

Report of CSL Pan Games Preparation Camp (ICF / COPAC) held at:

Los Andes – Chile – jan 17th – 26th. 2015



- **Camp management.**

- **Organisation**

- The camp took place on the city of Los Andes, Chile – Aconcagua River.
- Los Andes has a population of 60,000 inhabitants, is located at about 800 meters over the sea level and 1 hour drive from the capital Santiago.
- The attendants arrived at Santiago's airport and the organization of the camp provided transfer to Los Andes.
- Most of the participants arrived the previous day of the camp and left the day after the camp. The coaches arrived two days in advance.
- The accommodation was at the Casa Azul. Located downtown and about 10 minutes by car from the river place, where we have the gates. The group made all the meals together at the house.
- We had one van to make transport to the venue, two times a day.

- **Coaching**

- Two coaches: Pablo McCandless (CHI) and Guto Merkle (BRA).

- **Equipment**

- The Chilean Federation borrowed boats for some athletes, other have their own boats.
- All athletes had their own personal equipment: paddles and PFDs.

- **The group**

- Eight paddlers from three countries, according the table below, composed the athlete's group.
- We had also the attendant of Cesar Ballen, Colombian directive following his athletes and helping a lot with video taken and the general dynamics; and Alex Olguin, local organiser and coach.

	Country	Event	Family name	Name	Birth year
1	CHI	K1M	Echeverria	Andr�az	1996
2	CHI	K1M	Sandoval	Darko	2000
3	CHI	K1M	Estay	Fernando	2000
4	COL	C1M	P�rez Olaya	Andres	1988
5	COL	C1M-K1M	Ordo�es	Yilbert	1997
6	COL	K1M	Matiz Ram�rez	Breiner Alezander	1993
7	MEX	K1M	Tames	Alejandro	1998
8	MEX	K1M	Le�n	Raciel	1994

- **The course site – Aconcagua River**

- The place to train is about 200 meters long, class I and II, just above a small dam, property of the local energy company. The access to river's shore is by a private property. The Federation have negotiated with the company the access to it and the permission to suit it for slalom train.
- In the future, it can be a nice place to held races and to set a canoeing school.

- ***Camp dynamics.***

- The course was about 10 min from house, by van.
- We made two water sections a day: morning and afternoon.
- The river is class II, so the athlete's adaptation to the water was easy.
- Most of the workouts had technical objectives.
- One simulated race were included.
- Video sections.
- Stretching sections were also included.

- One section was at “Laguna Del Inca”: the nearest lake in order to work on good paddle technic at flat water.
- **Results.**
 - One practical evaluation test was made at the beginning and repeated at the end of the camp. A good progress was observed, despite the short duration of the camp. Sixteen workouts were made.
 - We believe that it was a very profitable camp not only for the athletes but also for the canoe slalom progress in general: at the continent, at Chile and at Los Andes.
- **Some photos (many thanks to Henrique Olguin).**





- Special thanks to the people of Chile and the Olguin family, who received us wonderfully.

Luiz Merkle (Guto)
Coach