

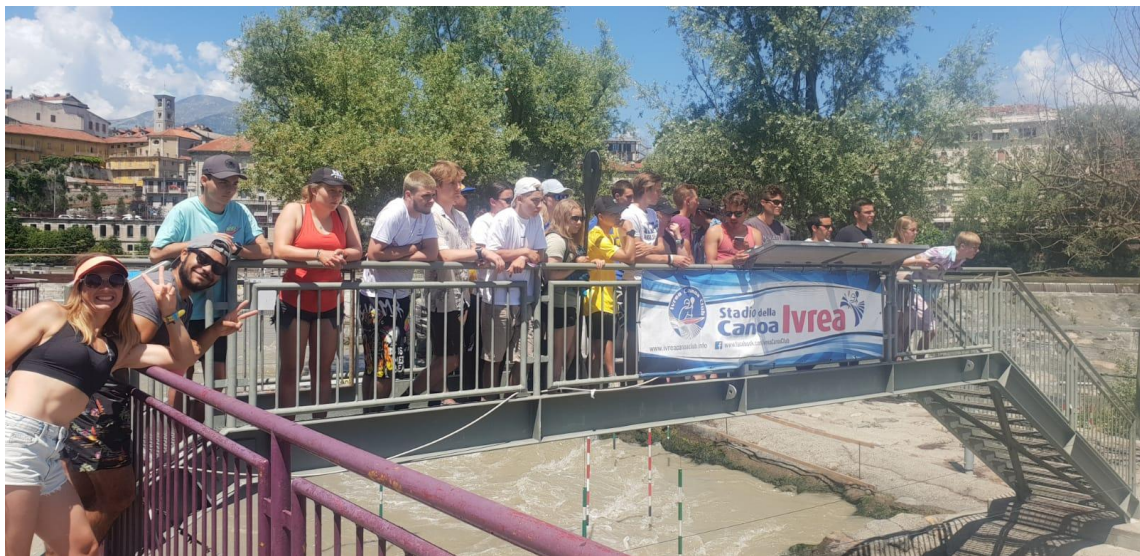
ICF TIP Camp Ivrea 26th – 11th July 2022



**Report made by Nadjib Mazar the Head Coach
of this event**

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Section 1: GENERAL

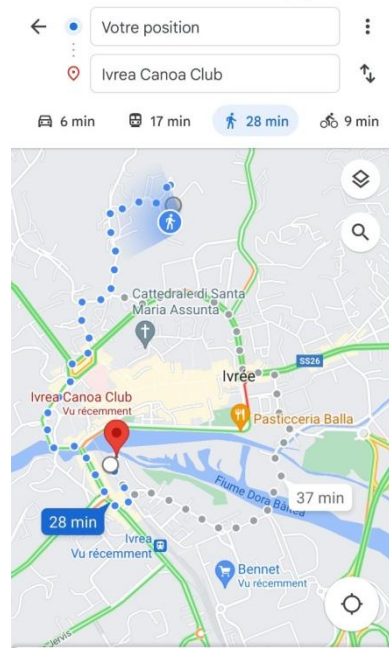
The World Championship took place in Ivrea (Italy) from the 5th to the 11th of July, where we hosted a TIP camp from the 26th of June until the end of the race.

The TIP Camp was hosted at 3 different accommodations:

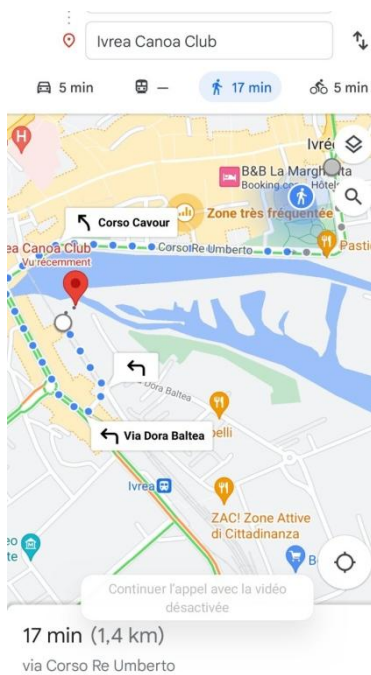
- La Villa (35min Walk)
- La Serra (15min Walk)
- El Ostello (At the course)



