

CANOE SPRINT TECHNICAL COACH COURSE

LEVEL 1

BANGUI, CENTRAL AFRICAN REPUBLIC

MARCH 7TH – 15TH

ICF EXPERT COACH: IONEL LETCAE



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1. Project Identification

- Program – Olympic Solidarity Plan 2025 – 2028
- National Olympic Committee – Central African Republic
- Host - Central African Republic National Canoe and Kayak Federation
- Sport / Discipline Canoe Sprint
- Location – Bangui
- Course Dates March 7th to 15th
- Expert quest period 6 to 16
- Designated expert – Coach Ionel Letcae

2. Course objectives

- To prepare local coaches to develop the sport of Canoe Sprint and lay the foundation for future development
- Preparing coaches for certification exam
- Learning environment: share experience with future coaches

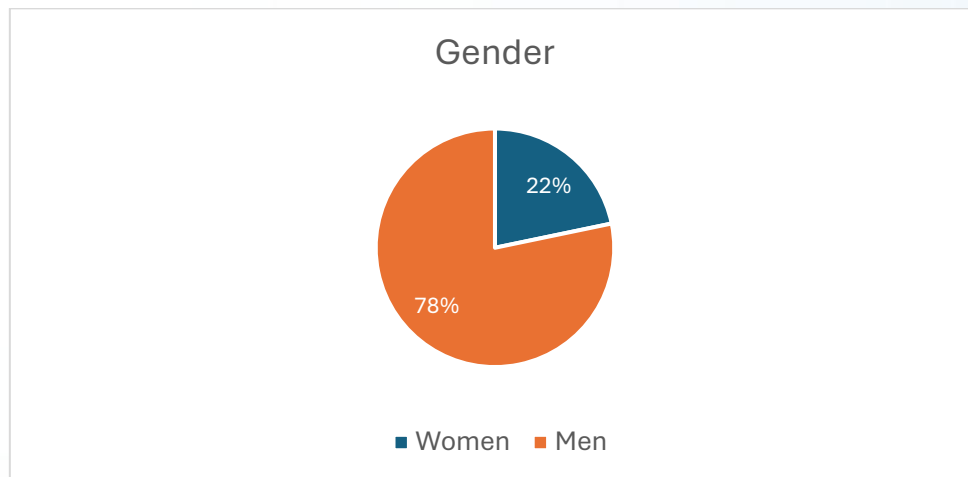
3. Introduction

- This level 1 Canoe Coach training course was conducted under auspices of Olympic Solidarity in collaboration with ICF and Central African Republic Canoe Kayak Federation. It took place in the National Olympic Committee in Bangui. The goal was to prepare future coaches.
- The lack of a high-performance center is a very serious obstacle, as is the lack of equipment.



4. Participant Profile

- Throughout the course, the National Federations played a leading role in all activities carried out.
- 23 participants:
 - 10 coaches
 - 13 athletes



5. Detailed Schedule of Activities

Day 1 – March 7th

11:00

- Official opening ceremony
- Official presentation of National Olympic Committee
- Official presentation of President of Central African Republic Canoe Kayak Federation
- Official presentation of ICF Expert



15:00

- Women Dragon (Pirogue) Boat race to celebrate International Women's Day



Day 2 – March 8th

10:00

- Visit the Site Mboko where the kayaking practice will take place



14:00

Rest

Day 3 – March 9th

- Classes begin in the Olympic Committee conference room

8:00

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- Introduction to Kayak and Canoe
- Origin and evolution
- History and development of this sport
- African countries where the sport is practiced



12:30

- Break



13:30

- Countries in the world where this activity has continued for thousands of years
- What began as a mean of transportation for the Inuit tribes transformed into a sport and has since spread throughout the world

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18:00

- End of course

Day 4 – March 10th

8:00

- Development of this sport from a means of transportation to a high-performance Olympic sport
- Presentation of the kayak and canoe, and qualities needed to practice this sport

12:00

- Break

13:30

- As a fun activity involving transportation and fishing, they can push it while playing to be good athletes with skills learned as children.
- The development of Olympic discipline from the 1930s to the modern era
- Description of kayak and canoe paddles (angles and measurements)
- Evolution of the different types of paddles



16:00

- End of classes

Day 5 – March 11th

- Disciplines that make up ICF
- Presentation for each of the disciplines
- Presentation of Paracanoe
- Types of physical exercises used to develop strength
- Types of exercise to develop mobility and balance



12:30

- Break

13:30

- Exam

15:30

- Practice in water
- All participants wore life jackets and learned how to get in and out of the kayaks
- The inflatable kayaks were used and each of the participants was paddling solo in a K1 and the on K2
- There was a noticeable great enthusiasm among participants from the moment they were able to control the direction of the kayak and move in a straight direction
- We had to stop lessons since it was getting late and they wanted to continue paddling

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18:30

- End of course

Day 6 – March 12th

11:00

- Warm up in group, each of the students exercising the movements prior to getting into the kayaks and paddling. First in K1 and then in K2 to develop coordination and maintain the direction of the boat
- Each team had to complete a course of approximately 500 meters (twice)
- On the shore we continued learning to paddle
- Each student was asked to get on and off the kayak, and coordinate between teams so that they could better learn how to act with their future students
- The practice session ended with a stretching session

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Day 7 – March 13th

9:00

- Recap and question sessions that came up during the kayaking session

10:30

- End of classes

11:00

- Official course closing ceremony
- Diploma presentation
- Speech from
 - National Olympic Committee of the Central African Republic representative
 - National Canoe Kayak Federation representative
 - Ministry of Sports representative
 - ICF expert



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13:00

- Meal

14:00

- Private ceremony (by the participants of seminar) for acknowledgement and support from the ICF

Day 8 – March 14th

7:00

- Visit to the Boali Waterfalls



17:00

- Return to Bangui

Day 9 – March 15th

- Rest in Bangui

Day 10 – March 16th

- Morning – departure from Bangui International Airport

6. Conclusions

Infrastructure and logistics assessment

- The auditorium and classroom set up at Bangie National Olympic Center, met all the expectations and provided A Good Experience to all participants.

Equipment:

- The organization provided equipment, projectors, screens, kayaks, and paddles.

Recommendations:

- The course was a real success; all participants left with a significant level of knowledge. it was very rewarding to see how everyone asked questions and was very interested in participating in the class.
- These coaches and athletes in this country deserve greater support from all parties involved in the development of the sport of Canoe Sprint. I hope that in the future, athletes from Central African Republic that practice Canoe Sprint can bring medals back to the country.

Recommendations to national Federation:

- The coaches and athletes that participated in this course, have real talent, and I hope that under the coordination of the federation and President Cecil Digo they can help this sport grow.

Official acknowledgments:

I would like to formally thank everyone involved in making this seminar happen, including Mr. Cecil Digo, president of the National Canoe Kayak Federation, Anselme Gueneffe, Vice President, Annick Damossa, Treasurer.