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REPORT

ICF Talent Identification Programme

Szeged, 07.05 – 12.05 2024

OVERVIEW

In the frame of the ICF development programme (TIP) training camps followed by the participation in the Senior Canoe Sprint World Cup I. and II. in Szeged/Hungary and Poznan/Poland was organised successfully.

(This report is about the part of TIP in Szeged)

Dates: 07 to 12 May 2024

Location: Szeged (Hungary)

Organised: ICF with the cooperation of the Hungarian Canoe Federation

Financially supported: by IOC, ICF and National Federation of the participants

Participants: total 19 people, 10 athletes from 7 countries plus 2 ICF refuges, and 9 coaches

PROGRAM SUMMARY:

The invited participants arrived at Budapest airport on 07. May and departed on 12. May to Poznan by bus. The host NF organised the pickup and transportation between the airport and Szeged due the flight schedules.

Two trainings were held on 8th, 9th. The athletes followed the established ICF' training programme with the assistance of their supporting coaches, During the competition's days the athletes received individualised programme in accordance with the racing schedules of the World Cup.

Conclusion: training programme always should be made by an "ICF" expert coach what need to be followed by all participants.



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The participants:

The invitation of the athletes and their coaches based on the result of the African Continental Qualification event to the Olympic Games in Paris 2024. All participating athletes in the TIP earn the quota for taking part in the Olympic Games 2024.

In addition, two ICF refugees were invited to the programme.

Three ICF' coaches assisted to the programme.

The organisation of the full programme made by Sebastian Cuattrin ICF development Manager.

Accommodations

The accommodation took place in the Hotel Tisza Sport in twin rooms about 18 minutes driving from the canoeing venue in Szeged. The transportation between the hotel and the racecourse were well organised by shuttle bus service.

Catering

The breakfast and dinners were served in the hotel. The various choices and requested volume of the lunches were served at the venue.

Unlimited drinking water was supplied.

Boats supplement

The NELO and PLASTEX provided the requested number and type of boat for free of charge. We received the boats at the 1st day of the training.

Conclusion: the free boat renting is essential for running the TIP. Without the cooperation of the two companies the further organisation of the Development Programme could be in danger.

We need to be sure that all invited athletes to the TIP will bring the stickers or need to find another solution. Like printed those at the competition with assistance of the organisers.

At the venue

ICF TIP received two places in the big tent for resting. One for female and one for male. There were separated boat racks also available. The ICF received two sets of boat numbers for free of charge.

Results

The table of the results enclosed.

The athletes are not on the international standard but those were the qualified athletes to the Olympic from Africa. However, it's a good result that athletes came from six



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national federations as ANG, EGY, NGR, SEN, TUN and MOR. Also, it was positive that all did their best efforts and own best time in the competition, and there wasn't any disciplinary issue.

The full results enclosed.

Conclusion: Canoeing development should be focused more for Africa.

Over all comments

- It was a great opportunity for the invited athletes and coaches to for their progress and experience by taking part in a big event as a World Cup
- The supported participation could be further motivation for the athletes and federations.
- The coaches' cooperation with each other and with the athletes was one of the keys for the successfully organized programme.

A handwritten signature in black ink, appearing to read "Csaba Szanto".

Budapest, 15. May 2024
Csaba Szanto ICF lecturer

REPORT

ICF Talent Identification Program

Poznań, Poland 13.05 – 26.05 2024

OVERVIEW

In the frame of the ICF development program (TIP) training camps followed by the participation in the Senior Canoe Sprint World Cup I and II in Szeged/Hungary and Poznan/Poland was organized successfully.

Dates: 13 to 26 May 2024

Location: POZNAŃ, Poland

Organized: ICF with the cooperation of the Polish Canoe Federation

Financially supported: by IOC, ICF and National Federation of the participants

Participants: total 16 people, 9 athletes from 6 countries, (Morocco,Tunisia, Angola, Nigeria, Egypt, Senegal) plus 1 ICF (Iran) refugees, and 6 coaches

NGR	Double 1	Ibrahim Isyaka Muhammed
EGY		Ahmed WAGDY
ANG	Double 2	Manuel ANTONIO
ANG		Benilson SANDA
EGY	Double 3	Samaa AHMED
SEN		Combe SECK
NGR	Double 4	Ayomide POWEI BELLO
NGR		Beauty OTUEDO
TUN	Double 5	Ghailene KHATTALI
TUN		German GARCIA GUTIERREZ
MOR	Double 6	Achraf ELAIDI
MOR		Issam EL AIDI
POL	Single 1	Zdzislaw SZUBSKI
GRE	Single 2	Mieczyslaw KRÓLIKOWSKI
ICF / Refugee	Single 3	Saman Soltani
SEN	Single 4	Madjiguene Seck
ICF	Single 5	Sebastián Cuatrin

name	KG IN Days	
	17.5.2024	HIGHT
Achraf ELAIDI	90.8	188 cm
Ghailene KHATTALI	86.1	178 cm
Ibrahim isyaka	73.3	177 cm
Manuel ANTONIO	71.6	170 cm
Benilson SANDA	73.6	182 cm
Ayomide Powei BELLO	57	162 cm
Beauty Akinaere OTUEDO	61.3	157 cm
Samaa AHMED	80	169 cm
Saman SOLTANI	67	156 cm
Combe seck	66.3	167 cm
NER team		
Kitty	78.4	-
Achraf ELAIDI	90.8	188 cm
Manuel ANTONIO	71.6	170 cm





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PROGRAM SUMMARY:

On May 12 (Sunday), after the competition, all athletes and coaches left for Poznań.

