

## ICF Slalom development program

### Report Coach training camp - Kenya - Sagana 2013



Figure 1: Titus Mukundi coaching- L. Lafay photo

In co-operation with the International Canoe Federation and the Kenya Canoe Federation a coach Training Camp was held at Sagana from the 21 to the 27 February and from the 9 to 10 March 2013.

The purposes were to pass on the knowledge and experience of white-water activities to the trainees, thus enabling them to initiate/develop them into their federation and club and also to get the first level to become a kayak instructor.

#### Subjects of the training

- Techniques and skills
- Features of white-water
- Pedagogy
- Rescue and safety
- Race organization

#### Coaches

Titus Mukundi : Sagana kayak club coach

Jens Perlwitz : Chairman Wild water ICF Chairman

Lionel Lafay: Slalom ICF coach

**Organisation:**

Seif Patwa : Kenya Rowing and Canoe Federation General Secretary

Harisson Gicheru: Sagana kayak Club Chairman

Titus Mukundi : Sagana kayak club coach

**Participants:**

Below, find the list of the students.

**PROGRAM:****Day 1: Thursday 21 February**

Morning : Assembling at Sagana Tsalach camp

: Meeting with Seif Patwa

: Rafting on the Tana River with some trainees. The goal was to explore the river for possible wild water courses.

Afternoon : Meeting and organisation of the coach training camp

: Inspecting the state of the kayaks and gears



**Figure 2 : Tana River - Slalom course - L. Lafay Photo**

**Day 2: Friday 22 February**

Morning : Meeting trainers and coaches

: Introduction white-water activities

Afternoon : Slalom and wild water training in flat-water

- : How to communicate with the students
- : How to teach Basic strokes technique: position in the kayak - forward paddling – turning sweeps

### **Day 3: Saturday 23 February**

Morning & afternoon: kayak school of Sagana kayak club

- Numbers of the students : 25 (12 to 15 years old)
- Welcoming the students
- Introduction of the session
- Swimming test
- Training basic stroke in slalom and wild water kayak
- Two coaches are administered for each training; 3 sessions, per day.



**Figure 3 : Sagana Kayak School - T. Mukundi Photo**

**Day 4: Sunday 24 February**

Morning : Training rescue

Afternoon : Race sprint wild water, Junior and Senior (25 competitors)

Organisation and timing by Jens PERLWITZ

**Day 5: Monday 25 February**

Morning & afternoon: Basic drills in white-water course:

How to teach basic drills : Upstream – downstream – ferry

: Features of the river

Meeting: Wild water race organisation workshop by Jens Perlwitz.



**Figure 4 : young Kenyan slalomers - T. Mukundi Photo**

### **Day 6: Tuesday 26 February**

Morning : White-water rescue in slalom course.  
: Using ropes  
: Rescue with swimmer

Afternoon : Basic drills in white-water course

### **Day 7: Wednesday 27 February**

Morning : White-water rescue in slalom course  
Afternoon : Slalom Training in the white-water course

- Meeting with Seif Patwa and the trainers

The training camp was cancelled due to the presidential elections and postponed to the 9 and 10 march 2013

### **Day 9: Saturday 9 march.**

Morning and afternoon: Kayak school of Sagana kayak club  
: Basic slalom gate techniques

### **Day 10: Sunday 10 march: Sagana Kayak club slalom competition**

- Race of 10 gates in flatwater with 2 runs.
- Number of competitors: 22
- Score Monitor : Harisson Gicheru
- Course designer: Titus
- Timing : Edwin
- Judges: Titus and Lionel
- Demonstration: Lionel
- Water safety: Geoffrey and Julius

Slalom Results: Below, find the results compiled by Harrison K. Gicheru chairman Sagana whitewater /slalom club Kenya

Wildwater Results : Compiled by Jens PERLWITZ

Report compiled by Lionel LAFAY, ICF slalom coach.

## SLALOM RACES AT SAGANA – KENYA (10-03-2013):

### SENIOR MALE PARTICIPANTS

1-JULIUS MATE	KI RACE1 93.1+0=93	RACE2 94.63+4=98.63	BEST TIME 93
2-ALPHAXAD MAINA	K1 RACE1 94.18+4=98.18	RACE2 93.19+2=95.19	BEST TIME 95.19
3-GEOFFRY MWANGI	C1 RACE1 98.55+0=98.55	RACE2 98.10+0=98.10	BEST TIME 98.10
4-FRANCIS MWANGI	KI RACE1 103.5+0=103.5	RACE2 100.48+0=100.48	BEST TIME 100.48
5-SAMUEL MUTURE	KI RACE1 108+0=108	RACE2 109.75+0=109.75	BEST TIME 108
6-JOSEPH MWANGI	KI RACE1 119.66+52=171.66	RACE2 115.83+2=117.83	BTIME 117.83
7-FRANCIS MWIRURI	KI RACE1 121+355=476	RACE2 117.9+0=117.9	BEST TIME 117.9

### MALE JUNIOR PARTICIPANTS

1-ANTHONY MUCHOKI	KI RACE1 139+2=141	RACE2 138+150=288	BEST TIME 141
2-MAXWELL KARUSI	KI RACE1 157+50=207	RACE2 149+2=151	BEST TIME 151
3-JOSEPH MARUBU	KI RACE1 182+52=234	RACE2 159+0=159	BEST TIME 159
4-JULIUS KAHURIA	KI RACE1 159+100=259	RACE2 161+0=161	BEST TIME 161
5-BENSON WANJAO	KI RACE1 170+202=372	RACE2 160+2=162	BEST TIME 162
6-ELIJA WAMWEA	KI RACE1 163+4=167	RACE2 163+0=163	BEST TIME 163
7-BILLY GICHERU	KI RACE1 165+0=165	RACE2 172+252=424	BEST TIME 165
8-PAUL NJUGUNA	KI RACE1 184+2=186	RACE2 178+4=182	BEST TIME 182
9-NELSON MAINA	KI RACE1 194+2=196	RACE2 180+4=184	BEST TIME 184
10-JOSPHAT KAMAU	KI RACE 1 179+50=229	RACE2 224+0=224	BEST TIME 224
11-NAHASON MAINA	KI RACE1 147+350=397	RACE2 178+50=228	BEST TIME 228

### FEMALE PARTICIPANTS

1-LEAH WANJIKU	K1 RACE1 162+2=164	RACE2 171+58=164	BEST TIME 164
2-ROSE MAINA	K1 RACE1- 207+2=209	RACE2 168+0=168	BEST TIME 168
3-LEAH NYAWIRA	K1 RACE1 141+252=293	RACE2 177+4=181	BEST TIME 181
4-IRENE NYAGUTHII	K1 RACE1 227+0=227	RACE2 213+50=263	BEST TIME 227
5-SUSAN NYAGUTHII	K1 RACE1 171+352=523	RACE2 224+50=274	BEST TIME 274
6-ROSEMARY KAGENDO	K1 RACE1 224+150=394	RACE2 242+100=342	BEST TIME 342
7-SARA WANJA	KIRACE1	DNF	