La Villa Accommodation



28 min (2,2 km)
via Via Monte Giuliano



La Serra position



La Serra Accommodation

We Ran this camp with 21 athletes and 15 countries from 4 continents. And 1 assistant coach from Jamaica

The athletes had the chance to race in two different competitions:

- Slalom
- Xtrem Slalom

This camp was run by 7 coaches including 1 who was the head coach (I) and an assistant coach:

- Nadjib Mazar (Head coach)
- Nelly Tornare (coach)
- Viktoriia Dobrotvorska (coach)
- Ettore Alberto Brigo (coach)
- Valentin Martiel (coach)
- Joris Otten (coach)
- Dean Maragh (assistant coach)

I want to thank specially Ettore for his help since the first day. We were in the same line since the beginning; he is one of the coaches who understood what the TIP is and can join the TIP coach's team for the future. The only issue was with the organisation sending him to pick up the athletes each time and it made him tired and not focused on coaching the first days.

Valentin, came on Friday 1st July, it was more a problem for us to split another time the athletes in different group 3 days before the race. Despite his late arrival, he wanted to choose the athletes to coach, and after my answer to don't paddle on white water after the reminder of the organisation committee and also the decision of the ICF development manager, the same day went to paddle. He has a volunteer behaviour more than a contracted coach with no respect of the main rules. If the coaches don't respect the rules, it's hard to make the athletes respecting them.

Joris, I think he is still young to be an ICF coach, I don't think he is the right person for that kind of camps. More than coaching, we need to be aware about everything. He put some pressure on the head coach and the chief judge for personal issues (ex: having time to paddle on the course for himself, send an athlete to the physio at lunch time...) And never satisfied by the answer that we can give him.

These coaches need to know that they are here to work not to help.

At the arrival of every athlete, coach or assistant, they were tested before to join the team. Everyone was negative except 1 coach (Nelly Tornare) and she was isolated in her room until the 3rd day when she was negative.

A Whatsapp group was made to communicate with the coaches and another one was made by each coach to communicate with his athletes.

The organisation asked me to pick up the athletes from the airport; I had the obligation to say no, because it's not the TIP coach's job but the organisation's one.

Section 2: CAMP SCHEDULE:

The training plan was made with the coaches were present the first day (see training program bellow). It was perfect to give that training program to the athletes to know how they will train before the race and we were even able to talk and explain why we are doing that kind of training.

The athletes had the opportunity to be coached on no more than 5 athletes per session which made the work very professional

But with the different arrival of the coaches, we were re splitting the groups at the arrival of each coach, what we made the changes few times.

The final split of group was as bellow:

Nadjib's group:

- Ricardo Fentanes (MEX)
- Kahlia Cullwick (NZ)
- Finn Anderson (NZ)
- Terence Saramandif (MRI)

Nelly's group:

- Patrick Kozma (ROU)
- Solomon Maragh (JAM)
- Kasper Holdrinet (NED)

Joris's group:

- Loes Schram (NED)
- Olgica Melova (MKD)
- Dan Corodan (ROU)

Viktorii's group:

- Iris Fyksen (NOR)

- Anais Mouhoub (ALG)
- Iisa Mäenpää (FIN)

Etorre's group:

- Marko Dordevic (SRB)
- Arvanitis Panagiotis (GRE)
- Koppany Racz (HUN)
- Martin Plaudis (LAT)

Valentin's group:

- Emils Varoslavans (LAT)
- Santiago Morfin (MEX)
- Georgia Murou (GRE)

For the accommodation it was unusual because it was in 3 different accommodations:

- 1 at the course for the boys and few coaches,
- 1 at la Serra 15 min walk to the course, that accommodation especially was very dirty with mold and full of spiderweb. Nothing to clean, no rubbish bags etc. For that accommodation the breakfast was at the course, so it was a lost of time and the fatigue.
- 1 at la villa, 30min walk with a hill to get at la Villa, the organiser asked to don't use the showers there, they refuse to give us a van or bikes to go to the course. On the 1st of July the ICF got a van for us who finally were better for the girls to don't walk at least 5km and stay all the day at the course.