The journey from Szeged to Poznan went without any problems and we arrived at Hotel FOCUS at 8 a.m. (breakfast).

The first two days were intended to recover from the last start in Szeged and travel to Poznań.

From Wednesday, we started training systematically and preparing for the 2nd edition of the World Cup in POZNAŃ, May 24-26.

TRAINING PROGRAM ICF TIP ATHLETES POZNAŃ 2024							
ICF / TIP	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24	SATURDAY 25	SUNDAY 26
A.M.							
TRAINING 1	K/C,Te, 6 - 8 km. & 4 - 6 START 100%	K/C,Te, 6 - 8 km. & 4 * 250m 90%	K/C,Ae, 2*200 + 1*400	K/C,Te, 6 - 8 km. & 4 - 6 START 100%. STRECHING	2 WORLD CUP POZNAŃ,POL	2 WORLD CUP POZNAŃ,POL	2 WORLD CUP POZNAŃ,POL
TRAINING 2	K/C,Ae, 4*100 / 90%+ 1 * 400 m / 80% STRECHING 15'		K/C,Te, 6 - 8 km. STRECHING 15'				
MEETING		11.00 / only	11.00 / only coach				
P.M							
TRAINING 1	Run, 45'. (during run exercise power)	K/C,Te, 6 - 8km. & 4 * START 100%. + RUN 4 km + Strech.	Run, 45'. (during run exercise power)	REST			
TRAINING 2							
MEETING				20.00 all TIP			
							Zdzisław Szubski. HP Head Coach

TRAINING PROGRAM ICF TIP ATHLETES POZNAŃ 2024							
ICF / TIP	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SATURDAY 18	SUNDAY 19
A.M.	TRYP / REST						
TRAINING 1		K/C,Te, 8/10 km. + 4 - 6 START	K/C,Ae, 4*400 + 1*800	K/C,Ae, 6*300 + 1*600	K/C,Ae, 3 * 2km/80%	K/C,Ae, 6*600	REST
TRAINING 2			K/C,Te, 8/10 km. STRECHING 15'	K/C,Ae, 2*1000 / 80% STRECHING 15'			
MEETING					11.00	11.00.	
P.M							
TRAINING 1	Run, 45'. (during run exercise power)	K/C,Te, 8/10 km. + 4 - 6 START 100%	Run, 45'. (during the run exercise power)	REST	K/C,Te, 8/10 km. + 4 - 6 START 100% STRECHING 15'	Run, 45'. (during the run exercise power)	REST
TRAINING 2							
MEETING			20.00	20.00			
							Zdzislaw Szubski. HP Head Coach



During their stay in Poznań, the competitors prepared on the Malta track, ran on the Warta River and did strength training at the Focus Hotel.

Every day there were training meetings for athletes and in the evenings for coaches



**Dr. Wojciech Zep came to the hotel upon invitation ICF / TIP
Program Tema semirio, Sport nutrition & recovery**



Always moving forward

Conclusion: training program always should be made by an “ICF” expert coach what need to be followed by all participants.





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In addition, two ICF referees were invited to the program.

The organization of the full program made by Sebastian Cuatrin ICF development Manager.

Accommodations

The accommodation took place in the Hotel FOCUS in twin rooms about 10 minutes driving from the canoeing venue in POZNAN MALTA. The transportation between the hotel and the racecourse were well by shuttle bus.

Catering

The breakfast lunch and dinners were served in the hotel Focus The various choices and Unlimited drinking water was supplied.

Boats supplement

The NELO and PLASTEX provided the requested number and type of boat for free of charge. We received the boats at the 1st day of the training.

Conclusion:

Conclusion: free boat rental is necessary for the operation of TIP. Without the cooperation of both companies, the further organization of the Development Program could be at risk.

The level of players varies greatly. The lack of systematic work in their country means that athletes are not used to a lot of work. For the next ICF TIP, I propose a physiotherapist program that would help athletes rest faster.

The willingness of coaches and athletes to participate in this type of meetings is very positive and developmental.

My proposal as an Expert Head coach. In order to achieve greater systematic training of athletes at the training level and appropriate meals, the training was organized in February - March. To obtain the training effect, the number of days should be at least 20 - 25 days.

This form of training of athletes and coaches provided by ICF TIP is very positive and appreciated by the country's federations.

Results

The table of the results enclosed.

The athletes are not on the international standard but those were the qualified athletes to the Olympic from Africa. However, it's a good result that athletes came from six national federations as ANG, EGY, NGR, SEN, TUN and MOR. Also, it was positive that all did their best efforts and own best time in the competition, and there wasn't any disciplinary issue.

The full results enclosed.

Poznań, 28. May 2024

Zdzisław Szubski

Expert Head Coach ICF TIP Program