



ICF White-Water Development Programme

## Part 1

# ALGERIA 02/11/2017 to 07/11/2017 African Youth Games 2018 preparation



On the way to Continental Games Programme -2017  
3 Continents Programme : ALG-ARG-PHI



## 1. Diagnostic

Canoeing, young sport in Algeria, has started in 2007. It is then attached to the rowing federation to form the Algerian Federation of Rowing and Canoeing Kayak (FASACK). There are currently about fifteen clubs in the country, the most important are those of Algiers, Oran and Annaba. For now, in addition to rowing, only the CSP is practiced, on sea and on artificial lakes

Seventy athletes took part at the last national championships, at the continental level Algeria ranks 2nd.

The national coach of the federation, Nadjib Mazar (French-Algerian) is a former international slalom athlete. On average, there are five boats for twenty athletes in each club. Former athletes have started building themselves boats.

The federation wants to develop slalom on calm water. This discipline is part of the program of African Youth Games (YAG). Algeria will be the next organizing nation in July 2018.

The level of practice and development of canoeing in the other two invited delegations (Mozambique and Sao Tome) is close to Algeria's one.

## 2. Aims of the camp

Considering the development situation of canoeing in Algeria and in the other two delegations, it seemed to us coherent to define the following objectives:

- Discover and practice the YOG (Youth Olympic Games) format
- Prepare young athletes for YOG events
- Train coaches to participate in the development of this practice (educational program)

## 3. Participants & Gender equality

Eleven athletes and seven Algerian coaches participated, an athlete and a coach from Mozambique and an athlete and coach from Sao Tome. These last two delegations obtained universality places to participate in the 2018 YOG, which is one of the reasons they took part in this internship.

The selected athletes are all born **between 2002 and 2003**, it is the age allowed to participate in the next Youth Olympic Games.

The course planned by ICF involved 12 athletes, 4 coaches and 2 instructors. The interest of this camp led FASACK to support 1 athlete, 1 assistant coach and 4 additional coaches from Algeria. Anaïs Mouhoud, French-Algerian, training in France and evolving in N2 in Slalom, participated as an assistant coach. She is willing to join the TIP CSL in 2018

In the 3 continents program, the search for **gender equality** is a priority. The distribution on the camp is 6 female athletes out of 13 and 4 female coaches out of 10.

Supervision and coordination of the course were provided by Maxime Raux, ICF expert CSL and YOG and Nadjib Mazar, national coach of the Algerian federation.

Note that a proposal was made to CAC (12/08/2017): To welcome 4 African athletes chosen by CAC. These 4 participants have to bear all their expenses. This proposal was not followed by a reply

## 4. Site de pratique

The course took place at Boukerdane Lake (1.5Ha) in the municipality of Sidi Amar, Tipaza Wilaya. It is a place located 25km from the Mediterranean coast and two hours from Algiers.

Full board accommodation was at the Boukerdane rowing and canoeing center, located on the

lakeside. We had a kayak storage room, three boarding pontoons and two motor boats. *See aerial view of the lake in appendix*

## 5. Programme du stage

*See planning in appendix*

### A. Discover and practice the YOG format tests

Presentation of the YOG handbook 2018: nature of the tests, regulation and qualification system. After presentation, the slalom material (buoys) was set on the site

Once the course was assembled, sessions allowed to work the different techniques of buoy negotiation. At the end of the camp, a slalom race simulation allowed the athletes and coaches to put themselves in a competitive condition.

The athletes thus discovered a new format of competition, they were able to prepare and test it thanks to the race simulation. The coaches were able to realize the sports, technical and logistical aspects that these events represent.

### B. Prepare young athletes for YOG events

#### ➤ CSP sessions

Three sessions based on the fundamentals of the technique were performed: posture, transmission and paddle stroke with balance games at the end of the session. With the aim of understanding how a kayak works and how to drive it.

Use feelings to understand that the body is the point of transfer between the paddle and the boat. Feeling that hips zone is the keystone, all supports are transferred to generate power.

#### ➤ CSL sessions

Three sessions and a rolling workshop took place. Learning basic gestures to turn. Dissociate strength and glide, perform basic movements without using force to understand the reactions of the kayak. Discover the different strokes possible with a slalom paddle.

#### ➤ YOG race simulation

The race was an opportunity to practice and discover the concept of navigation project, memorization and visualization of course

### C. Train coaches to participate in the development of the YOG practice

To reinforce and update the knowledge of each coach on the formation of the small cadets, several educational workshops have been set up

### D. preparation and supervision of sessions

- exchanges on the different training methods
- how to adapt the sessions to the material resources of the clubs
- doping and testing **Alpha Wada**
- IOC documentary "Can be made a champion"

As part of the development of the use of digital tools, two videoconferences were organized with Johann Divaret and Franck Le Moel \*

\*Johann Divaret is a physical trainer for the French team of online racing and Maxime Beaumont. He is also a top athlete running online and kayak polo. Franck Le Moel is a sprinting kayaker member of France's online racing team.

➤ Pedagogy

Understand the interest of “play sessions”. Work on the quality of the moves and the feelings by privileging the short sessions so that the athlete remains concentrated.

