

# EXPAND AND EXTEND IN IRAN 2019

Kohgiluyeh and Boyer-Ahmad Province  
Chaharmahal and Bakhtiari Province  
Qazvin  
22nd April -2nd May 2019



الغایت ۱۱ اردیبهشت ۹۸  
استان کهگیلویه و بویراحمد  
استان چهارمحال بختیاری  
استان قزوین

**کمپ گسترش و توسعه اسلalom برای نوجوانان**  
Expand and extent of slalom in iran

با هدف  
آشنایی بیشتر نوجوانان با اسلalom  
تمرین و قهرمانی در کنار تحصیل  
آموزش ساخت و اجرا پیست اسلalom  
آشنایی با اکوسیستم آبی و حفاظت از آن

مربیان  
NOURIA NEWMAN  
رکسانا رازقیان  
نیروانا اسدبکی

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## goals

Teaching the slalom skills to the young athletes(the age between below 14 until 16).

Find the place in this provinces for making the natural slalom course in river.

Focus on training at home and study(don't stay in national camp all the year and far from home and education).

## Coaches and people who help us

### coaches

Nouria Newman (world class athlete )



Nirvana Asadbeigi(4th at YOG 2018 slalom event)



Roxana Razeghian (slalom national athlete)



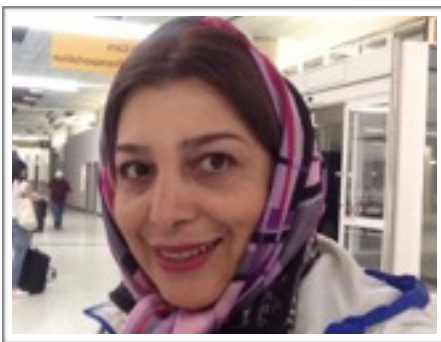
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## people who help us

Niloofar Zabihi (video maker)



Katayoun Ashraf(head of slalom committee in iran)



Also in Savadjan mr.Mehrdad Rahimi and mr.Arya Jafari help us for some coaching part.

## The place of the camp

3 different provinces,the reason we choose this provinces is all of them has river and good place for starting slalom.

Kohgiluyeh and Boyer-Ahmad Province \_ Yasouj

Chaharmahal and Bakhtiari Province \_ Savadjan

Qazvin \_ Mehregan lake

## Accommodation

Most of the kids stay in their home for rest and in Qazvin some of the kids are from next city (20 km far)and they stay in sport hotel.

in Yasouj the facilitators were stay in hotel ,in Savadjan in local house,in Qazvin in city hall guesthouse.

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## Participants

we planed to have 10 kids in each province but i honored to say at the end we worked with 56 kids and 7 coaches in total.

### Kohgiluyeh and Boyer-Ahmad Province \_ Yasouj

**Description:** 9 athletes ,3 coaches

**first day:**working on basic slalom skills in swimming pool

**second day:**put the gate in swimming pool,teaching the roll,cleaning river side from plastic

**third day:**working on edge in swimming pool,in afternoon we went to the river and did the basics.

| BOYS                | GIRLS            |
|---------------------|------------------|
| 1.SASAN DANESHI     | 4.ELNAZ SHAFIEE  |
| 2.MOHAMMAD SISAKHTI | 5.AVA SHAFIEE    |
| 3.AMIRREZA KHADEMI  | 6.GHAZAL KHADEMI |
| COACHES             | 7.ZAHRA SHAKERI  |
| GHASEM NAVIDFAR(M)  | 9.ZEINAB SHAKERI |
| SHAHIN NAMDARI(F)   |                  |
| SAMIRA MEHRABI(F)   |                  |

*first day*



*second day*



*third day*



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## Chaharmahal and Bakhtiari Province \_ Savadjan

**Description :** 20 athletes 1 coach because leak of equipments and number of the kids,we made 2 groups of athlete base on level

**first day:** working on basic skills of paddling

**second day:** working on basic slalom skills /in afternoon the kids compete some slalom running and paddling

**third day:**paddling in river with Nouria with plastic boat and at the end play in waves.

| BOYS                      | GIRLS                 |
|---------------------------|-----------------------|
| 1.HOSSEIN KHOSRAVI        | 12.MAEDE BOZORGPOUR   |
| 2.BENYAMIN KHOSRAVI       | 13.PARMIDA TABESH     |
| 3.HOSSEIN FATAHI          | 14.SADAF KAVEH        |
| 4.SALEH BOZORGPOUR        | 15.SABA KAVEH         |
| 5.ABOLFAZL FATAHI         | 16.NIRVANA RAHIMI     |
| 6.ERFAN KHOSRAVI          | 17.ZAHRA BOZORGPOUR   |
| 7.HASAN KHOSRAVI          | 18.ZAHRA SHAHRIYARI   |
| 8.ABOLFAZL BOZORGPOUR     | 19.NAZANIN HASANZADEH |
| 9.AMIRMOHAMMAD KOHI FAEGH | 20.PARYA AGHAJARI     |
| 10.SALEH ASGARI           | COACH                 |
| 11.GHODRATOLAH KHOSRAVI   | HADI KHOSRAVI         |

