



**Report of the TIP Training Camp  
Costa Rica  
October 14<sup>th</sup> to 23<sup>th</sup> 2017  
Pan Am and South American Championships.**



**Accommodation, venue and participants**

ICF development training camp took place in Pejibaye – Turrialba, Costa Rica.

It was the first time Costa Rica receives a race of this importance.

Accommodation, breakfast and dinner were at Turrialtico ([turrialtico.com](http://turrialtico.com)), located about 20 minutes by van from the venue. The lunch was at the venue.

The group was composed of 7 athletes, from five countries.

1	ICF	Gratto	Jennifer	M	Coach
2	ICF	Merkle	Guto	M	Coach
3	MEX	Tames	Alejandro	F	K1
4	MEX	Reinoso	Antonio	M	K1
5	ARG	Tripano	Nicolas	M	C1-K1
6	VEN	Vega Perez	Melquisedec	M	K1-C1
7	CHI	Echeverria	Andraz	M	K1
8	CHI	Nobis	Constanza	F	K1-C1
9	CRC	Astorga	Aaron	M	K1

The communication with the group was easy as all athletes speak Spanish and English

Most of the athletes have a good experience. Some are intermediary.

The river was an easy class two so it was possible to train and race safely at it.

### Coaching and equipment

Coaching was daily made by Jennifer Gratto (CAN) and Guto Merkle (BRA).

In two sections we had de cooperation of Jana Dukatova SVK, who gently shared some of her knowledge with the athletes.

We had two workouts, of one hour each on the course. One afternoon we made a small hiking one a National Park nearby.

Most of the athletes brought their own equipment, some were provided by the organization.

### Results

CHI	Olguin	Andraz	K1MSR	5
CHI	Nobis	Constanza	C1WJR	4
CHI	Nobis	Constanza	K1WJR	4
ARG	Tripano	Nicolas	C1MJR	5
ARG	Tripano	Nicolas	K1MJR	19
MEX	Tames	Alejandro	K1MSR	16
MEX	Reinoso	Antonio	K1MJR	4
CRC	Astorga	Aaron	K1MJR	20
VEN	Perez	Melquisedec	C1MSR	7
VEN	Perez	Melquisedec	K1MSR	11

Complete results can be found at [www.crckayak.com](http://www.crckayak.com)

### Development

To be noticed that Nicolas (ARG), Aaron (CRC) and Constanza (CHI) were only sixteen years old.

Special thanks to Roger Madrigal, Erick Lokken , Pierrick Gosselin and. Also to all in ICF, COPAC and FECOCAK whose efforts have made this camp possible.

Luiz Merkle (Guto)  
TIP coach

