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ICF Level 2 Dragonboat Coaches Course, Perak, Malaysia 18-22 February 2025





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OVERVIEW:

Dates: 18-22 Febr. 2025 (4+ days)

Location: Perak, Malaysia, Scholar Suites UPSI, University Pendidikan, Kampus Sultan

Organised: ACC and Malaysian Canoe Federation

The course level: Level 2

Conducted by: Csaba Szanto ICF, Certified L3 Expert Coach and Presenter, and
Dr. Wai-hung Luk HKG, the Chairman of the ICF DBR Committee

PROGRAM SUMMARY:

18th February: briefing

19th February: lecture (theory)

20th February: lecture (theory) and practical sessions

21st February: lecture, practical session and written examination

22nd February: practical assessment and experience sharing

Total: 40+ hours

The organization

On behalf of the ACC Dr. Luk Chairman of the ICF DBR Committee invited the Asian NFs for participate in the course. It was several interests initially but finally only 17 participated in the course.

The host Malaysian Canoe Federation with the cooperation of the University Pendidikan Sultan Idris organised the DBR coach's course. The University provided the necessary premises for the course. This situation was a great benefit for the participants as all was in the same venue including accommodation, lecture room, lake, boats and meals. Thanking this to the Secretary of the MAS NF Dr. Jaffry Zakaria who is also a Dean, Faculty of Sport Science and Coaching of the named university.

The course director was the ACC Dragon Boat Chairman, Mr. Michael Wong.

The participants:

17 coaches attended in the course from Malaysia and China. The list of the participants:

1	WONG MENG SAN	Asia	Malaysia
2	JAMALLUDIN MOHAMED	Asia	Malaysia
3	TAN WEI KENT	Asia	Malaysia
4	JAFFRY ZAKARIA	Asia	Malaysia
5	DEVANATHAN SEPERAMANIAM	Asia	Malaysia
6	LU GIRLIEEN	Asia	Malaysia
7	KHOR BOON HOW	Asia	Malaysia
8	MUHAMMAD ASIRULLAH KAMAR	Asia	Malaysia
9	AHMAD NASIR MOHD	Asia	Malaysia
10	MUHAMMAD ALIF SABRI	Asia	Malaysia
11	MOHD SANI AHMAD	Asia	Malaysia
12	ZENG HAO	Asia	China
13	HUANG YOUNBIN	Asia	China
14	KE HUA	Asia	China
15	SHAN SHILONG	Asia	China
16	GOU WEI XIN	Asia	China
17	CAO CHAOXING	Asia	China



The subjects of Theory sessions:

History of DBR, the required abilities for DBR racing, paddling technique, training methods, endurance, speed -speed endurance and strength development; racing/tactic, planning of training and racing rules. We used of Power Point presentation specialised for DBR. There was a Chinese translator for the Chinese attendees thought they can speak English.

Practical parts:

All members had experience as athlete or coach or both in DBR racing. However, their paddling technique was not the latest and most successful movements. At practical exercises they accepted the explanation of the most successful technique for the highest speed then followed the instructions.

First, they had to practice DBR' technique by seating on chairs on dryland. The coaches' technique was analysed and corrected one by one before the paddling in boat at every section.

After dryland exercises the participants paddled in dragon boats and attempted to use the technique what they practiced on chairs. I corrected the members as a team i.e. synchronisation and their personal skill.





With diplomas

Level 2 Examination was held.

17 attendees took part in the examination and all 17 passed.

The examination based on a multi choices questioner with 20 questions. This a proof of the good standard and competence of the participants.

General overview

- The course was well prepared and running.
- The place was excellent for the course and convenient as all the necessities were in the same place.
- The ACC with the host NF very well organized the course.

- The participants were very active and raised several questions.
- According to the participants' feed backs on the course they accepted the introduced and practiced paddling technique and could learn several new information.



Budapest, 25.02 2025
Csaba Szanto ICF lecturer