

# Turkish training camp.

**When:** November 28<sup>th</sup> – December 11<sup>th</sup>

**Where:** Firtina river, Turkey.

**How many athletes :** 11 athletes between 15 and 23 years old. 4 C1M and 7 K1M.

**Accommodation mode:** Hotel with every meal on the hotel restaurant

**How many coach/ helpers:** 2 coach and 3 or 4 (it depends of the days)

## **Description of the group:**

The group is a really motivated group but need a really help for the organization of the week program. They also don't really have a good equipment for paddling (short sleeve when the temperature are between 5 and 10 degrees and the water is at 5). Only 4 of them have a carbon boat. However they are really listening about what a say, they asking a lot question and seems really interested about me to be with them.

## **Description of the course:**

The course is a natural river so that involved the low water in winter and high/really high water in spring/summer. The course is between two mountains and it also involved there is no sun during the most part of the day( the sun goes away at 10:30am), and it's really quick cold and windy. It was no gates when I arrived, so we had to put some gates with the little bite material we had. It took 4 hours for put 20 gates, but they aren't really easy to move, BUT they have some gates now.



**Thursday 29th : *Morning***, we put all together some gates on the course



*Afternoon*, I was with Oktay (the Turkish coach) watching the athletes paddling for an evaluation level of the group.

**Wednesday 30th : *Morning***, Technical training about “the approach of the upstream gates”. It was mostly take space on the upstream and don't be too close to the pole.

*Afternoon*, Loops training, it was a physical training for see how much passing they could make in 1 hour and half.

**Thursday 1st : *Morning***, resting.

*Afternoon*, confrontation between athletes. 3 runs ,times + penalties .

**Friday 2nd : *Morning***, Down river with me and the younger athletes (2 hours 30 of down river). And the older one with Oktay were putting more gates on the courses.

*Afternoon*, Technical training about shifted gates with inverted moves.

**Saturday 3rd : *Morning***, long training on loops form for the cardio. Easy line but they were always paddling.

*Afternoon*, Resting for the younger group and down river (other part than the first time) with the older group (1 hour 30).

**Sunday 4th : *All day resting***. We decided to give to every body the day off, because everybody were really exhausted and start to have a little injuries.

**Monday 5th : *Morning*** , race with qualification( 6 K1M,4 C1M), final (4 K1M, 2 C1M)

*Afternoon*, technical training on an other kind of shifted gates.

**Thursday 6th : *Morning***, Loops little bit harder than the other one with two technic part on the course.

*Afternoon*, resting for every body.

**Wednesday 7th : *Morning***, Half course with technical observation for me and Oktay. We were alone on our section of the course.

*Afternoon*, Resting for everybody.

**Thursday 8<sup>th</sup> : Morning**, Fun training. The athletes were doing what they wanted to do. I was paddling this training and I stayed surfing with many athletes in every waves we found on the course.

**Afternoon**, Race with 3 runs for everybody. Not really easy line on the course.

**Friday 9<sup>th</sup> : Morning**, Team working .

**Afternoon**, resting.

Saturday 10<sup>th</sup> : **Morning** , Jogging 1h

**Afternoon**, loops training 1hour30, pretty hard gates for see how they are doing when it's harder than we did during the week. I got surprised about how they were able to make it.

Sunday 11<sup>th</sup> : **Morning**, Final race without 4 athletes who were in a physical test at the hospital.

End of the training.

## **About the camp and the group**

The training camp was a great opportunity to meet all the Turkish team. With 10 athletes we did a really good work, I took some information about the group level. They/we still have to work hard on the organization of the training system. Work on the basic move of the slalom practice. However the group is really listening and reactive about what the staff says. I think with this group we could have some nice result at the international races this year and the coming years.