

# COLOMBIA SAN GIL

EXPAND & EXTEND WOMEN CANOE

WOMEN IN POWER

CANOE SLALOM



## **Project Proposal: Expand and Extend in San Gil Colombia.**

**Colombia, San Gil**

**Sofia Reinoso and Crista Wiles- Oct 20th-27th**

Giving the opportunity to give back just a little of bit of what you've gotten is an irreplaceable feeling.

Crista and I arrived in the town of San Gil very late on the night of the 19th of october.

A bris of hot air woke us up early morning to start the camp, we met with Henry Delgado (instructor of the club) and figure out all the necessary logistics to organize last details and start the camp.

That same afternoon we took a bus to Pozo Azul a natural canal where most of our sessions were given and we tough our first class to the kids.

Most of our days had a routine of an early morning first class for the kids with school in the afternoon from 7:00am to 9:30am and an afternoon session from 3:00pm to 5:30pm.

The sessions varied significantly depending on the level of the students, since there were kids just starting and others more advanced. Crista and I tried to make each session fun and challenging for all the levels, as well as dedicating lots of time and effort into trying to improve each kids abilities and skills. The sessions consisted on rolling, strokes, gates and games.

In between the classes we did different activities; on october 21th we were interview by the regional Tv and the news paper to explain what we were doing and invite more people to the event.

We also had a chat with the local president about the Expand & Extend and the improvement of San Gil's school of kayaking.

On october 22th we did our first clinic with 4 girls. The clinics consisted on getting on the water as well as chats off water about the importance of women in power, opportunities, how to teach, how to make a project, women potential and the importance of raising the awareness on the conservation of the rivers.

Sunday 25th of october was our biggest day, we called it the "Pozo Azul fest". All the community was invited to come and be part of it. The day started at around 10:00am with some games for all the kids followed by little kayaking races. At about noon we had a race of who could pick up the most amount of garbage (adults were part of these as well). To end the day we had our most exiting event the "Slalom Race" with around 28 competitors a women category, men juniors and men senior. After that we invited everyone for lunch and shared quality time at the award ceremony.

Last but not least on the 26th of october the kids wanted to do something different and as a reward from the race we decide to take them for a down river on the Fonce river (Local run). It rained all night and the river came up significantly; to not risk anyone, Henry took a raft with some of the kids that couldn't paddle down the section, we had a blast.

The closing ceremony was on tuesday the 27th in a pizza place we shared a prime time with parents and kids of the club, gave out the diplomas and actually they had a surprise cake for my birthday!!!

I think it was a succes and we really enjoy doing it.  
The only thing missing is...

Dates and place for the next camp!!!!!!

Thank you for the oppportunity and all the support.

Sofia Reinoso

## Participants

1	Mexico	Reinoso	Sofia	F	1996
2	Canada	Wiles	Crista	F	1989
3	Colombia	Santos Leon	Wendy Yuliana	F	2001
4	Colombia	Milena Vasquez	Omaira	F	1983
5	Colombia	Arguello Vargas	Zulay Dayanna	F	1990
6	Colombia	Mora	Nicol Natalia	F	1989
7	Colombia	Pereira Acosta	Laura Alejandra	F	
8	Colombia	Estupinon Malaver	Luisa Maria	F	2008
9	Colombia	Rojas Carreno	Sebastian Cmilllo	M	2001
10	Colombia	Rojas Sarmiento	Alvaro Edison	M	2001
11	Colombia	Rojas Sarmiento	Sebastian	M	2001
12	Colombia	Carpio Sepulveda	Arnold Yamid	M	2002
13	Colombia	Carpio Sepulveda	Libardo Andres	M	1999
14	Colombia	Hernandez Martinez	Nicolas Santiago	M	2001
15	Colombia	Cohen Leon	Camilo Andres	M	2002
16	Colombia	Delgado Hurtado	Erik David	M	2006
17	Colombia	Rojas Pinto	Cristian	M	2002
18	Colombia	Uribe	Anres Felipe	M	
19	Colombia	Mora	Juan David	M	
20	Colombia	Hernandez Martinez	Salome	M	
21	Colombia	Malaver Vasquez	Carlos Stiven	M	2009
22	Colombia	Malaver Vasquez	Yower Sneider	M	2002
23	Colombia	Nurgos Nieves	Enzo	M	2007
24	Colombia	Rojas	Alvaro	M	1976
25	Colombia	Estupinon	Alfonso	M	1975
26	Colombia	Munoz Delgado	Fabian	M	1989
27	Colombia	Mare	Andres	M	1993
28	Colombia	Arenas	Diego	M	1993
29	Colombia	Suarez Leon	Isabella	M	2007