Lunch and dinner were at the Aquila Nera Ristorante, 5min walk from the course. We had to respect lunch and dinner time (11:30am and 6:30pm) what we did perfectly. During the opening ceremony we had dinner at 5:45 pm. For race days we were having lunch with the volunteers at the course and dinner at the same restaurant.

The arrival of the athletes and the coaches was spread in different days:

26/06/2022: Viktoriia, Ettore, Nadjib, Joris and 9athletes were present the first day.

27/06/2022: Nelly and 6 more athletes

The airplane company didn't deliver Koppany Racz's luggage with his boat. The next day the company finally delivered his luggage at the airport, but his 2 paddles were broken. We managed to find for him a spear boat and paddle to train until we resolved all the issues.

29/06/2022: 5 more athletes join the group

30/06/2022: Valentin and 2 other athletes from Macedonia join the group

For the Meals we were the following number:

Sunday 26: dinner: 12
Monday 27: lunch: 19 dinner: 21
Tuesday 28: Lunch and dinner: 22
Wednesday 29: Lunch and dinner: 25
Thursday 30: Lunch and dinner: 26
Friday 1st: lunch 28 dinner: 27
Saturday 2nd: lunch and dinner: 27
Sunday 3rd: lunch 27 and dinner: 28
Monday 4th: Lunch and dinner: 27
Tuesday 5th: Lunch and dinner: 27
Wednesday 6th: Lunch and dinner: 27
Thursday 7th: Lunch and dinner: 26
Friday 8th: Lunch and dinner: 25
Saturday 9th: Lunch and dinner: 23
Sunday 10th: Lunch and dinner: 22

Dan Corodan was sick from the water on the 28th of June during 2 days.

Iris Fyksen was sick from the water on the 2nd of July during 2 days. Both of them were tested when they felt not good and they were negative.

The 2nd of July, we have got a free afternoon; we all went to the lac (3km from the course). It was an opportunity to change mind and have a team building moment knowing that we stay in 3 different accommodations.

The same evening we have got the team leader meeting, I asked all the TIP country to be present at that meeting to learn what happening and how to do it in the future by themselves. Sadly, for Santiago from Mexico was registered as U23 instead U18 and Mexico representant that day didn't see it and I didn't know his age, after that we weren't able to change it.

3rd of July we had dinner earlier than usual to be present at the opening ceremony. The TIP athletes ran it perfectly and with respect.

Team race, it was an opportunity to our team to rest. And even for our coaches. Except New Zealand, Latvia, were racing, so we let them with their own team.

Until the last 4 official training it was no safety on the course, we managed to do the safety to our group on our own. In the future, it will be good if the TIP camp will have a safety kit (throebags, first aid kit)

6th day the ICF managed to rent a van for the athletes were hosted at la Villa. It was very tiring for them, and at some point dangerous to go back after late session by themselves.

Morning session with the group's level was good. On the afternoon we added an extra session with different possibilities, flat water, white water on the right channel, and Xtrem slalom training on the main course.

For the Xtrem, We had 3 boats only for 21 paddlers. And 1 hour training which was extremely difficult to manage good session. And as always, the biggest problem was about the srydecks that the organization always promise to have some but it never come.

Section 3: RACE PROGRESS

About twenty athletes took part in this event in slalom C1W, C1M, K1W, K1M and Xtrem slalom.

Team race, it was an opportunity to our team to rest. And even for our coaches. Except New Zealand and Latvia were racing, so we let them with their own team.

In slalom we have had good conditions to participate, everyone had his own boat. The Ivrea Course was extremely hard for the TIP Paddlers, but at least 3 of our team went to the semi final (Terence C1M U23 from Mauritius, Martin K1M U18 from Latvia and Georgia C1W U18 from Greece)

In Xtrem slalom we have had the chance to train with the creek boats, but we havn't had enough srydecks to coach all of them at the same time.

Section 4: COACHES REPORT

Nadjib's coaching report:

- Kahlia NZ K1W U23: 18th on heat 2. Kahlia is paddling well, but cannot manage the pressure during race days, it was extremely hard to manage a race like world championship. Technically, she need to improve en big white water. The main issue for Kahlia is her strength, she need to improve physical to be able

to train enough and be ready for the race. She was tired all the week before the race and she had 2 days off to recover before the race.

