

THAILAND - NAKKHON NAYOK  
29<sup>TH</sup> OF SEPTEMBER TO 9<sup>TH</sup> OF OCTOBER 2012  
S.E.A AND THAI TRAINING CAMP  
SEA CHAMPIONSHIP AND THAI NATIONAL CHAMPIONSHIP



Supported by funds from  
RCAT, CSTC, NOC, Nakkorn Nayok province.

It is shared in 3 periods:

- 7 days: Training camp for SEA and Thai athletes.
- 3 days: SEA and Thai National Championship
- 2 days: Training camp for National Thai athletes.

**Main objectives:**

- 1 - On the water
- 2 - Out of the water

**Participants:**

- 1 - General Description:
- 2 - Level and group
- 3 - Ludwig as model

**Equipment:**

- 1- Remarks:
- 2 - equipment's details:

**Coordination of organisation:**

- 1- coaches
- 2- equipment
- 3- race organisation

**Out-comes and remarks:**

About the development programme

**Schedules**

**A. Main objectives:**

**1 - On the water:**

- Preparation for championship for best paddlers.
- Working on improvement of technical skills
- Have fun and pleasure in paddling
- Paddling different boats (K1, C1, C2)
- Reading of the streams and adaptation skills
- How to roll

**2 - Out of the water:**

- To keep up with a sustainable development of slalom and reinforce the strong continental team spirit.
- Sharing experiences among paddlers from different levels and different countries
- For athletes, have an experience as judge and race organizer.



**Podium K1 MEN:  
Malaysia - Thailand - Singapore**

**B. Participants:**

**1 - General Description:**

- Average-age: **18 years** old (between 12 and 30 years old).
- Training camp: **66% boys and 34% girls**
- There were **40 participants** from 8 different clubs in Thailand and **3 different countries (Thailand, Singapore and Malaysia)**. All the best CSL paddlers of Thailand were here, Ludwig Husslein too.

	girl	boy	total
thai CLS	8	19	26
thai race	16	33	49
SEA	3	11	14

**2 – Hermann Ludwig as an athlete world model:**

During a SEA training camp, it was the first time, Hermann Ludwig takes part to the training camp as an athlete world model.

His coach, Janos Peterlin, coach of the Thai Olympian Hermann Husslein was here too. He was helping to organize the championship, and coaching athletes during slalom training. Their presence, as model, was more than positive for our athletes.

**3 - Level and group:**

3 levels: beginner, intermediate and advanced.

Beginner with: Mr. Adeerek and Haq (Malaysia assistant coach)

Intermediate: Mr Peema

Advanced: Caroline

#### 4 – Preparation Asia Game 2014:

I asked all paddlers to practice once in a while another type of boat. The target is to bring them to practice and compete in both categories. The entire advanced group have run in 2 different boats during the championship.

Therefore, paddling in 2 different boats will upgrade their global paddling skills and on the other hand, they might register in 2 events for competing and offer their country twice more possible of good results.

It is also to keep the line with the IOC and ICF recommendations.

It was also to prepare the next Asian Games, in Incheon, 2014: Inclusion of C1 Women event for next year. This recent decision has to be a main target in the development plan in any Asian country could have for next 2 years.

As an example, the ICF is planning a C1 Women camp in Korea mid 2014.

#### **C. Equipment:**

##### 1 – Paddling equipment's details:

Equipment	
boat	K1: 19 - C1:9 - C2: 6
paddle	K1: 9 - C1: 11
skirt	K1: 12 - C1: 7
kife jacket	42
helmet	27

+ 6 more full private equipment en K1.



**Scoring office during the Thai and SEA**

#### **D. Coordination of organisation:**

##### 1- Coaches:

ADIREK (THA), Peema (THA), Caroline Bourry (ICF coach from FRA).

The 2 THA coaches did a great job and strong support during the training camp, especially for all the global organisation and management camp. I sincerely wish to work again in cooperation with them.

Haq, from Malaysia did a good job as assistant coach for beginner group.

##### 2- Logistic equipment :

One might underline that the Armed Forces Academies Preparatory School gave to us all what we need for the meeting: efficient video analysis sessions, video-projector, TV, paper and pencils for everybody, a printer, board...

All equipment needed for the championship was there: gates, rope, poles, snap-hooks, tight-cable. We have fixed 35 pools and 20 cables above the river, bibs number, panel numbers, printer, computer... and super team of volunteer and students boys from army to help us during the championship.

##### 3- Race organisation:

Mister Rung did a great job as Chief judge during the championship. All his judges team was beginner.

**E. Out-comes and remarks:**

**About the development programme:**

- It's important for the short-term future to have more judges for NTO (National Technical Officer) in terms of Slalom organising future competitions.
- Training camp has to be plan regulary. That keep athletes motivated for training and sustain the Continental team spirit.
- During any training camp, there schould have a race. Good for experience for "team organizer/judge" and motivation for athletes.

**Volunteers helps to organize**



**Ludwig and Janos with athletes**



**Malaysia and Singapore team**



**C1 Women Singapore and Malaysia**



**F. Schedule**

## Program 2012 - Nakkorn Nayok - from 28/09 to 9/10

### Thai and SEA training camp & Slalom Championship

Morning training: 9h Grp 1 / 10h30 Grp 2		Afternoon training: 15h Grp 1 / 16h30 Grp 2		Evening meeting	
<b>Setting gate</b>		<b>Discovering / Free</b>		20h - presentation grp planning	P1 session & tech
<b>Tech:</b> (Zig - zag)		<b>1/3:</b> (Down stream in eddy)		20h - <b>judging clinic</b>	P2 session
<b>1/2:</b> Grp 2 take time for Grp 1 Grp 1 help/teach for Grp 2		<b>Tech :</b> (same design change boat morning) <b>14h ! Killer start ! Be careful !</b>		20h - video analyse	P3 session
<b>1/4 :</b> (Design by your self)		<b>P1 Loops</b>		20h - <b>race organisation clinic</b>	RACE
<b>(test race)</b> 2 runs + 2	<b>Full :</b> Grp 1 expert <b>Full :</b> Grp 2 medium	Grp 2 judge Grpe 1 judge	<b>Off</b> <b>Full :</b> for beginners (Grp 1 teach / help)	20h - video analyse	Everybody / together
<b>1/4 :</b>		<b>P3 session</b> (short / fast / easy design)		<b>Off</b>	Rest / Off
<b>Off</b>		<b>Off</b> <b>13h - cleaning river?</b>	<b>17h - demo run</b>	19h - team leader meeting (Take your bib number)	
8h30 - open cerem ony	<b>Heats: Grp 1</b> 2 runs		<b>Heats: Grp 2</b> 2 runs <i>Your ranking is made with the best run.</i>	18h - 20h30 party (and have a good night !)	
10h- 12h visited by	<b>Semi-final</b> 1 run	(All / No grp)	<b>Final</b> 1 run medal ceremony	End of SEA training camp	
<b>funny session</b>		<b>Funny Race</b> (esquimo roll / no- paddle / backward touch ball / low horizontal gate / ... & Surprise!)		20h - final meeting	
<b>Technique</b> (& clean design)		End of Thai training camp		Bye-Bye and Thank you :)	