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*first day*



*second day*



*third day*



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## Qazvin \_ Mehregan lake

**Description:** 27 athletes making 2 group based on skills, because of the rain and flood we couldn't go to river.

**First day:** working on slalom skills / in afternoon use the technic in gates

**Second day:** working in upstream gate / in afternoon set the design with down and upstream gate and play some games

**Third day:** working on off set design / in afternoon obstacle slalom race

| BOYS                 | GIRLS                   |
|----------------------|-------------------------|
| 1.PARSA MOLAIE       | 6.SOGAND JAHAN KHANI    |
| 2.AMIRMEHDI RABIEIE  | 7.SOGAND AHMADI         |
| 3.MANI MIRZAIE       | 8.SOLALEH MOLAIE        |
| 4.REZA HEDAYAT MEHR  | 9.NIOUSHA FATHI         |
| 5.BARDIA PIROZNIA    | 10.KHATEREH FARAJI      |
| COACHES              | 11.MINO MASOMI          |
| HAMID MIRZAIE(M)     | 12.ZAHRA ZAFARI         |
| MAHDIEH RIAZI (F)    | 13.PARIA KESHARVARZ     |
| MEHRNOSH MEHNEGAR(F) | 14.ZAHRA SEPANDAR       |
|                      | 15.ZAHRA INALOO         |
|                      | 16.ROSHA ALAHYARI       |
|                      | 17.REIHANEH MAHMODI     |
|                      | 18.ANITA AFASHRI        |
|                      | 19.DONYA BAREZI         |
|                      | 20.NEGRAR MOHAMMADZADEH |
|                      | 21.YALDA PANAHI         |
|                      | 22.BAHAREH BANDARI      |
|                      | 23.MAHYAS TALBLO        |
|                      | 24.GHAZAL YOUSOFI       |
|                      | 25.MOHADESEH TORKEH     |
|                      | 26.AYLAR AHMADI         |
|                      | 27.PARMIS BAHRAMI       |



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*first day*



*second day*



*third day*



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## Equipments

paddle:use the paddle that the clubs has/ICF support 4 C1 paddle.

life jacket:using kayak polo life jacket

boat:send the boat from Tehran to Yasouj ,in Savadjan using plastic boat for down river ,Qazvin has some slalom boat which is made by iran

and after this camp sport department in Yasouj promised to buy new boat.

## Transfer

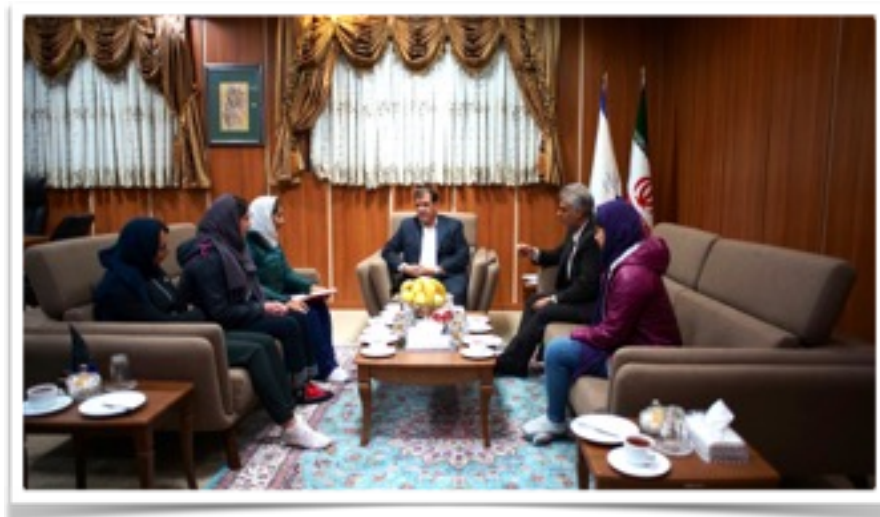
the kids doesn't need to travel for this project and they coming with bike or by feet for training.

the facilitators drives for 2000 km by car.

## Meeting with some important person

meeting with governor of Yasouj for talking about building the course in city and support the athletes.(pic1)

also the mayor of the Mohammadih city visited the training ,she order to buy new equipments of their athletes.



*picture 1*

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## Conclusion

This camp is subset of EXPAND AND EXTEND WOMEN CANOE with is held one time also in Iran in 2014.

we expect to have 30 athletes but at the end 56 motivated young athletes join to the slalom family in Iran.for sure more athlete make this discipline alive.

in3 different places they starting to build the course(basic course)

the kids figure out that they can training and study at same time in home town.

they realized for slalom they need river and river with a lot of plastic is not best place for training.

i would like to say thank you to all club managers in provinces without them it wasn't possible.

to pierrick for helping and support us and great job for developing

to katayoun for stay behind and support us in this project.

and big thanks to ICF

