

REPORT MARCH 2010 INDONESIA



A. Arrival and Meetings

B. Training camp

C. Conclusion and pictures

A. Arrival and Meetings

My coming in Indonesia started on the 28th of February. On the 29th of February, I headed to the venue of the Slalom training camp (see paragraph B).

1. Meeting with Mr Budiman

Mr Budiman is the general secretary for PODSI.

Our meeting was dealing with the following topics:

- Situation and expectations for Slalom development in INA
- Participation of INA athlete to the CSL China camp for Asian Games Test event and Asian Championships.
- Slalom in SEA Games 2011 held in Indonesia (see report "Project : Slalom SEA Games 2011")

2. Meeting with Mr Ahmad Sucipto

Mr Sucipto is the President of PODSI. We mainly talked about the inclusion of Slalom for SEA Games 2011.

He agreed with the opportunity of introducing Slalom in SEA Games. He guaranteed his support for any actions that can support the growing of Slalom in Indonesia.

One point underlined was to approach the Indonesian NOC of INA for Slalom in SEA Games. We might enlighten it on the standards that such competition is requiring in terms of venue and athletes performances as well.

Therefore, the strongest support from ACC and ICF is a must for this project.

3. Meeting with Mr Anwar

Mr Anwar is assistant deputy for Ministry of Sports. He exposed the participants his will to support Slalom discipline. In the meantime, the targets of performances for INA paddlers should not be limited to national events.

The planning of competition season in INA is the first step. One has to target performances in bigger events as SEA events then Asian events.

We both shared this point of view.

4. Meeting with Mr Budiman, Mr Suryadi, Mr Dederahmat

Mr Suryadi is national flat-water coach and in charge of a canoeing section in one University close to Bandung. Mr Dederahmat is leader of PODSI committee for West Java and also lecturer in the same Uni as Mr Suryadi.

I exposed the idea of planning Slalom competitions to keep up the motivation and the good work the athletes did, to provide INA the capacity of organising Slalom competitions as well.

Then, a local Slalom competition might be organised in April.

The Indonesian National Slalom Championships might be held end of August. I guess that the support from ICF would be fruitful in order to manage a Slalom Judging clinic and the organisation of the competition. This target has to be defined and confirmed by PODSI.

In the meantime, as Mr Suryadi and Mr Dederahmat are working in University (similar as UPSI in Malaysia). They are willing to develop there a university Slalom section.

Without necessarily copying what is done in UPSI, one can inspired of the UPSI project.

5. Situation and expectations for Slalom in INA

INA had been given a set of 10 Slalom equipments in 2009 thanks to ICF Donation under the Slalom development programme.

It is known that some INA paddlers are interested in Slalom (3 of them attended the Asian Championships 2008).

PODSI is strong canoeing federation with lots of paddlers and a big range of rivers suitable for Slalom activity from beginners to expert level.

Mr Budiman is willing to support Slalom activity and to promote it among INA paddlers.

As now the first step is done for the launch of Slalom, the next step is:

- To organize specific slalom training camps regularly for the best athletes detected during this first camp (about 10 of them)
- To plan national and local competitions

- To plan a similar “launching Slalom camp” in order to open the discipline to more paddlers. INA is a huge country with lot of provinces. As one has to limit the number of participants (25 seems to be a limit), it might be necessary to reproduce the same kind of camp in the future.

6. Participation of INA athlete to CSL China training camp

2 athletes had been selected for the CSL camp in China:

- 1st paddler, K1M, Muhamad Yusep Saepurohman. Date of birth: 20/01/1984
- 2nd paddler, K1M, Mulhendra. Date of birth: 20/03/1985

I already sent them a basic training programme until the China camp.

B. Training camp

1. About the paddlers

The training camp gathered 23 participants (20 men, 3 women) from the 1st to the 10th of March 2010. The average age is 25 years old. They come with different canoeing background: most of them from FWR, the rest from river-run and polo.

More than half of the group is still in studying in universities. Some teachers and lecturers (physical education) also joined the camp.

Except 3 of them, they were beginners in Slalom.

We shared the group in 2 groups: A (more experienced) and B(less...).

We decided not to introduce C1 as it requires basics skills that the paddlers hadn't have yet. The introduction of C1 is planned for the next camp.

2. About equipment

Thanks to the ICF donation boats, we had good quality and recent equipment and that allows working in very good conditions.

Some other boats were available (4m design), it helped each paddler to have a boat for every training session



3. About the venue

The river is Palayangan located in Rahong. We, Akmal and I, selected a stretch of about 230m, grad 2.

The out-fitting had been done in 4 hours (18 gates, double and single poles). All participants helped for that.





4. Programme of the camp

		Morning session 1 8h30h to 10h30	Morning session 2 10h30 to 12h	Afternoon session 1 14h to 15h30	Afternoon session 2 15h30 to 17h
Mo	1	Setting-up		Making of groups	
Tu	2	Group A	Group B	Group A	Group B
We	3	Group B	Group A	Judging clinic (14h-17h)	
Th	4	Group B	Group A	Group B	Group A
Fr	5	Group B	Group A	Hot-Springs (16h-18h)	
Sa	6	Group A	Group B	Video analysis (storm and flashlights prevented us to paddle)	
Su	7	Group A	Group B	Race organization clinic (14h-17h)	
Mo	8	Group A	Group B	Group A	Group B
Tu	9	Competition			
We	10	Closing camp			

5. Contents of the trainings

We basically worked on:

- Safety
- Break-in and break-out eddy with and without gates
- Ferry
- Back paddling
- Balance in a Slalom boats

C. Conclusion and pictures

It is a well-know fact that PODSI has a strong and reliable internal organisation. It had proved that once again with this 23 athletes training camp, all the required equipment, suitable place for Slalom launch.

My suggestions are:

- Plan another Slalom camp level 1
- Plan a judging and race organisation clinic
- Plan competitions for 2010
- Developp a cooperation with Akmal
- Slalom in SEA Games 2011 is a "must do it" target

**I would like to thank the paddlers, the officials from PODSI who supported us and make our everyday life and organisation easy.
Last but not least, I thank Akmal for his great job.**



Opening of the camp



Closing of the camp



Indonesian visiting



Arrival of the participants



"Cumpul" Eddy

Teaching Slalom

