



## Report of the **MCD** (mixed canoe disciplines) Training Camp World Championships in PAU (FRA) September 11<sup>th</sup> – October 1<sup>st</sup> 2017

### A. Participants:

**Athletes (9):** Axel Andres Fonsesca CRC, Aaron Ignacio Pena Astorga CRC, Maksim Serditov KGZ, Sandile Makubo (RSA), Luiz Granizo ECU, Alejandro Tames MEX, Lee Roy Ganish SIN, Ilhame Siraj (MAR), Michel Bert (VIE)

**Coaches (2):** Joao Machado (BRA), Tom Bar (FRA)

### B. Introduction:

During three weeks this ICF development group paddled in Pau area and concurred at the 2017 Pau World Championships on three canoeing categories (Slalom, WWS and Extreme Slalom Cross). They were in the same organisation as EEWC and TIP programmes. These three groups composed the biggest ICF canoeing development training camp ever seen before. Indeed, 30 athletes including 11 girls, from 26 countries paddled with 8 coaches, improved their skills and discovered the ICF canoeing world. The organisation for our big team was a real challenge but it was worth it for all gained experience and the energy resulting from this group's emulation.

### C. Development group technical Skills:

This development group was really heterogeneous. The south American paddlers have naturally good feelings from their creek backgrounds and were not afraid to engage their navigation in a difficult and powerful course like Pau. With them we passed all the camp to work and improve precise and smooth abilities between gates.

Maksim from KGZ had definitely not the same feeling but an impressive determination and power from his flatwater sprint background, he was therefore on the same project.

Sandile has a little slalom background for sure because he knew many C1 technical skills but he never paddled before in a wild water course like Pau. During the camp he worked on adapted improved his own skills on a wild water course and like the others got regularity on his runs.

In contrary to the others Lee Roy had not his eskimo roll technique in wild water. But we observed on this paddler few technical and precise abilities learned between gates in Singapore. He was definitely not comfortable in big wild water so his target during the camp was to improve his wild water paddling skills.

#### **D. Group emulation:**

To be part of TIP and EEWC groups was a real opportunity for our Development section. That camp was their first canoeing camp experience furthermore on a world championship event. TIP paddlers had a lot of experience compared to them and they are totally in a sharing and proactive attitude. For example, we benefited about this emulation to mix some athletes in the different groups. Thereby Sandile had the chance to joined a C1 paddlers group we formed with the other coaches and improved a lot in this category.

#### **E. Logistic organisation:**

The others strong points that made this camp a success were the location and the opportunities around Pau like the others slalom courses where we paddled few times. (Orthez, Jurançon, St Pé).

We had many possibilities (vans, coaches) to move and switch from a full group to a small group organisation.

Also, the accommodation, was really functional, quite comfortable, close from the course and mostly adaptable for meals.

Then, the equipment given or shared by sponsored like Nelo, Bracsa, Jantex the ICF or the French federation and also clubs were perfectly adapted for our paddlers. The training camp long term was also really comfortable for athletes and coaches.

Certainly we had to be careful with tiredness and injuries but three training weeks were perfect to discover and improve skills in new boats such as slalom or WWS kayaks in a difficult artificial course as Pau.

#### **F. International event energy and opportunities:**

Naturally Pau 2017 world championships were probably one of the biggest world canoeing event and also a perfect asset for us. The paddlers improved a lot in paddling in very nice conditions and observing the fastest competitors every day.

They had the chance to prepared interviews and met experts paddlers such as:

- Noemie Fox
- Martina Satkova
- Nouria Newman
- Nejc Znidarcic
- Paul Graton
- Gaetan Guyonnet

In addition, official members of ICF federation as:

- Cecilia Farias (Vice president of ICF)
- Richard Fox (Ex vicepresident of ICF and French Team head coach)
- Manuela Gawehn, Peter Schofield and Tomislav Crnkovic (Members of ICF WWS Committee)
- Tony Estanguet (Member of CIO, ICF vice president, Pau 2017).

We also benefited from the event opportunities in terms of physiotherapists, doctors, spa, people from Organisation like Julie Neime.

All this little benefits were really important when managing a big group like this one.

***G. Official results:***

|      | Axel<br>Andres<br>Fonsesca<br>CRC | Aaron<br>Ignacio<br>Pena<br>Astorga<br>CRC | Maksim<br>Serditov<br>KGZ | Sandile<br>Makubo<br>RSA | Luiz<br>Granizo<br>ECU | Alejandro<br>Tames<br>Mex | Lee<br>Roy<br>Ganish<br>SGP | Ilhame<br>Siraj<br>MAR | Michel<br>Bert<br>VIE |
|------|-----------------------------------|--|---------------------------|--------------------------|------------------------|---------------------------|-----------------------------|------------------------|-----------------------|
| CSL  | 64                                |  | 71                        | 48                       | 69                     | 62                        | 72                          |                        | 55                    |
| WWS  | 32                                |  | 45                        | 23                       | 34                     | 49                        | -                           | 20                     |                       |
| CSLX | -                                 | 41   |                           | 42                       | 32                     | 40                        | -                           |                        |                       |

***H. Ending***

Thanks you very much to all the coaches, top level athletes, official members of ICF and other canoeing federations, Pau 2017 organizers and the people who helped us during these three weeks. Special mention to Pierrick Gosselin who worked to make this camp happened and monitored all this troops!

Once again this ICF development programme was a total success both in terms of canoeing camp and human adventure. The Pau 2017 WC event made so special this camp but above all this incredible group of paddlers from all over the world full of energy and enthusiasm made it possible.

It was really motivating for Joao, myself and all the coaches to see the guys always keen on paddling more on the course, interesting to discover new boats, motivated to wake up at 6 am for a slot at 7 Am!

ICF development paddlers participated completely to Pau 2017 as paddlers and not simply as supernumerary. They all go back home with the desire to improve their skills and come back soon on a new events like this one. Everyone, athletes and coaches definitely loved this experience and want to know when will the next chapter start!