

Reports of Continental development CSL camp (ICF/CAC)
African Olympic Qualification
Ash River & Dihlabeng Slalom club (South Africa)
24th January- 18th February 2012



A. Development camp: targets

For the first time, a development camp had been held at the same time as the TIP preparation camp before the African Continentals and then after the competition. Most of the athletes under TIP joined the development camp (Kruisvalley Farm).

Travelling expenses is an issue to organise continental camps, as the paddlers were funding to come to the race, the opportunity was made to have a longer camp than a preparation camp and opened to more paddlers.

The main goals:

- Create and reinforce a spirit of “continental team”
- Sharing experiences among paddlers from different levels
- Welcoming coaches from developing countries in CSL in order to give them a more clear picture of the different steps to hold in launching and promoting the CSL activity when they are back in their country
- Spending more time on the water than the period before the race
- Working on improvement of technical skills and white-water skills
- Helping the local paddlers in any manner

B. Participants and management

1. Coaching

- 2 ICF coaches: Caroline Bourry (FRA) and Pierrick Gosselin (FRA) managed both participants on different groups of level.
- 1 local coach/coordinator: Lindelani Ngidi (RSA)
- Athletes under TIP took also their part in the role of athlete model:
 - Mehdi Rouich (MOR)
 - Success Mahlaba, Nteo Mukutu, Jabulane Mofokeng, Lindelani Ngidi (RSA)

Those athletes have a serious level and experiences in Slalom paddling (continental and world championships, Olympic Games) regular and proper Slalom training, white-water skills.

They were happy to share their experience.

A verbal agreement was made during the TIP actions in 2011 (Summer Tour and World Championships), an athlete who benefits of TIP action has to “give back” by holding the position of athlete model during the different camps organised at his continental championships, otherwise the athlete will immediately not be invited anymore for any TIP action.

2. Development side

Beside the development made among the paddlers from the camp, the group went twice to Dihlabeng Slalom Canoeing club.

The point was to set up gates for the club from Cameron Macintosh, Ciboniso Cele and Lindelani Ngidi (Olympic athletes). For more than one year, the kids of the club had no gate for training. As CSA gave the poles used for the competition and ICF paid for the material (ropes, cables...). It was needed to build the gate system at the club.

This action brought 2 useful out-comes:

- Athletes from the camp experienced their knowledge in setting gates
- Kids from Dihlabeng have now a proper slalom course for training

Movie of the day at: <http://www.youtube.com/watch?v=1e7gB3ZnBhw&feature=youtu.be>

3. Financial and equipment

- Below the list of athletes and their funding :

	COUNTRY	FAMILY NAME	GIVEN NAME		FROM	TO	FUNDING
1	TOGO	AKIBODE	KOFFI	ATHLETE	24/1	18/2	BETHLEHEM
2	MOROCCO	ROUICH	MEDHI	ATHLETE	24/1	17/2	BETHLEHEM
3	KENYA	MAINA	GRACE	ATHLETE	24/1	17/2	BETHLEHEM
4	RSA	MOKOENA	LEHLOHLO	ATHLETE	10	7	BETHLEHEM
5	RSA	MOKUTU	NTEO	ATHLETE	24/1	18/2	BETHLEHEM
6	RSA	JABULANE	MOFOKENG	ATHLETE	24/1	18/2	BETHLEHEM
7	RSA	SUCCESS	MAHLABA	ATHLETE	24/1	18/2	BETHLEHEM
8	KENYA	ALPHAZARD	WACHIRA	ATHLETE	24/1	17/2	ICF/CAC
9	KENYA	GEOFFREY	IRUNGU	ATHLETE	24/1	17/2	ICF/CAC
10	KENYA	DANIEL	KAMUNYU	ATHLETE	24/1	17/2	ICF/CAC
11	RSA	CELE	SIBONISO	ATHLETE	23/1	15/2	ICF/CAC
12	RSA	NGIDI	LINDELANI	ATHLETE/COACH	23/1	17/2	ICF/CAC
13	NIGERIA	EBENEZER	UKWUNA	COACH	3/2	8/2	ICF/CAC
14	KENYA	TITUS	MUKUNDI	COACH	24/1	17/2	ICF/CAC
15	KENYA	FRANCIS	GUMA	COACH	8/2	17/2	ICF/CAC
16	TOGO	ADOYI	GADO	COACH	24/1	18/2	ICF/CAC

