

CSL TIP Europe training camp at: European Championships U18-U23, Bratislava, Slovakia, 12.-19. August 2018

In Slovakia, a little country of size per km² but big what concern the canoe slalom achievements where taking place the Canoe Slalom European Championships U18-U23 together with freestyle competition.

Prior to canoe slalom event was created by Talent Identification Program (TIP), group of young athletes from different parts of Europe to get support from coaches: Claudia Leenders, Jean Pierre Bouhris and Miroslav Damborský at date from 12. to 19. August 2018.

Claudia Leenders (NED) and Jean-Pierre Bourhis (SEN) were coaching in the frame of the Return the Favor programme.



Participants:

	Country	First name	Family name	Gender	Category
1	BIH	DUŠAN	Mačkić	M	K1M
2	GRE	Leandro	Gjegjaj	M	K1M
3	LTU	Kipras	Talačka	M	K1M
4	LTU	Kamile	Petrauskaite	W	K1W
5	NOR	Iris	Fyksen Sommernes	W	K1W
6	UKR	Vladyslav	Humeniuk	M	C1M
7	UKR	Anna	Lychko	W	K1W
8	ICF-SVK	Miroslav	Damborský	M	coaching
9	ICF-NED	Claudia	Leenders	W	coaching
10	ICF-SEN	Jean-Pierre	Bourhis	M	coaching + demorun

Accommodation and meal plan

Accommodation for TIP group has been placed on a Houseboat in 5 minutes walking distance from the canoe venue, just across the road at river Danube. As the Houseboat except the rooms has to offer nice restaurant in marine style, the TIP group had full board meal - Breakfast, Lunch, Snack and Dinner always ready according The Schedule plan, which have been created by coaches in advance to fit athletes needs and adapt their training times.



Training and competition

The training at slalom course started Sunday 12th August at evening, where was tested the ability and wild water experience. As slalom course in Bratislava – Čunovo belongs to more difficult, proper warm up before the session is a must.

Athletes had only 4 days to get familiar with the waves, stoppers and strong eddies that they can keep descent lines at the competition. Time schedule for training was 60 min per day, and day before competition only 35 min. TIP group has taking part at extra 3 training sessions in "free hours" together with other national teams (early morning or late evening) to practise difficult parts of the slalom course.

After two sessions athletes were split to three groups for better personal coaching.

As athletes' came with full canoe slalom equipment, and repair kits, for some of them was necessary to do repair after training as we noticed 2x broken paddles and 2x broken boat. Quick fixing helps them to be able to use the equipment at the training and competition again.

With support of video analyse coaches where able provide athletes feedback of the training and fix some inappropriate habits.



Unfortunately, none of the TIP athletes can make run without 50 penalty seconds, due to very difficult gates combination at the competition.

	Country	First name	Family name	Results	Category
1	BIH	DUŠAN	Mačkić	37. – 2.heat	K1M jun.
2	GRE	Leandro	Gjegjaj	DNF	K1M U23
3	LTU	Kipras	Talačka	39. – 2.heat	K1M jun.
4	LTU	Kamile	Petrauskaite	25. – 2.heat	K1W jun.
5	NOR	Iris	Fyksen Sommernes	DNF	K1W jun.
6	UKR	Vladyslav	Humeniuk	16. – 2.heat	C1M jun.
7	UKR	Anna	Lychko	22. – 2.heat	K1W jun.

<http://canoebritslava.sk/live-results/>

The TIP athletes made a great improvement in such a short period of time to be ready for the competition and takes some praxis and advices for the next training and preparation for ongoing season.