

Report of TIP CSL camp (ICF / COPAC) held at:

Pan American Sports Festival 2014 Canoe Slalom
Pan American Championships Canoe Slalom 2014
Pan Am Games Qualification Toronto-Canada 2015

Huauchinango - Puebla, Mexico – July. 5th – 13th. 2014



- **TIP camp management.**

- **Organisation**

- The camp took place on the city of Huauchinango - Sifón River. Huauchinango has a population of 110,000 inhabitants, is located at about 1400 meters over the sea level and 150 km from the capital Mexico.
- The attendants arrived at Mexico City airport and the organization of the Pan American Sport Festival provided transfer to Huauchinango.

- Most of the participants arrived the previous day of the camp and leaved the day after the race. The coaches arrived one to two days in advance.
 - The accommodation was at Hotel Guerrero. Located downtown and about 20 - 25 minutes by car from the race site. Meals, most of the times was at the hotel except on race days, at the venue.
 - One to two vans made the transport to the venue.
- **Coaching**
 - Three coaches: Didier Baylacq (FRA), Luiz Augusto Merkle (BRA) and Marc Vicente (ESP). Parallel to the camp Didier also took care of a coaching clinic with theory and practice classes with coaches from seven different countries.
- **Equipment**
 - Most of the boats were plastic ones that ICF donated to the Mexican Federation some years ago and already used in previous events like the Pan American Championships of 2011 and 2013. Some athletes have their own boats like ARG, MEX, PAR and VEN.
 - All athletes had their own personal equipment: paddles and PFDs.
- **The group**
 - 12 paddlers from nine countries, according the table below, composed the group. Some paddlers (no TIP) shared the training sessions with the TIP group, because his C2 partner was in the TIP or because his/her coach was in the coach clinic that was held in conjunction with the camp.

	Country	Event	Family name	Name	Birth year
1	PAR	C1W - K1W	Fernandes Castro	Ana Paula	1997
2	PAR	C1W	Chiquetti Felipe de Souza	Yaqueline	1994
3	VEN	C1W - K1W	Torres	Zuhairyn	1984
4	ARG	C2M - C1M	Morán	Ariel	1995
5	ARG	C2M - K1M	Rossi	Lucas	1994
6	COL	K1M - C2M	Matiz Ramírez	Breiner Alezander	1993
7	COL	C2M	Pérez Olaya	Alber Andres	1989
8	CRC	K1M	Umaña Vargas	Aldo	
9	ECU	K1M	Meneses Noboa	Joaquin	1999
10	MEX	K1W	Reinoso	Sofía	1996
11	CHI	K1W	Biolley Menzel	Giselle Carolina	1989
12	CRC	K1W	Ramírez Pérez	Stefanie	1996

- To be noticed:
 - Good spread among the five events.
 - Same number of participations in male and females events.
 - Paddler's experience were from beginners to intermediate.
 - Almost half of them raced in more than one event.
 - Five of them have participate in other TIP actions before.

- **TIP camp dynamics.**

- The race site was about 30 min from the hotel, by van.
- We made two water sections at the race site a day, by the training schedule.
- The river is class II, so the athlete's adaptation to the water was easy for most of them.
- Most of the workouts had technical objectives.
- One simulated race were included.
- One video section.
- Some stretching sections were also included.
- As there was a coaching clinic in conjunction with the camp, the relation between the number of coaches and athletes was very fine.

- **Results.**

			C1W	K1W	C1M	K1M	C2M	
1	PAR	Fernandes Castro	Ana Paula	2	10			
2	PAR	Chiquetti de Souza	Yaqueline	8				
3	VEN	Torres	Zuhairyn	9	13			
4	ARG	Morán	Ariel			14		10
5	ARG	Rossi	Lucas				6	10
6	COL	Matiz Ramírez	Breiner				12	9
7	COL	Perez	Andres					9
8	CRC	Umaña Vargas	Aldo				26	
9	ECU	Meneses Noboa	Joaquin				33	
10	MEX	Reinoso	Sofía		11			
11	CHI	Biolley Menzel	Giselle Carolina		14			
12	CRC	Ramírez Pérez	Stefanie		15			

- **Proposal of names for TIP.**

- We recommend special attention to those athletes who can attend next year at the Juniors and Sub23 World Championships that will be held in Brazil next year in particular the C1Ws and K1Ws.

- **Proposals.**

- Invite national coaches to participate in this kind of camp always as possible. The Coach Clinic made in parallel with this camp was very productive.

- **Some photos.**





- Special thanks to the people of Huauchinango who received us wonderfully. Also to Nuria – always busy in the office, to the partners in coaching and the hanging gates crew Lluís, Marc, Didier, Adriano and Rossi: it is always a pleasure to work with you.

Guto Merkle
Coach