

**INDONESIA**  
**YOGJAKARTA**  
**13<sup>TH</sup> TO 16<sup>TH</sup> OF JANUARY 2010**

**SCHEDULE – EQUIPMENT – COMPETITION RESULTS**

**A. Schedule**

	GRP	Morning	Afternoon	Session n°		Other	Arrival
Friday 17							Vietnam
Saturday 18							Malaysia Singapore Nepal Thailand
Sunday 19	1	8h30 – 9h30	16h30 – 18h	S1	S2	13h30: Official opening of the camp	Chinese Taipei
	2	10h – 11h30	14h30 – 16h				
Monday 20	1	8h30 – 9h30	14h30 – 16h	S3	S4		
	2	10h – 11h30	16h30 – 18h				
Tuesday 21	1	8h30 – 9h30	14h30 – 16h	S5	S6	"Warm-up" presentation by Jason and Ming (TPE)	
	2	10h – 11h30	16h30 – 18h				
Wednesday 22	1	8h30 – 9h30		S7	REST	Visit of a temple	France Jean-Yves
	2	10h – 11h30					
Thursday 23	1	10h – 11h30	16h30 – 18h	S8	S9	"Judging and race organization" presentation by Akmal (MAS) and Mulhendra (INA)	
	2	8h30 – 9h30	14h30 – 16h				
Friday 24	1	10h – 11h30		S10	Treck		
	2	8h30 – 9h30					
Saturday 25	1		14h30 – 16h	Down River	S11		
	2		16h30 – 18h				
Sunday 26	1	10h – 11h30	16h30 – 18h	S12	S13	"strength core and indoor trainings" by Sherry (TPE) and Anya (THA)	
	2	8h30 – 9h30	14h30 – 16h				
Monday 27	1	8h30-11h30		skills		Visit of elephants camp	
	2						
Tuesday 28	1	7h30 – 12h30		Competition			
	2						
Wednesday 29	Nepal, Singapore, Vietnam, Indonesia, Thailand leave at anytime						
Thursday 30	Malaysia , Chinese Taipei leave						

**B. Competition results****C1M**

	Name	Category	Run 1			Run 2			BEST
1	Jason (tpe)	C1M	110	+ 2 =	112	107	+ 0 =	107	107
2	Ming (tpe)	C1M	108	+ 4 =	112		dns		112
3	Cha oe (tha)	C1M	112,49	+ 2 =	114,49	114	+ 0 =	114	114
4	Cho (tha)	C1M	115,06	+ 4 =	119,06	119	+ 0 =	119	119
5	O (tha)	C1M	118,71	+ 2 =	120,71	128	+ 0 =	128	120,71
6	Dew (tha)	C1M	120,06	+ 52 =	172,06	121	+ 2 =	123	123

**C1W**

	Name	Category	Run 1			Run 2			BEST RUN
1	SHERRY (tpe)	C1W	130,84	+ 0 =	130,84	122	+ 2 =	124	124
2	TIAN (tha)	C1W	151,56	+ 4 =	155,56	136	+ 2 =	138	138

**C2**

	Name	Category	Run 1			Run 2			BEST RUN
1	JASON/MING (tpe)	C2M	104,83	+ 0 =	104,83	108	+ 0 =	108	104,83
2	OET/SAK (tha)	C2M	122	+ 6 =	128	0	+ 0 =	DNS	128
3	TIAN/SHERRY (tha)	C2W	156	+ 10 =	166	0	+ 0 =	DNS	166
4	CHA OE/DEW (tha)	C2M	137	+ 58 =	195	0	+ 2 =	DNS	195
5	AKMAL/MULHENDRA	C2M	165,56	+ 52 =	217,56	0	+ 2 =	DNS	217,56

**K1M**

	Name	Category	Run 1			Run 2			BEST RUN
1	Akmal (mas)	K1M	100,33	+ 0 =	100,33	101	+ 0 =	101	100,33
2	Oet (tha)	K1M	106,68	+ 2 =	108,68	102	+ 0 =	102	102
3	Sak (tha)	K1M	103,64	+ 0 =	103,64	106	+ 0 =	106	103,64
4	CHO (tha)	K1M	109	+ 0 =	109	0	+ 0 =	DNS	109
5	Mulhendra (ina)	K1M	121,18	+ 0 =	121,18	128	+ 0 =	128	121,18
6	O (tha)	K1M	138	+ 6 =	144	0	+ 0 =	DNS	144
7	BINH (vie)	K1M	83	+ 454 =	537	89	+ 506 =	595	537

