

*Report of Canoe Slalom Development Program
TIP U23&Junior European Championship
August, 20 to 28th 2016
Solkan (Slovenia)*



A.

Accommodation, venue and participants.

ICF development training camp took place in Solkan (Slovenia). Accommodation, breakfast, dinner were made in *Dijaski Dom*, situated at 2 km far from the canoeing course. We had no problem with the accommodation and it was also for the common life with the TIP group.

We had a van from the slovenian federation, so we were free move when we needed.

- 1) ICF LUCAS Hives M
- 2) ICF KUDER Vid M
- 3) ICF MARTINEZ Marta F
- 4) UKR GALIMOVA Marina F K1
- 5) HUN RACZ Koppany M K1
- 6) FIN MAENPAA Iisa F K1
- 7) BUL TSENKO Ivo M K1
- 8) LTU LIPSKA Dalija F K1
- 9) GRE KAKKARA Stella F C1
- 10) MKD NEBIOVSKI Enis M K1
- 11) NOR BERGSETH Elias M K1
- 12) TUR BEYAZOGLU Buse F C1 & K1

During the first days, we could have twice trainings a day: one on the white water course (to get used to the specific water movements) and other in flat water (to work on the basic canoeing skills). After we did only one training per day because of the official training. We also did some stretching/yoga sessions with the whole group.

B. Coaching and equipment.

The training programme was designed by the coach team. The group was split in 3 parts:

K1 W: Coached by Marta Martinez.

Iisa Mäenpää (FIN)

Dalija Lipska (LTU)

Marina Galimova (UKR)

K1 M: Coached by Vid Kuder.

Enis Nebiovsky (MKD)

Koppany Racz (HUN)

Elias Aaboen (NOR)

. C1 W and K1M : Coached by Lucas Hives.

Stella Kakkara (GRE)

Ives Tsenko (BUL)

Buse Beyazoglu (TUR)

C. Results.

1	FIN	IISA Mäenpää	F	K1	46/48
2	LTU	LIPSKA Dalija	F	K1	48/48
3	UKR	GALIMOVA Marina	F	K1	47/48
4	TUR	BEYAZOGLU Buse	F	K1	26/26
5	TUR	BEYAZOGLU Buse	F	C1	33/33
6	GRE	KAKKARA Stella	F	C1	33/33
7	NOR	BERGSETH Elias	M	K1	50/61
8	HUN	RACZ Koppány	M	K1	45/61
9	BUL	TSENKO Ivo	M	K1	50/50
10	MKD	NEBIOVSKI Enis	M	K1	54/61

D. Conclusion.

As my first experience in this TIP programme I would like to express my admiration to the work that the ICF has been doing among these years. I think that the athletes attending to this European Championship appreciate the opportunity given by the ICF and that they try hard to do their best every day and also during the race. At the same time, they are highly motivated and they put all the effort to improve their skills and the result is easy to see after a week of paddling. I think that providing them a more continuous work during the whole year they could all achieve the semi-final. To finish with, I would like to thank the ICF for being part of this fantastic group in this event.