- Finn NZ C1M U23: 14th on heat 2 Finn is a great paddler, he need to work on his paddle stroke efficiency and about being smoother. Physically he is ready to train every day and to compete at this level, but technically he needs to work on some hard moves.
- Ricardo: 20th on heat 2: Ricardo is technically good but very weak physically, he is not able to finish a full run and it was the main issue with him. He need to be more athletic to have the right balance between physical and technical side.
- Terence: 25th on heat 1, 3rd en heat 2 and 15th on semi final. Terence is a great athlete. Physically very good and sometimes he forgets to respect the technical side. The main work with him was about timing, right stroke before drops and giving confidence during course walks.

Ettore's report :

- For me the camp was very good, I learned a lot and loved to be part of it. I loved how the group worked together as everyone was very collaborative. The guy were very polite and listened to everything I said.

- where should we improve on? I think that everyone that comes for coaching should know that they are there for that reason. They are payed for that and not for vacation or training for free in a new place. The coaches must be an example for the athletes (for example: not coming back at 3am)

- how was your team athletes about behavior and commitment? My athletes behavior was perfect. Nothing bad to say about them.

I think that all my athletes are very good. They need to improve the mental approach to the race: all of them made many rough mistakes because of the emotion/nervousness and not because they don't know how to do.

I didn't have time to work properly whit Rathod because he arrived from India just the day before the race. For what I saw he need to improve his skill in white water but this opinion can be due to the fact that he didn't trained in the canal. Ivrea is very difficult and we just paddled during the race.

Plaudis: final ranking 27

Racz: H1 33, H2 23

Arvanitis: H1 57, H2 43

Djordevic: H1 66, H2 15

Rathod: H1 76, H2 42

Vika's report:

At the beginning was a little problems with organization. Also was some problem to create group from the first day till last, because not all of coaches arrive on time. But athletes was very nice, and it was pleasure to work with them. The bad think was that groups was at the different accommodation, for me TIP its not just about trainings, but also about opportunity to find new friends from around the world and spend time together. Also for me important think that head coach should create him own team of coaches (of course if its possible). And its can make process more efficient.

My group of athletes was perfect. They are expected all of rules. I didn't have a problem with them.

IisaMaenpaa

To be true that Iisa didn't have enough training at home. She stop paddling for some month. That is why for her it was hard at the beginning of the camp to be in good shape. But she is experienced athlete and at the end of the camp she show good paddling. That is why if she want to improve more, she need to keep trainings at home. About extreme: lines and moves was good, but it was hard to show something special because of quality of the boats from organization. But at the end she was happy to have this experience.

Ranking: k-1 slalom 39 place, extreme 24 place.

Iris Sommernes

She is improve a lot. Very motivated and ready to work hard for better result. She need improve on her strokes, be more efficient. Also need to work on her fast reaction and speed. Extreme slalom did well, problem was with her speed, but technical movements was good.

Ranking: k-1 slalom 44 place, extreme 32 place

Anais Mouhoub

She show clean second run, which is very good. She need to work more on endurance, to not get tired so quickly. And make her training process more extended not only white water, but also physical exercises, work on basic moves at flat water. But sometimes she is lazy to do it. She is don't racing in extreme.

Ranking: k-1 slalom 41 place.

Joris's report:

I've had a great experience coaching the TIP athletes, I think it was a great group of athletes, they were all really nice people and we have had a lot of fun together.

What was good about the camp I think was the coaching itself. I didn't have a lot of experience, but I think I managed to help my athletes quite well and I didn't hear any negative feedback so I think

that went quite well. Also I was pretty happy about the atmosphere in the group. There was a lot of respect and not any problems between the athletes.

We can improve a lot on teamwork. I think as coaches we were all sort of living our separate lives when we could help each other out a lot more. Also I think the communication was very hard sometimes, because there was quite some confusion between the coaches, organization, head coach and manager. I think it would be a little easier if communication would be a bit more accessible sometimes. One last personal frustration that I dealt with had to do with the training for the coaches. I understand that as a coach, your athletes are your priority, but I think we should also realize that if we're hiring active athletes as coaches, they will want to train themselves too. If there is the time and possibility, it should be no problem that coaches train on the course as well. Or at least make it clear before the camp that if you're coaching, you are not allowed to do demos or train on the course.

The behavior of actually all the athletes, but certainly also the ones in my team, was great. I think they were all very motivated to train and do better everyday and it was a lot of fun working with athletes like these!

