## EXPAND AND EXTEND WOMEN IN CANOEING ARGENTINA 23th Nov- 3rd Dec 2017

Growing, expanding, sharing, giving back are just a few things that can describe what I search for in my life. Finding opportunities and learning from them are just the perfect excuse to also give them back.

The Expand and Extend program in Argentina 2017 was a great success.10 days in San Juan and these girls were able to improve their kayaking skills as well as shape their projects.

There were 4 girls in the Program, a lot less than what I had plan, but it turned out to be a good thing. These girls were here because each of them had worked for it, they wanted the opportunity and they made it happen.

Ana Paula Fernandes Castro, Paraguay. The positive attitude and determination of this girl are inevitable to miss. She has the Project of making a festival call: El festival de la 3 fronteras, where she wants to include: Paraguay, Brasil and Argentina. With the festival she has the objective of showing the sport to the community as well as raising some money to make a kayaking school and help her support trips to develop the sport in other parts of Paraguay.

Paz Gajardo, Chile. This girl wants to eat the whole world, she wants to do so many things you have to slow her down. She has already started a club in Pucon, and has done a bunch of free lessons for the community, she is looking to give kids without recourses the opportunity to get into the sport. In order to do this she is looking for gear, she wants to find a way to start making her own boats. She is searching for help with the government as well as starting kayaking lessons with kids of private schools.

Mariana Torres, Venezualan. This girl had to move to the USA because of problems in her country. She had been working at an Ice cream shop in order to make money and continue her dream of kayaking. She is motivated to improve herself in the sport and to expand kayaking around south America, due to the problems in Venezuela she is keen to help develop the projects of the rest of the group.

Sasha Azcona, Mexico. This girl is a too little young to have any set projects of her own, but she is so keen in kayaking and helping others that in no time she will be a steward of the sport.

I couldn't be more thankful for this opportunity, I think each of this girls got so much from the camp, but it was also me who learned from them, the experience and the other coaches.

I look forward for more of this.