C. Schedule

		GROUP A		NIG (1)-MOR (1)-RSA (4)	
		GROUP B		KEN (5)-UGA (1)-TOG (1)-	
DATE		MORNING TRAINING: DEPARTURE 9H		AFTERNOON TRAINING: DEPARTURE 15H30	
		GROUP A	GROUP B	GROUP A	GROUP B
WEDNESDAY	25	DISCOVERING		RAPID RACING	
THURSDAY	26	HALF-FULL-FULL-HALF		TECH	LONG
FRIDAY	27	TECH		THIRDS	LONG (5 DGATES)
SATURDAY	28	FULL'S		REST	
SUNDAY	29	TECH		LOOPS RACE	
MONDAY	30	THIRDS	LONG (UGATES)	À LA CARTE	
TUESDAY	31	HALF-HALF-FULL-FULL		REST	
WEDNESDAY	1	REST	FREE	QUARTERS BROKEN	
THURSDAY	2	FREE			
FRIDAY	3	RACE			
SATURDAY	4	RACE			
SUNDAY	5	DOWN RIVER COMPETITION			
MONDAY	6	GATES SETTING		FREE	
TUESDAY	7	TECHNIC: FERRY		TECHNIC BROKEN: BREAK-OUT EDDY	
WEDNESDAY	8	TECHNIC: SPIN		RAPID RACING	
THURSDAY	9	DIHLABENG SLALOM CANOEING CLUB: GATES SETTING			
FRIDAY	10	THIRDS: FERRY, BREAK-OUT		TECHNIC	
SATURDAY	11	RACE		REST	
SUNDAY	12	DIHLABENG SLALOM CANOEING CLUB: RACE AND BARBECUE			
MONDAY	13	OFF			
TUESDAY	14	TECHNIC		WW SKILLS	
WEDNESDAY	15	REST		TECHNIC	
THURSDAY	16	TECHNIC: HARD DESIGN		REST AND CLEANING	
FRIDAY	17	DEPARTURE			

D. Expenses

EXPENSES FOR CAC/ICF CAMPS 24/01/2012 TO 17/02/2012									
PARTICIPANTS									
					FROM	TO	DAYS		TOTAL (€)
1	KENYA	ALPHAZARD	WACHIRA	ATHLETE	24/1	17/2	25		750
2	KENYA	GEOFFREY	IRUNGU	ATHLETE	24/1	17/2	25		750
3	KENYA	DANIEL	KAMUNYU	ATHLETE	24/1	17/2	25		750
4	UGANDA	MIREMBE	PROSSY	ATHLETE	23/1	5/2	14		420
5	RSA	CELE	SIBONISO	ATHLETE/COACH	23/1	15/2	26		780
6	RSA	NGIDI	LINDELANI	ATHLETE/COACH	23/1	17/2	26		780
7	NIGERIA	EBENEZER	UKWUNA	COACH	3/2	8/2	6		180
8	KENYA	TITUS	MUKUNDI	COACH	24/1	17/2	25		750
9	KENYA	FRANCIS	GUMA	COACH	8/2	17/2	9		270
10	TOGO	ADOYI	GADO	COACH	24/1	18/2	26		780
TOTAL OF DAYS							207		
BOAT RENTAL AND DAMAGE REIMBURSES									700
TOTAL ATHLETES CAMP									6910
BUILDING BOATS PROJECT KENYA									500
EXPENSES JEAN-MICHEL/ERIC					PETROL			105	
					INTERNET COMMUNICATION			80	
EXPENSES CAROLINE BOURRY					FLIGHT			960	
					PERDIEM (25DAYS*40€)			1000	
EXPENSES PIERRICK					INTERNET COMMUNICATION			272	
					FLIGHT			809	
					DEVELOPMENT CAMP			PETROL	31
								WATER	47
EQUIPMENT FIXING			63						
TOTAL MANAGEMENT									3867
GRAND TOTAL									10777

EXPENSES FOR BETHLEHEM MUNICIPALITY CAMPS 24/01/2012 TO 18/02/2012

PARTICIPANTS								
					FROM	TO	DAYS	
1	NIGERIA	AKINYEMI	JOHNATHAN	ATHLETE	24/1	5/2	13	
2	TOGO	AKIBODE	KOFFI	ATHLETE	24/1	18/2	26	
3	MOROCCO	ROUICH	MEDHI	ATHLETE	24/1	17/2	25	
5	KENYA	MAINA	GRACE	ATHLETE	24/1	17/2	25	
6	RSA	MOSES	0	ATHLETE	24/1	3/2	11	
7	RSA	MOKUTU	NTEO	ATHLETE	24/1	18/2	26	
8	RSA	JABULANE	MOFOKENG	ATHLETE	24/1	17/2	25	
9	RSA	SUCCESS	MAHLABA	ATHLETE	24/1	18/2	26	
10	RSA	WEWEDGE	DONOVAN	ATHLETE	24/1	5/2	13	
11	ICF COACH	BOURRY	CAROLINE	COACH	23/1	17/2	26	
12	ICF COACH	GOSELIN	PIERRICK	COACH	19/1	18/2	32	
								248

E. Pictures



setting cables



Job is done



Grace from Kenya



Starting area



Braai



Local kids