Loes: Loes has had some mental issues in the past year, so to see her blossom into such an open and happy person this week was really great to see. Also in the boat she did some things at the end of the week that I didn't think she was able to do in the beginning of the week. Her main point of improvement is the eskimoroll. She's really scared, because she knows if she flips, she will swim 50 percent of the time. It holds her back from really paddling and makes training on a course like this a real challenge. If she learns to do this well consistently, to be patient when she flips, she can paddle much more freely and less stressed and she will improve really quickly.

Olgica: Olgica has hardly had any experience on white water, which is why she is still quite unstable in her boat. Still I think she is a fighter and doesn't give up easily. Her racing attitude was great. She was very prepared and watched everyone. Even when she missed some gates, she was still smiling and realistic about her own abilities and improvements. I think a different boat would solve quite some problems for her, because the Manta kayak is very unstable and really doesn't help her. Also it's important that for the next race she arrives longer before the race. She had four sessions to get used to this course and it wasn't enough considering her only experience on white water was on much smaller courses than Ivrea.

Dan: for Dan, like for both other athletes, the main thing he has to do to improve is to train much more on white water. He only trains on

flat water and therefore tries to compensate everything with his arms, but doesn't always succeed because he doesn't understand his edges completely yet. Also mentally Dan needs to stay a little more realistic. He was very disappointed after his second run because he didn't make all the gates. Even when he did quite some difficult moves pretty well. It's good that he wants to be better, but he needs to understand that progress takes time and work.

Valentin's report:

- Emils (40th junior) you need to work on your cross board (find a bigger and wider paddle)
 - Do some gainage to have a better posture and a better transfer
 - Stay on the front boat
 - Open your chest
 - Keep your hand high above your head
-
- Santiago (70th U23 and 68th junior), injured for the extreme slalom.
 - Learn the courses, you are not focused enough. Stay tall in the boat. When you are in a gate, you have to look at the next one to make it more fluid.
 - Keep your paddle in the water (more vertical) to have more stability.
-
- Georgia (30th junior) and 46th at the extreme slalom
 - You need to « strengthen » your roll to be more serene on big whitewater.
 - Work on the switch to be efficient on both sides.
 - Raise your head to observe the course.
 - Stay on the front of your boat

Nelly's report:

Training camp in Ivrea. During this event my group was composed by 4 boys under 18

Solomom Maragh JAMAIQUE

Patrick Kozma ROUMANIA

Kasper Holdrinet NEDERLAND

Stefan Ribarski MAKEDONIA (late arrival Friday before the races)

Solomon is from leaving 2h from Nottingham UK and is training and is training slalom and extreme

During this training the focus was about the posture and the inside stroke.

Solomon was on the back and was doing a lot of swipes and was not consistent. Driving the stern of the boat.

In 2 weeks Solomon improved into this 2 skills and found the balance and the glide in the boat.

He has to work on the posture move during his training in gym with elastic bands and TRX to open his chest.

Patrick was in Bratislava last year and didn't do white water since this time.

He was in my group last year and has a real talent in the big courses Since last year he started the gym and his stronger.

Because he is training on the flat stream he has to adapt her way to paddle which is to tight and on the back.

He is listening and try his best to catch the stopper and work on the new skills.

For Patrick to improve he has to travel to train in different courses.

Kasper is from Nederland and is training in Slalom and extreme.

After 2 sessions we figured out that he is not using his legs on the slalom boat and has some lost of control of the boat.

His seat is to low on his back and he cannot hold the boat properly with his leg.

So first of all he has to fix the boat and then start to train in the connexion and dissociation with his body and his legs.

We talked about the specific move that he can do in gym with bands.

Stefan is from Macedonia and is mostly training in the flat stream with some gates. He is a really good paddler.

He arrived the Friday before the race with only 3 trainings. He is only 16 and can expect to be on the semi or final during his U18 years.

He is tight and in control in his line. During his race he had some trouble to go with the curls and missed the line because of that.

He needs to go training in the white water to improve all the specific moves in the stoppers and the curls.

For the 4th of the guys this was the guideline for the trainings

In all the session we added some video review to see and understand how to improve.

