

Training Camp – Chinese Taipei Paddlers in Brittany – February 2013.

Athletes :

Wen, Chiu Huaichun / C1 / born 1990/May/8 ;
Jason, Chang Yunchuan / C1 and C2 / born 1993/Apr/20 ;
Ming, Pan Hungming / K1 and C2 / born 1992/Oct/29.

Coach –athlete : Carole Bouzidi.

Dates : from Feb, 28th to March, 7th.

Paddling places :

Cesson-Sévigné, Feb 28th, Mar 1st, then from 5th to 9th, then from 14th to 19th (guests on national 2 race).

Les Roches du Diable, from 11th to 13th, and for Eurolympiques Races from 19th to 24th.

Inzinzac-Lochrist, on 10th and for the Eurolympiques Race from 25th to 27th.

Lannion, from Feb, 2^d to 4th ; then for Eurolympiques Races from 28th to March, 4th.

Sleeping places :

Pôle France apartment in Cesson, City camping's chalets in Lannion, Nowan Bertin's house in Lochrist, Bernard Perron's lodge in Querrien.

Program details :

31th, Thursday : Arrival in Paris. Driving. One short session when we arrived in Cesson.

Feb, 1st : 2 Technical sessions.

Feb, 2^d, Saturday : 1) Technical ; 2) Thirds session in Lannion (for Carole n Wen), c2 technical.

Feb, 3^d : 1) Flat water (Wen aerobic, c2 technical with Philippe Quemerais) ; 2) Halfs, with regional committee organization.

Feb, 4th : 1) Flat water : aerobic in gates ; 2) Technical "competition" on the course.

Feb, 5th, Tuesday : Surfing session in Lochirec. (Back to Cesson).

Feb, 6th : Resting day.

Feb, 7th : 1) Technical ("competition") ; 2) Loops.

Feb, 8th : 1) Technical 4 times repeating, with chronos, with Anne ; 2) Loops ; 3) Paddling, strokes technical and core tips in the gym with Claudine.

Feb, 9th, Saturday : 1) Fulls ; 2) Gym (5 X loop of core and strokes tips).

Feb, 10th : Technical session (half "competition") in Lochrist.

Feb, 11th : Technical session ("competition") in Les Roches.

Feb, 12th : 1) Technical ; 2) Thirds.

Feb, 13th, Wednesday : 1) Halfs ; 2) Technical session. (Back to Cesson).

Feb, 14th : Resting day.

Feb, 15th : 1) Technical ("competition") ; 2) Thirds.

Feb, 16th, Saturday : National 2 race in Cesson : quest runs.

Feb, 17th : National 2 races in Cesson : quest runs.

Feb, 18th : Loops or resting.

Feb, 19th : 1) Technical session in Lochrist ; 2) surfing in Guidel (perfect conditions!).

Feb, 20th : 1) Technical in Les Roches ; 2) Thirds.

Feb, 21st, Thursday : Halfs.

Feb, 22^d : Thirds.

Feb, 23th : Eurolympiques - Race - day 1.

Feb, 24th, Sunday : Race - day 2.

Feb, 25th : Technical session.

Feb, 26th : Thirds.

Feb, 27th : Race - day 3 in Lochrist.

Feb, 28th : Technical session in Lannion.

March, 1st, Friday : Thirds.

March, 2^d : Race - day 4 in Lannion.

March, 3rd : Race - day 5.

March, 4th : Loops, still in Lannion.

Mar, 5th : Technical session in Lannion. Back to Cesson.

Mar, wednesday 6th : Driving to Paris, touristic afternoon, sleep at St-Thibault-Les-Vignes (Ophélie).

March, 7th : Flying home.

Budget

Flight tickets	3350
Rental car	1350
Petrol - Total	350
Accommodation Lannion + Les Roches – Support from Regional Committee (200€)	280
Races entries	180
Food Total	?
Coach payment	500
Car Park (at the airport and in Paris)	100
TOTAL	5930euros + Food

Paddling targets :

Technical field :

Mainly progresses of paddlers were on their white-water skills. As they didn't paddle on for a long time, the only fact to spend time and to practice on has made them improve. We talked about basic rules of white-water paddling :

- Reading and analyzing the water moves, to use them as much as possible to serve the line we decide for the gates
- Identifying meeting points and potential effects of the water on the boat, and work on the preparation to use or to avoid them, giving the speed of the boat in the right direction : big work for each paddler was on their upstream gates ;
- Crossing the stoppers and the transition areas (mainly eddy lines), with choosing the good timing to pull the blade

Some slalom rules that we talked about

- Taking a bit time before gates, specially upstream, to prepare them, makes win a lot of time ;
- Doing one thing after one other properly : in downstream gates turning, then going forward ; in upstream crossing the eddy line, then using the boat, then turning, then going out. ACCORDING TO THE WATER. GOOD DISTANCE FROM THE POLES LETS THE BOAT AND THE PADDLE FREE TO MOVE ;
- Economy and efficiency of moves is going with using the boat on the water, all the body, arms and blade are only a (weak) part in creating forces (thinking for example in eddy about working with a vertical paddle, using the outside part of the boat in turning, with proper balance in forward direction) ; Read the power of the water, his direction and topology, to use it as much as possible (even if guys you have big muscles, the water is stronger than you ;
- Making a clear run, good distance from poles, is the first target before aiming to "go fast".

