

Report of the Excellence Summer Tour in Ljubljana and La Seu d'Urgell (SLO/ESP) August 20th – September 9th 2018



Team Excellence SUMMER TOUR 2018

A. Accommodation

The ICF development training camp took place in Ljubljana (August 20th to the 2nd September) at the university campus (Dijaški / Študentski Dom, Zavod Sv. Stanislava, Štule 23, Šentvid) (<http://www.stud-dom-lj.si/>). This accommodation was at 15 minutes from the stadium. The food was correct, serving vegetables and fruits everyday (Šolt zavod za izobraževanje). The group also stayed in Bovec for two night in the Hostel Bovec for a recovery week-end off. Following the Tacen World Cup, the training camp continued in La Seu d'Urgell in the accommodation of Duc Allotjament B&B.



acomodation in Bovec (SLO)



accommodation in La Seu (ESP)

padding fantastic Soca River



B. Venue and Participants

The training camp consisted of 10 athletes in two different groups:

CHI	echeverria	andraz	M
MAR	mathis	soudi	M
MEX	Sofia	Reinoso	W
SEN	jean-pierre	bourhis	M
SEN	Yves	Bourhis	M
SRB	kristina	petrovic	W
TPE	yu-han	chung	W
TPE	wei-han	chen	W

Participants of the TIP group

To be noticed the participation of the sparring partner Nicolas Gestin (FRA, Silver medal World Junior championships 2018) for training sessions

In Tacen, there were 6 paddlers and 2 coaches. In La Seu we welcomed two new paddlers JP Bourhis from Senegal and Chen Wei-Han from Taipei. They could not join the camp for personal reason or Asian Games participation.

The group was split in 2 parts during the race :

- Titouan Dupras : (MAR), (SEN), (CHI)
- Irène Egües : (TPE), (SER), (MEX)

C. Test and cooperation with Ljubljana Sport and Sciences University.

The training camp of Ljubljana was co-managed by Kristina Petrović due to her relations with the Slovenian Team and the University of the Sport of Ljubljana.

Kristina centred her final Master's degree project on the ICF development group. The project was to create an identification of the levels for every athletes.



Peter Kauzer, Urša Kragelj and Luka Božič for sharing their passion for Slalom

Different tests were done in the Lake Bled on the flat water against the best paddlers in the world (Peter Kauzer, Urša Kragelj and Luka Božič). A meeting was organized with elite athletes after testing. In addition, in the laboratory at Faculty of Sport Ljubljana, the team did a few tests to gain personal data for the profile of each athletes (Lactate test, Endurance tests, MRI, etc).

D. Coaching and equipment

Each athlete was equipped with their own canoeing equipment. For transport, we loaned a van from the Pau Canoe Club.

In order to provide the best coaching quality, we divided a training group into two groups, with each coach assigned to one group. The coaches occasionally rotated groups. In La Seu D'Urgell we had access to additional technical supports during the sessions. Jean Yves Prigent and Lucas Hives Sorin offered their coaching and video support.

E. Results of the 2018 World Cups 4 and 5

				Tacen	La Seu
CHI	echeverria	andraz	K1M	48	51
MAR	mathis	soudi	K1M	16	68
MEX	Sofia	Reinoso	K1W	DNS	61
SEN	jean-pierre	bourhis	C1M	/	22
SEN	Yves	Bourhis	C1M	19	40
SRB	kristina	petrovic	K1W	/	/
TPE	yu-han	chung	C1W	26	48
TPE	wei-han	chen	C1W	/	44

F. Global development of canoe slalom around the World

Firstly, the help given by the Slovenian team was a great opportunity for the development group to have data about their level. The data collected enabled them to have a basic understanding of their physical capabilities and or weak areas that need improvement. These tests enabled them to have a clearer idea of what they need to work on in the lead up to the World Championships in La Seu D'Urgell in 2019.

It was a great experience for them to not only compete at the international level, but also to watch the best in the world. Many of them expressed their motivation to share their knowledge and experiences in their home club.

Finally, we thank the members of ICF who have allowed time for us and realise the importance of this training camp. We must also thank the athletes, coaches and Pierrick Gosselin. Together, we have lived, managed and organised an empowering experience that made it possible for athletes, organisers and coaches to share a passion and “paddle on the water”.