Integrate the video in the training sessions, use the smartphone to film from the motor boat.

To learn to film well: to approach and not to film more than 15 seconds.

Play with instructions and video feedbacks to understand and see mistakes.

Behavior and attitude of the coach: keep a positive atmosphere in the group, the practice must be done in a pleasant way, in a good atmosphere. Communicate on feedback regularly. At the end of the session, allow time for free exchange on the impressions and sensations of each.

➤ Physical preparation

Need to develop a solid background of prerequisites in other sports (running, swimming, team sports) to acquire skills to put situations or exercises in place more easily. The more the athlete diversifies, the more he will have the qualities to perform.

- Strength
- Do not use weight to understand how your body works. Be in a concern for perfect performance quality: focus on the movements, coordination and placement of the body. Become aware of all your muscles!
- Slalom on still water
- Learning eskimo-roll
- Technical basics slalom: navigation in calm water, learn to turn. Dissociate strength and glide, perform basic movements without using force to understand the reactions of the kayak. Discover the different supports possible with a slalom paddle.

## 6. Cooperation with FASACK

The Algerian federation participated in the success of this course on the following points:

- The participation of Nadjib Mazar, national coach of the federation
- letters of invitation for foreign delegations
- the reception of foreign delegations at the airport
- bus and driver to transfer between Algiers and the place of internship
- Management of accommodation and catering
- The selection of athletes via the Youth Talent program and coaches
- The supplying of the kayaks of the national team

## 7. Review

This programme allowed to launch the practice of a new Olympic discipline in Algeria: canoe slalom. The training of coaches and future competitors was at the center of the course because it is a priority to develop a new discipline in good conditions.

The delegations of Mozambique and Sao Tome took advantage of this action to learn new methods of training and learning to be able to prepare the next YOG serenely.

## 8. Appendixes

Aerial view of Lake Boukerdane

The point "Barrage Boukerdane Sidi Amar" corresponds to the training center.



YOG Slalom Course





ICF White-Water Development Programme

Planning camp YOG Algeria

	thursday 2	friday 3			saturday 4			sunday 5			monday 6	tuesday 7
Grpe athlète	1, 2 & 3	1	2	3	1	2	3	1	2	3	1, 2 & 2	1, 2 & 3
Grpe coach	A, B & C	A	B	C	B	C	A	C	A	B	A, B & C	A, B & C
9h00-11h30		Slalom	Sprint	Sprint	Sprint	Slalom	Sprint	Slalom	Sprint	Sprint	Simulation course sprint	debriefing
13h30-14h30		Sprint	Slalom			Sprint	Slalom	Sprint		Slalom	Simulation course slalom	
14h30-15h30	Groups arrival			Slalom	Slalom				Slalom			
16h30-18h30	Presentation of the camp	Rolling and CSL YOG format			Video conferences coaches			ALPHA Programme			Video conferences athletes	

ATHLETES					
Groupe 1	Emb	Groupe 2	Emb	Groupe 3	Emb
Ghada	C1W	Alex	C1M	Ryad	K1M
Lifa Liria	C1W	Younes	C1M	Ala	K1M
Abdelrahim	K1M	Halla	K1W	Walim	K1M
Mounir	K1M	Anfel	K1W	Ryan	K1M
		Aya	K1W		

COACH		
Groupe A	Groupe B	Groupe C
Afonso	Ramuel	Yuba
Safa	Sihem	Sidali
Malek	Abdoulilah	Malak

1	ICF	athlete	ALG	ARABI	Anfel	F
2	ICF	athlete	ALG	Boudraa	Ghada	F
3	ICF	athlete	ALG	BOUZID	Halla	F
4	ICF	athlete	ALG	FERFAD	Aya	F
5	ICF	athlete	ALG	AYACHE	Younès	M
6	ICF	athlete	ALG	Beltouati	Ryad	M
7	ICF	athlete	ALG	BOUDJELLA	Abderrahim	M
8	ICF	athlete	ALG	CHERI	Walim	M
9	ICF	athlete	ALG	MAHJOUB	Alaeddine	M
10	ICF	athlete	ALG	LOUDINA	MOUNIR	M
11	ICF	athlete	MOZ	Malapasse	Lifa Liria	F
12	ICF	athlete	STM	Antunes	Alex Fernandes	M
13	ICF	coach	ALG	Secca	Safa	F
14	ICF	coach	ALG	Yezli	Sidali	M
15	ICF	coach	MOZ	Nhoca	Afonso Mauricio Francisco	M
16	ICF	coach	STM	Ceita d'Apesentação	Ramuel	M
17	ICF	instructor	ICF-ALG	Mazar	nadjib	M
18	ICF	instructor	ICF-FRA	Raux	Maxime	M
19	FASACK	athlete	ALG	Larbi	Ryan	M
20	FASACK	coach	ALG	Mouhoub	Anais	F
21	FASACK	coach	ALG		Sihem	F
22	FASACK	coach	ALG	Naceur	Malak	F
23	FASACK	coach	ALG	ARABI	Abdoulilah	M
24	FASACK	coach	ALG	Azaoun	Malek	M
25	FASACK	coach	ALG	Bachiri	Yuba	M

