

# REPORT

## ICF Level 1 Canoe Sprint Coaches Course

China, Huzhou Zhejiang University

### OVERVIEW:

Dates: 25-30 June 2025

Location: Huzhou

Hosted by Zhejiang University

The course level: Level 1

Conducted by: Csaba Szanto ICF,



### PROGRAM SUMMARY:

25.June 6 hours theory

26. June 3 hours practical and 3 hours theory

27. June 3 hours practical and 3 hours theory

28. June: examination and Q+A session

29 June: competition analysing

Total: 9 hours Theory; 6 hours Practical course; 1 hour Exa. and 3hour Q+A

**The participants:**

14 male coaches attended in the course from the University.

**The subjects of Theory session via power points:**

Basic information on canoeing; safety and rescue; required abilities for advanced performance; kayak paddling technique, training methods, endurance, speed and speed endurance development, planning of training and racing rules.

**Practical parts:**

Practical instruction and practices were given to the participants on dryland first then in kayaks.

All participants went to the water in touring type of boats. I was checked their movement and gave instructions and corrected their movements. Their feedback was very positive as some of those already experienced the differences between “old technique” and the introduced one. Mainly, to use their trunk rotation instead of just arms.



**Level 1 Examination was held.**

All the participants reached the minimum accepted 20 points out of 25 questions.

### **The list of participants:**

姓名	Name(Pinyin)
贾浩程	Jia Haocheng
王海	Wang Hai
董玉明	Dong Yuming
赵思强	Zhao Siqiang
孙涛	Sun Tao
蒋立旗	Jiang Liqi
	Zhai
翟旺旺	Wangwang
刘威	Liu Wei
彭天	Peng Tian
朱士玉	Zhu Shiyu
肖鹏	Xiao Peng
丁宇航	Ding Yuhang
张义阳	Zhang Yiyang
俞鉴恒	Yu Jianheng

### **General overview**

- According to the feed backs the introduced paddling technique was the best benefit for the coaches.
- The place and the organization of the lectures, also the venue for the practice sessions was very comfortable and good
- At the last two days of the course a big competition between universities for kayaking, SUP and Dragon Boat racing. We watched the races together with the coaches when I was giving them some analyzation and explanation on the technique.

The two interpreters: Tang Hui and Wang Xiaotian did an excellent support.

ICF President Mr. Thomas Konetzko attended in the opening ceremony of the competition.

Budapest, 2025 July 2 Csaba Szanto ICF lecturer





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