

Avenue de Rhodanie, 54 1007, Lausanne Switzerland

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REPORT

ICF Level 1 Canoe Sprint Coaches Course

China, Huzhou Zheijang University

OVERVIEW:

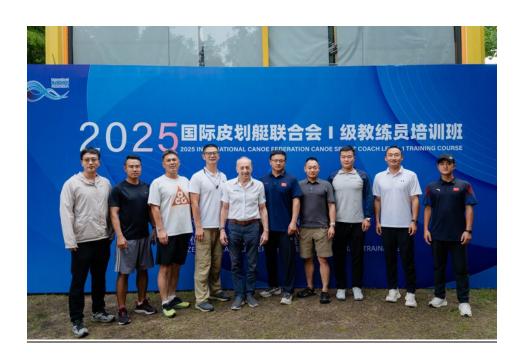
Dates: 25-30 June 2025

Location: Huzhou

Hosted by Zheijang 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



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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 boasts. I was checked their movement and gave instructions and corrected their movements. Their feed back 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.



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The list of participants:

姓名 Name(Pingyin) 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

Zhang Yiyang

Yu Jianheng

General overview

张义阳

俞鉴**恒**

- 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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