

Report of the TIP training camp preceding the IKAS and European Cup in Sprint in Skopje, Macedonia from April 26, 2018



A. Accommodation, venue and participants.

ICF development training camp took place in Skopje, Macedonia, a course which was suitable for young and unexperienced athletes. Accommodation, breakfast, lunch and dinner were made 10 min by walking from the venue in a Hotel Matka. Along the years TIP choose the same hotel because it gives the best conditions for the athletes.

The group was made of 9 athletes, 4 girls and 5 boys, from 7 different countries. Working with Simantas Mazekis as young coach assistant was good, and this was opportunity for him to improve and prove himself as coach.

Simantas is from LTU and was TIP 2015 to 2017. He came as assistant coach in the frame of the **Return the favor Programme**.

For some of the athletes this was first TIP camp, but they find it really interesting and started to work as a team really quickly.

Athletes were able to paddle some days twice at the course, some days (before the race) they paddle on flat water with us, just to learn some basic technique.



country	first name	family name
BIH	DUŠAN	MAČKIĆ
GRE	Panagiotis	Arvantis
FIN	Iisa	Mäenpää
GRE	Panagiotis	Zisekas
HUN	Sára	Seprenyi
LTU	Kipras	Talačka
LTU	PETRAUSKAITE	KAMILE
MKD	Hristijan	Ignatov
NOR	Iris	Fyksen Sommernes

B. Coaching and equipment

Two of the athletes had problems at the airport with the boats, so the host were helpful to find suitable boat for them, they could use the ICF donation boats (Nelo) made in 2017 at the time of the Worlds CSL in Pau.

Some of the athletes have experience working on different TIP camps, and I already know what and how to do with them. During the camp I was trying to transfer my knowledge and experience to Simantas Mazeikis.

C. Results of the IKAS 2018

http://canoe.mk/login/wp-content/uploads/2018/04/FINALS_IKAS.pdf

D. Global development of canoe slalom around the World

Still a lot of job to do to compete against the biggest nations, but I can see great progression even for months and we are definitely on the right way, helping with TIP camps.

For some of the athletes this was first international competition, for some of them second or more, but it was a great experience for them to compete at this level. All athletes expressed their gratitude and are aware of the great support they were given – especially by Pierrick Gosselin in preparation of this TIP camp and throughout the Championship.