable of taking more responsibility in the future.

The pools of athletes we have selected at the talent identification program were a good start. Senegal has a great potential to prepare a high caliber of athletes with a lot of potential to become champions in the future.

The Senegalese NF is will to collaborate more with the ICF to well execute the development plan that has been agreed on in 2019 to ensure a good preparation of the Youth Olympic Games. The next important step for the NF is to prepare athletes eligible to compete at the YOG qualifier event in both Slalom and Canoe Sprint.



ICF Expert  
Zak Mahmoudi

ICF Development Manager  
Sebastian Cuatrin