**K1W**

	Name	Category	Run 1			Run 2			BEST RUN
1	TIAN (tha)	K1W	111	+ 4 =	115	0	+ 0 =	DNS	115
2	SHERRY (tpe)	K1W	110	+ 6 =	116	0	+ 0 =	DNS	116
3	RADHA (nep)	K1W	135,49	+ 0 =	135,49	134	+ 54 =	188	135,49
4	JESSICA (sin)	K1W	150	+ 2 =	152	150	+ 6 =	156	152

**TEAM**

	Name	Category	Run 1			Run 2			BEST RUN
1	CHAOI OE DEW	TEAM	121	+ 4 =	125	0	+ 0 =	DNS	125
2	MING MULHENDRA CHO	TEAM	127	+ 8 =	135	150	+ 6 =	DNS	135
3	OET SAK AKMAL	TEAM	118	+ 104 =	222	134	+ 54 =	188	188
4	TIAN SHERRY RADHA	TEAM	143	+ 102 =	245	0	+ 0 =	DNS	245

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**PARTICIPANTS, OUT-COMES AND DEVELOPMENT**

Mr Mulhendra started Slalom paddling 1 year ago. He was invited for Preparation camp in Xiasi for Asian Continental 2010 (May 2010) and ICF Slalom Camp in Thailand \* (December 2010).

He organised a Slalom introduction training camp and a competition in his home-town (Yogyakarta). His will is to create a Slalom group among the paddlers of his university and thanks to that drag paddlers from the state into Slalom canoeing.

He is a member of PODSI local Yogyakarta and he is the most active people I've ever met in Indonesia in terms of Slalom. He was help in achieving his project by Mr

**A. Participants**

The gathered students were 30 from 3 different universities. Some of them attended the 1st Slalom camp made early 2010. Some were real beginners in Slalom. Then, these "experts" and I shared the group and on and on, I was helping them leading from the background.

All paddlers had shown a great interest and a strong motivation. I have no doubt about the magnet effect and the determination from Indonesian paddlers to step into Slalom (already underlined in my 1<sup>st</sup> report last year).

All was organised in the main pound of the Zoo of Yogyakarta

**B. Schedule and equipment**

The equipment was mainly from the ICF donation and some plastic creek boats from local paddlers..

**1. Schedule**

Friday: A time about teaching slalom basics and level 1. The already experienced paddlers gave a strong support as "coaches". We organised 2 groups: beginners and experienced.

Saturday: Same organisation as Friday

Sunday: This day was dedicated to the competition.

In order to promote for the introduction of Slalom in SEA Games, the morning was a head2head Slalom and afternoon a "classic" Slalom.

**Main targets of the camp**

- Working on technical skills
- Paddling different boats (K1, C1, C2)
- Reading of the streams and adaption skills
- Writing training diary

The presence of **Jean-Yves Cheutin**, French national coach, during this camp as second coach

**C. Out-comes**

**2. Composition of the group**

One can design 2 parts as beginners and experienced.

We use the expertise of the experienced people to support the beginners groups as much as possible. For instance, the experienced have now a sufficient knowledge in Slalom to present to the "beginners" some items of Slalom paddling as: judgement, warm-up, stretching, strength core

training...

### **3. About paddling different boats**

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.

They usually come from NF where few Slalom paddlers are practicing the discipline. 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 good results.

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

### **4. About a support in coaching**

The support of another coach will probably become a must for 2 main reasons:

- The gap level between the 2 groups is getting wider then it is less easy to be present 100% for both groups
- The sharing of experiences and other technical views upgrade quite a while the global "teaching" received by the athletes

## **D. Development**

### **1. Development in Thailand**

It would be a must to have 2 places for Slalom training and competitions in Thailand. Nakhon Nayok and Mae Tang river are complementary. It will worth to build up the national slalom competition activity thanks to these 2 headlights places.

The coordination of practicing on the 2 venues will for sure bring one step beyond the global level of Thai Slalom paddlers.

### **2. Development in ICF policy**

The presence of a coach of international level should be one of the criteria in the organisation of such camps in the future. It could be coach from flagship countries in Slalom. It might be a plus if the coach is coming from the 2 top countries in Asia: China and Japan.

A suggestion is to sort the camps in 3 categories:

- Base: beginners in Slalom (eg: Nepal, Indonesia...)
- Mixte: beginners and experienced (eg: TIP camp in TPE 2009, THA 2010, preparation of Asian event combined with TIP)
- Experienced: TIP and Asian athletes competing at an international level (eg: Mihi, Gangzhou)

**I would like to thank here and underline the strong support given by Mr Paraj, Mr Kikky and Mr Somyos. I sincerely wish to work again in cooperation with them.**