

Junior & U23 World Championships

ICF Development – Canoe slalom

Foix, France - 30/06 - 13/07 2025



OVERVIEW

Dates: 30 of June to 13th of July 2025

Location Foix France

Organizers: HOC 2025 Jun and U23 World Championships Foix and the ICF

Financially supported by: HOC 2025 Jun and U23 World Championships Foix and the ICF

Participants:

- Number of athletes 14
- Number of ICF Coaches 6
- Number of NF attending 8

PROGRAM:

Training sessions:

We had, during the non-official training days, two sessions per day with both slalom and cross kayaks. During the official training days, we had still the second training, when the athletes were not too tired, to allow them to acquire confidence with the kayaks, especially with the cross boats.



Seminar and meetings

We had a very interesting meeting with Thais Cevada about doping. I think the most important thing we learned is that we have to be very careful because there might be not-allowed substances also in products that should be clean.

Attendants

Athletes

The group was very heterogeneous with different levels. Despite this diversity, the group has always been very united and ready to help and encourage each other. Overall, a very good group, attentive and eager to learn. Some of the athletes we had have already very good paddling technique. For these athletes I would recommend focusing on the flow of the boat and on the rotation speed. For the athletes that have less technique skills I would suggest working a lot on the basics (for example the rotation of the shoulders and the use of the legs during rotations or paddling methods to improve the efficiency of the movements)



Coaches

Overall



description

The coaches came, like the athletes, from different countries with different backgrounds, habits and training methods. This aspect is very important because it allows the whole group to see, recognize and understand the athletes in the short time we have to know them.

Evaluation

The coaches group was, from the beginning of the camp, very close-knit and ready to collaborate. This was fundamental for the success of the whole period (including trainings and race days). It was very easy to work with them.

Logistic

Pick up and Local transportation

Except for one day, that the HOC had no volunteers to pick up the attendants from the airport, all the pickups were good, with just little delays for some of them.

Accommodations

The accommodation was clean, with big comfortable rooms. We only had to deal with the fact that there were no bed sheets and not even pillows. We managed to get, from the HOC, some disposable sheets but they had no solutions for the pillows.

Catering

Catering was good, every day with fresh food and fruit. The only thing that doesn't work perfectly was that it was the volunteer's catering so was not thought for athletes and sometimes there was not enough food or not balanced. We had to buy protein bars. There wasn't enough choice between different types of meat or vegetarian options.

Training facilities

The venue in Foix is perfect for a training camp with Junior and U23 athletes that need to work and improve their technique since it has two parts, one easy and one more difficult.

Meeting facilities

The antidoping meeting was in a big room, so it was very comfortable for the group. The teams leaders meeting, instead was in a small room and someone didn't have place where to sit.

Equipment

Boats

Cross boats were good, we only had to add some weight to some of them.

Paddles

Safety equipment

Coaching tools

We had the iPads some days later and we used them only for the video reviews of the races. Also because the coaches and athletes were used to using the coaches phones.

Appendices

List of participants (cf separate table template)

Schedule of the camp (pdf version)

Ettore Brigo

Development Camp Coordinator

List of Participants

FAMILY NAME	FIRST NAME	YEAR OF BIRTH	GENDER	ROLE IN THE CAMP	EVENTS
Venniker	Scott	2008	Man	Athlete	Kayak;Kayak Cross;Team Kayak;
Trower	Hannah	2008	Woman	Athlete	Kayak;Kayak Cross;Team Kayak;
Rivadeneira Arévalo	Màximo Nicolàs	2008	Man	Athlete	Kayak;Kayak Cross;
Sanchez Castillo	Danna Rafaela	2009	Woman	Athlete	Kayak;Kayak Cross;
Carrasco Cadillo	Juan Antonio	2007	Man	Athlete	Kayak;Kayak Cross;
Berio Huaman	Eoid Mia	2006	Woman	Athlete	Kayak;Kayak Cross;
Reinoso	Fernando	2002	Man	Athlete	Kayak;Kayak Cross
Parlak	Mustafa	2006	Man	Athlete	Canoe
Avcu	Ceren	2010	Woman	Athlete	Kayak
Aguirre Gonzales	Florencia Isidora	2005	Woman	Athlete	Kayak;Canoe;Kayak Cross
Soto Eldredge	Geral Manuel	2006	Man	Athlete	Kayak;Canoe
Biyinzika	Martha	2007	Woman	Athlete	Kayak;Kayak Cross
Mataaka	Abdul Razaq	2005	Man	Athlete	Kayak;Kayak Cross
Rathod	Pradhyumna Singh	2005	Man	Athlete	Kayak;Kayak Cross
Chouhan	Shikha	2003	Woman	Athlete	Kayak;Kayak Cross
Kulikov	Alexandr	1997	Man	ICF Coach	
Foulon	Kilian	1992	Man	ICF Coach	
Royle	Jasmine	1993	Woman	ICF Coach	
Reinoso	sofia	1996	Woman	ICF Coach	
Echeverria	Andraz	2025	Man	ICF Coach	
Brigo	Ettore	1988	Man	ICF Head Coach	

Program

	8	9	10	11	12	13	14	15	15:30	16	16:30	17	18	19	20
03.juil										Training Slalom 16.15-17				Dinner	
04.juil				Trainign Slalom 11-11.45											Dinner
05.juil				Training Cross 11.45-12.30									Teams leders meeting		Dinner
06.juil							Training slalom 14-14.45						18.30 Opening Ceremony		Dinner
07.juil	Training Slalom 8.30-9			Antidoping			Course construccion Semi&Finals	Demo run	Course construccion Heats	Demo run	course approval	Demo Teams		Dinner	
08.juil		K1 Heats + Teams											Medal Ceremony	Dinner	
09.juil		C1 Heats + Teams								Medal Ceremony				Dinner	
10.juil		K1 Semifinals & Finals										Medal Ceremony		Dinner	
11.juil		C1 Semifinals & Finals										Cross Construccion	Medal Ceremony	Dinner	
12.juil	Training Cross 8.15-9 U23	Training Cross 9.45-10.15 Junior	Kayak Cross Individuals							Medal Ceremony				Dinner	
13.juil	Training Cross Junior	Training Cross U23	Kayak Cross Eliminations								Medal Ceremony & Closing Ceremony			Dinner	