

## REPORT

### African Olympic Qualifier

By POTTELETTE Robin, ICF TIP responsible

20/03/2020

#### Foreword

This training camp was organized for gathering the TIP athletes identified by the ICF. The training camp was scheduled ahead the Olympic qualifier competition in order to prepare the athletes on a new course, but the race has been cancelled because the pandemic of COVID-19 and consequently the training camp shortened.

However, the trainings sessions have been organized and athletes have improved their skill in white water.



**Dates:** 06/03 → 11/03

**Location:** White water park in Huningue (France, Grand-Est)

**Participants:** 5 athletes from 3 different countries (2 Kenyans, 2 south African, 1 Algeria). 2 Coaches

A group of 3 athletes (2 from Mauritius and 1 from Morocco) who lives in France joined us Monday with their coach, Kilian.



Name	First name	Country	Gender	Function
POTTELETTE	Robin	FRA	Male	ICF, TIP responsible
MOUHOU	Anaïs	ALG	Female	Athlete
MAKUBO	Sandile	RSA	Male	Athlete
MOFOKENG	Thabo Oscar	RSA	Male	Athlete
WEWEGE	John Donovan	RSA	Male	Coach
KARANJA	Levis Peter	KEN	Male	Athlete
MUTURI	Samuel	KEN	Male	Athlete
MUKUNDI	Titus	KEN	Male	Coach
FOULON	Kilian	MRI	Male	Coach
SARAMANDIF	Doriane	MRI	Female	Athlete
SARAMANDIF	Terence	MRI	Male	Athlete



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### Course Program:

At the begin of the camp, we have done many exploratory sessions to familiarize athletes with the course and with the white water features. The 07/03 we have organized a competition simulation with the Swiss junior Team and the local club, Hunningue.

For the other sessions we have focused on the technique to give many lines of work. We have work on the approach of upstream gates and the use of stoppers to realize a sequence of gates.

All day we have approximately the same program, proposing 2 sessions on the course.

Activity	Hour	Location
Breakfast	8.00 AM	Hotel
1 <sup>st</sup> session	9.30 AM	Course
Lunch	12.00 AM	Hotel
2 <sup>nd</sup> session	15.30 PM	Course
Diner	19.30 PM	Hotel
Video feedback and discussion	20.30 PM	Hotel



**Evolution of the athletes:**

In the beginning, Kenyans athletes were comfortable with the stoppers but not really with the gates. We have made a good work on the approach of upstream gates.

South African athletes are pretty good, but they do many mistakes in white water, with training they could become good paddlers!





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**Personal feeling:**

For me this is a very good experience, athletes and coaches are very motivated, they want to progress in their discipline, they were very eager to learn, focus during the session.