

WORLD CUP – PAU, France – November 2nd to 8th



international
canoe
federation

FFCK
Canoe Kayak et Sports de Pêche

W **COUPE DU
MONDE ICF**
CANOË-KAYAK SLALOM

PAU STADE D'EAUX VIVES
2020 PARC AQUASPORTS
6 > 8 NOVEMBRE

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PAUCANOE.COM

Auto-Sélection
Pau & Environs

HILTON

EDF

PAU STADE D'EAUX VIVES

ATHLETES

TORRES BRICENO Marianna – VEN

RAZEGHIAN Roxana – IRI

REINOSO Sofia – MEX

COACH

TORNARE Nelly – FRA

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SLALOM RESULTS

Heats – Friday 6th	
KI Women	
1. Lafont Marie Zelia	106.32 + 2 = 108.32
14. Reinoso Sofia	137.91 + 4 = 141.91
24. Razeghian Roxana	203.97 + 8 = 211.97
CI Women	
1. Delassus Marjorie	111.36 + 2 = 113.36
22. Torres Briceno Marianna	253.61 + 358 = 611.61

Semi Finale - Saturday 7th	
KI Women	
1. Prigent Romane	108.90 + 2 = 110.90
17. Razeghian Roxana	160.41 + 10 = 170.41
28. Reinoso Sofia	134.19 + 308 = 442.19
Semi Finale – Sunday 8th	
CI Women	
1. Olazabal Klara	113.62 + 0 = 113.62
22. Torres Briceno Marianna	341.28 + 58 = 399.28

SCHEDULE OF THE WEEK

	Roxana	Sofia	Marianna
Monday 2	¼ technique x 6	Technique	Technique
Tuesday 3	1/3 x 6	1/2 + technique	1/3
Wednesday 4	Loops + Technique	Technique + ½	x
Thursday 5	Technique dynamic	Technique	Technique
Friday 6	RACE DAY	RACE DAY	RACE DAY
Saturday 7	RACE DAY	RACE DAY	x
Sunday	x	x	RACE DAY

We did this training camp at the last minute and organise the week of the race with one session on the course everyday. Because they were only 3, i tried as much as possible to do individual feedback. The schedule of the training were organised by country that's why Roxana had an individual training and Sofia and Marianna were almost always together.

INDIVIDUAL FEEDBACK

ROXANA

Roxana had not a lot of training this last months because of the lockdown in Iran.

The main goal of the week was :

- the technique and practising the stopper moves.
- Use the posture of the body
- Use the good balance of the boat to keep the speed of the boat in the stoppers, edging lines and all the boiling water zones.

I planned only technique sessions during the week for Roxana because she was not able to do longer than 1/4 or 1/3 max.

She had some issues at the beginning of the week and was not so confident. After all the week improving it she had finally a good race and a good semi final run.

Her goal for this race was to follow the plan of the lines and control the boat in the stoppers.

- ⇒ She is really motivated to train harder because she did a really good semi finale.
- ⇒ She will send me a training plan for the next weeks in TOULOUSE (France)

NEXT STEP => PATTAYA

MARIANA

Mariana is doing all her training in CI. She has a good technique on the flat or small section, but when it starts to be a big water she can be completely lost. She improved a lot during this week and especially with the race on Sunday.

She will have to train a lot :

- ⇒ in the aerobic and big water to be more confident. Paris for the next months will be perfect ;)
- ⇒ Where to switch
- ⇒ How to keep the speed to go where she wants to go

NEXT STEP => RIO

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SOFIA

Sofia start the week with a Tik Tak slalom boat and receive her new caipi fins on Wednesday.

She was paddling a lot with the back of the boat, lost the control and the speed of the boat.

She also had a line really tight and not so fast. The main thing we work on this week was :

- Paddle and drive the nose of the boat
- Offsets lines
- Ups approach
- Boof or use the curl?

The boat is much more efficient if you use the nose of the boat and control the balance.

She came back to Mexico with the boat and will be able to train on this point to keep it simple with the lines and takes no risk to be ready to Rio.

NEXT STEP => RiO

Schedule of the Race FRIDAY

9:30 - 10:30 Course construction
10:00 - 10:45 tuning qnd demo
10:00 Girls at the course
10:45 Run 1 full lengh
11:00 walk Sofia
11:21 Run 2 full length
11:26 Walk Roxana 11:40 Walk Marianna
13:00 Warm up Sofia
13:30 Marianna Looking by herself
13:20 quick walk with key points Roxana
13:40 Roxana get in the boat
13:40 Sofia back to the boat
13:45 Forerunners
14:00 Marianna watch the course for finale decisions
14:08 Sofia
14:09 Roxana
14:30 Marianna's warm up
15:00 Marianna watch the course
15:20 Marianna back on the boat
15:30 C1W
15:34 Marianna
16:18 1/4
16:54 1/2
17:14 finale

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EXTREME SLALOM RESULTS



KI Women	
1. VOJTOVA Katerina	CZE
2. BALDONI Lea	CAN
3. REINOSO Sofia	MEX
Torres Briceno Marianna end at the ¼ finals	

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3 pictures to resume this performance



THANKS FOR THIS OPPORTUNITY!!

Always moving forward

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