

# Zdravo od Skopje ! - Hello from Skopje!

## TIP Europe Training Camp

### 1st to 9th April 2016

#### 1. Frame of the TIP Europe Camp-Skopje 2016

As part of the International Canoe Federation development program, TIP Continental Europe aims to identify and support athletes from different European countries with the aim of participation in the Olympics 2020. In view of the upcoming international coupling canoe slalom and sprint whitewater, a joint program with two disciplines was launched in 2015 during and after the world cup slalom Pau. This program will allow young paddlers to practice slalom and downhill sprint for a participation in the Cup Pau mixed world in 2016, at the world championships in Pau in 2017. The program will have to continue to Seo world championships in 2019.



The Hotel Matka

1	BUL	Viktorov Georgiev	Aleksandar	M
2	BUL	Tsenkov	Ivo	M
3	LTU	Mazeikis	Simantas	M
4	LTU	Lipska	Dalija	F
5	SER	Vlajic	Dejana	F
6	SER	Dimitrijevic	Ognjen	M
7	UKR	Bohutska	Viktoriiia	F
8	UKR	Halimova	Marina	F
9	NOR	Bergseth	Elias	M
10	NOR	Moseid Sven	Harald	M
11	HUN	Rácz	Koppány	M
12	TUR	MORGİL	EREN	M
13	TUR	BEYAZOĞLU	BUSE	F
14	LTU	Rasimavicius	Vilius	M
15	FYR	Zlatarov	Aleksandar	M
16	GRE	ZISEKAS	Panagiotis	M
17	ICF	tom	bar	M
18	ICF	viktoriaa	dobrotvorska	F
19	ICF	ognen	brazinski	M

3 coaches are in charge of the group: Viktoriiia Dobrotvorska (UKR), Tom Bar (FRA) and Ognen Brazinski (FYR). Athletes are listed in the table.

Fifteen young people from different countries of Eastern Europe, aged between 16 and 22 years on the Treska and white water stadium in Skopje.

We are staying in a hotel in Matka Canyon from the bottom in an ideal setting for training. The hotel was located ten minutes walk from the pool, which made us very simple logistics.

Paddlers had very heterogeneous levels. More experienced had the equivalent of a good level N2 when one of them gave his first paddle strokes in a whitewater kayak slalom.

So we logically created navigation groups. A first group with the most athletes toughed, a second youth with intermediate levels (equivalent good level n3) and a third group who discovered the discipline.

They all attended the IKAS 2016 canoe slalom competition.



## 2. Feedbacks

These athletes although youth are more autonomous in their ages. There is no need to support them in terms of logistics, preparation equipment, heating.

They are passionate about the business, it is difficult to get them out of the water!

They are able to perform highly technical figures on some doors but are unable to make a handle to 0 and create a workable navigation project.

The improvements of the athletes were visible and the sessions took place in good conditions. Every time we have had problems implementing the downhill sessions. The boats we were loaned by the Bosnian team but really not in good condition and were mostly without equipment and calibrations (foot bar, knee wedges ..). Also on the day of the downhill race boats also used by Bosnian athletes which made it very difficult the preparation and conduct of the Europa Cup race.

The last race of the weekend highlighted the progress made pendants week. The number of keys was down sharply and athletes had largely achieved by term projects paths and options they had put in place previously.



# Training Camp Skopje Schedule

Training Camp IcF TiP Skopje 2016		
<b>Thursday 31</b>		Flight Toulouse → Skopje
<b>F1</b>	Welcoming time with athletes	First training on the course. Levels observations for the coaches, pick bearings on the race for the athletes.
<b>S2</b>	1st Macedonia trials	Technical training with group 1 - work on options (spins, back ferrys, boogies)
<b>S3</b>	2nd Macedonia trials	Loops training - Alone (3 runs) and 2 runs more by team of two
<b>M4</b>	hiking training in the mountains 2h30'	Focus training: Five times five gates. 3 runs without penalty to go in the next design.
<b>T5</b>	1/3 with times and projects formulation	Technical training - Making own designs
<b>W6</b>	Technical training : rhythms changing	Cool Flat water on the lac, regeneration, basics, eskimo-roll
<b>T7</b>	1/2 designs with technical observations	Downriver sprint Training - Pick bearing - work on the usage of the leans to turn and control the boat in wildwater
<b>F8</b>	Cool slalom technical training, recherche of good feelings	Designs Analyze and opening ceremony
<b>S9</b>	Europa cup wildwater sprint	Heats Slalom 2 runs
<b>W10</b>	Semi Final and Final Slalom	Fun slalom Technical training
<b>M11</b>	Flight Skopje → Toulouse	