Offset

During the slalom training we added the way they have to anticipate the line and be in advance during the offset gates

Drive the nose and swipe from the nose not from the stern to avoid the slide of the boat

Shoulders turn in the next gate directiona

Stopper and curl :

Flat boat and pointed in the good direction (next gate)^{SEP}To be precise in the drops => hold the blade in the water and vertical shaft to be sure that you hold the baat

Shoulders turn in the next gate direction

With the curl => hold the stroke in the same side of the curl to keep the control and the balance of the boat (flat boat)
Shoulders turn in the next gate direction

Ups

Be sure that you know how you want to exit to make a good approach and entry.

The swipe up has to be prepared with the approach and in control to do a swipe to exit.

Watch the next gate to control the way out to the gate.

Shoulders turn in the next gate direction

Boof

Make sure that the nose of the boat is pointed in the good direction when you do the last stroke to jump

Shoulders turn in the next gate direction

Ranking

U18

Heat 1

46 RIBARSKI Stefan

59 MARAGH Solomon

71 KOZMA Patrick

78 HOLDRINET Kasper

Heat 2

31 RIBARSKI Stefan

44 MARAGH Solomon

30 KOZMA Patrick

35 HOLDRINET Kasper

EXTREME

Time Trial

68 KOZMA Patrick non qualified

73 HOLDRINET Kasper non qualified

63 MARAGH Solomon Qualified to the heat

Heat 1 junior

Hillion Oscar

Sharp Samuel

Castryck Titouan

Marah Solomon non qualified for the next step

Dean's Report (Assistant from Jamaica) :

For me, the TIPs need a clearer purpose communicating to athletes, support team (present or not) and coaches so all can arrive prepared

and expectations set. Solomon's invite referred to potential to attend one or more Olympics and fitting continental development plans. This needs more than a two week training camp before a championships. I know there is inequality of resources but everyone can use their resources to the best. Eg I have heard both Teams LTU and ROU training hard and regularly on what they have. Team JAM are similar, usually training with no poles and dodging rafts or model boats ! I would like to add TIP training at the venue months in advance so local training can be tailored to features.

Section 5: CONCLUSION

The TIP Camps are always amazing and are the proof of diversity, coexistence and sharing more than canoe skills, sharing difference and culture.

In general this camp was good and all the athletes were respectful and wanting to improve. But to solve the main issues reported above, the head coach might be at the camp place 1 or 2 days before to organise the accommodation, transport, entries... And all the coaches might arrive the first day.

It will be good if the ICF provide a set of Xtrem slalom spray decks to use during the different competitions. To ask for a first aid kit and repair kit from the organisation for each camp which is very important knowing in slalom we break boats most of the time and there are always some minor incidents. Also to give better tools for the coaches to work, having Ipads to film and do video reviews is important and also have a computer available on TIP tent during the race days to be able to download the videos for feedbacks.

We have had 3 semi finals in TIP which is very important satisfying to see small countries being on the top 30 paddlers (see coaches reports bellow)

ICF did an article about the TIP you can see below and also a tiktok video.

<https://www.canoeicf.com/news/fifteen-countries-took-part-tip-ivrea-0>

To finish I want to thanks Pandy the manager of CSNZ for the covid tests and being such helpfull NF during this camp.

Annexe: List of Participants:

Country	Name	Date of birth	Age	Categorie	Gender	Accomodation	Present
NOR	Iris Fyksen Sommernes	28/5/2003	18	U23	W	La Vila	Yes
NOR	Tor Eirik Sommernes					La Ferra	
LAT	Martins Plaudis	17/9/2006	15	JUNIOR	M	Hostel	Yes
LAT	Emils Varslavans	25/2/2006	16	JUNIOR	M	Hostel	Yes
ROU	Patrick Kozma	3/8/2005	17	JUNIOR	M	Hostel	Yes
ROU	Dan Corodan	23/04/2005	17	JUNIOR	M	Hostel	
JAM	Solomon John William Maragh	16/8/2004	17	U18	M	Hostel	Yes
ALG	Anais Flora Mouhoub	24/5/1999	23	U23	W	La Vila	Yes
FIN	Lisa Mäenpää	19/9/1999	22	U23	W	La Vila	Yes
SRB	Marko Dordevic	9/8/2001	21	U23	M	Hostel	Yes
MKD	Stefan Ribarski	15/11/2005	17	JUNIOR	M	Hostel	No
MKD	Olgica Melova	3/9/2004	18	JUNIOR	W	La Vila	No
NED	Loes Schram	18/1/2005	17	JUNIOR	W	Hostel	Yes
NED	Kasper Holdrinet	8/4/2004	18	JUNIOR	M	Hostel	Yes
MAS	Marina Muzaffa	11/4/2001	21	U23	W	La Vila	No
MAS	Mohamad Nazrin Najib	27/12/2001	21	U23	M	Hostel	No
KEN	Brian Chira Maina	2/1/2002	20	U23	M	Hostel	No
KEN	Faith Wambui Mwangi	15/5/2005	17	JUNIOR	W	La Vila	No
KEN	Titus Mutundi					Hostel	No
VEN	Juan Francisco Nieves Erazo	20/2/2001	21	U23	M	Hostel	No
VEN	Yuskarli Florianny Castillo Castellano	18/11/2007	15	JUNIOR	W	La Vila	No
MRI	Terence Benjamin Saramandif	29/3/2002	20	U23	M	Hostel	Yes
NZ	Finn Anderson	12/11/2003	18	U23	M	Hostel	Yes
NZ	Kahlia Cullwick	15/12/2003	18	U23	W	La Vila	Yes
MEX	Santiago Morfin Hernando	13/10/2005	16	JUNIOR	M	Hostel	Yes
MEX	Ricardo Fentanes Macegoza	25/09/2001	20	U23	M	Hostel	Yes
HUN	Koppany Racz	20/03/2001	21	U23	M	Hostel	Yes
GRE	Arvanitis Panagiotis	6/9/2001	21	U23	M	Hostel	Yes
GRE	Morou Georgia	23/03/2005	17	JUNIOR	W	La Vila	Yes
IND	Bhumi Baghel	19/4/2006	16	U18	W	La Vila	No
IND	Pradhyumna Singh Rathod	5/4/2005	17	U18	M	Hostel	No
JAM	Dean Maragh			Assistant Coach		La Serra	Yes

ALG	Nadjib Mazar	23/7/1990	31	TIP H COACH		La Serra	Yes
FRA	Nely Tornare	15/10/1981	40	TIP COACH	W	La Vila	Yes
UKR	Viktoriia Dobrotvorska	27/2/1993	29	TIP COACH	W	La Vila	Yes
ITA	Ettore Alberto Brigo	11/6/1988	34	TIP COACH	M	Hostel	Yes
NED	Joris Otten	1/12/1997	24	TIP COACH	M	Hostel	Yes
FRA	Valentin Martilel					Hostel	no
	TOTAL Present	19 athletes		1 assistant		5 coaches	

Annexe: Camp and Race Schedule:

**All water sessions have a double objectives :
Technical and Physical aspects**

Sunday 26	Arival	
Monday 27	Session 1 4-5 pm Free Tech	
Tuesday 28	Session 1 1-2 pm Tech	Session 2 To define Scrached
Wednesday 29	Session 1 2:00 - 2:45 pm Thirds	6:45 - 7:30 7:30 - 8:15 CSLX
Thursday 30	Session 1 4:15 - 5:00 pm Fulls	6:45 - 7:30 7:30 - 8:15 CSLX
Friday 1st	Session 1 8:45 - 9:30 am tech	6:45 - 7:30 7:30 - 8:15 CSLX

Saturday 2nd	Session 1 8:45 - 9:30 am Progs	6:45 - 7:30 7:30 - 8:15 CSLX
Sunday 3rd	Session 1 10:00 - 10:45 am Halfs	4:45 - 5:30 5:30 - 6:15 CSLX
Monday 4	Session 1 3:30 - 4:15 pm Speed Progs 40min session	6:45 - 7:30 7:30 - 8:15 CSLX
Tuesday 5	Session 1 Race day Teams	
Wednesday 6	Session 1 Heats Group 1	Race day DEMO Course walk
Thursday 7	Session 1 Heats Group 2	Race day Course walk
Friday	Session 1 	Race

	day	
	Finals Group 1	Demo Course walk
Saturday 9	Race Day Finals Group 2	Course walk
Sunday 10	Race Day Extrem	
Monday 11	Departure	