Race skills – Psychological field

As there were races included in the camp, the preparation was oriented to produce the level we could at this time. "Being there", passing by each meeting points we identified, was the idea we tried to reach, after learning and registering some basic technical and white-water skills. The results weren't "good", compare to the high and crowded French level we saw during these races : now Wen, Jason and Ming have met what they have to reach in their several-years-preparation, if they decide the plan to become good international paddlers ; with this thought, we talked for each, about what they have to focus, as long-time-working points. Regarding the scale of the season, the situations were their first races. We produced the tool of subjective evaluation table ("Good", "Medium", "Bad", about each upstream gate and each zig-zag-line between them), that can be useful to understand the improving, comparing several full-runs session or races, until the next important season targets.

About the technical session "competition"

The model of this session is reproducing the requirements of a race. The target on the first run of the design is to realize a clear run ; if the paddler doesn't succeed in making a clear run (= with 0 penalty and without any mistake or "salmon move" .. ;-)), he doesn't race the 2^d run.

The target of the second run is to produce a final paddling level = keeping the same lines and options, the racer has to try to be faster on.

The third run (that is done any way, no matter about the realization on the first 2 runs), is the time to try a new or unusual way of negotiating gates: it can be a different option, a different side or type(s) of stroke. We put the pressure on our shoulders by challenging the result. Between the first times we did this session, the only target was to improve the number of reaching final run (the evaluation was made only about this number) ; as the guys improved on this point, Carole had to add the target about subjective judging of the quality of final run paddling (Good, Medium or Bad).

Physiological developments

We focused during all the training camp about wild water skills, with many technical sessions. As it was the main target, and we prepared the races as well, we didn't make really specific sessions on physiological improving. That passed mainly by the volume of training, which was quite big during all the month. We had some aerobic sessions, always with technical targets, and we had 2 sessions about showing and testing-practice tips that can be done in gym, to develop core abilities (thanks a lot to Claudine Leroux). Guys took some pictures during this session, we did one repetition session after, I invite you to practice again and make this kind of work become usual part in your preparation.

All the month was a good occasion to practice, to improve, and to find new tracks of working for the future. That was only a little part of your preparation, I hope you'll take all the advantages you can from, and you'll keep open your mind on other and new experiences.

Thanks a lot to :

- **FFCK** and The **"Pôle France"** - training center in Cesson, his responsible **Papia Prigent**, for the welcoming, the training helping (thanks to **Anne Boixel** and **Claudine Leroux**, respectively slalom and sprint coaches), the water schedules, the apartment and the kitchen ;
- **The Regional Committee of Canoeing**, his President **Jean Zoungrana**, and his technical responsible **Jean-Yves Prigent**, for sharing the schedules, the help during training and races, and for the support for accommodation ;
- **The Cesson canoe club**, his President **Sébastien Chaplais**, for the schedules, for inviting us at the national 2 race, special thank to **Betty** and **Susy Mérand** for their help during training, during the Eurolympiques about our organization, and for giving accommodation to Carole in Cesson (thanks as well to **Sébastien Chauvin**, who spent an interview time about the course organizing and working, for Ming's university research) ;
- **The canoe club of Lannion**, and the **Sports Service of the City government in Lannion**, for the water schedules, and for the support for the accommodation (special thanks to **Nicolas Le Fricc**, and to **Christian Hunault**, ex-President of French Canoe Federation, who spent interview time for Ming's university research ; and to Philippe Quemerais, for his precious advices about c2 paddling) ;
- **Siboniso Cele**, c1 paddler from South Africa, for lending his boat during all of the month to Jason ;
- **Régliisse**, equipment seller, particularly his owner **Jan Pichek**, for the support (mainly for Wen's new boat) ;
- **Abys**, equipment seller, his owner **Sebastien Martel**, for the support (combos and spraydecks lending) ;
- **Nouria Newman**, crazy geek paddler, for creating the video clip about our camp:
<http://vimeo.com/61056346#>

And, we don't forget too :

- **The canoe club of Lagny-Sur-Marne**, and mainly his responsible **Serge Viseur**, for helping us with Carole's car park for all the month, and giving a C2 boat's bag to Jason and Ming ;
- **The canoe club of La Roche Derrien**, for organizing the crêpes-party meal on Feb, 2d, and to his President **Serge Henry**, for welcoming us, as teacher presenting us the high school in Lannion and the video team for races, and lending us the universal roof bars ;
- **The canoe club of Lochrist**, for lending us showers and changing rooms, special thanks to **Nowan Bertin** for lending us accommodation, and to **Edern Le Ruyet** for sharing one session with guys ;
- **The canoe club of Quimperlé**, and his President **Bernard Perron**, for their warm welcoming, and inviting us in Price giving ceremony with the Major before the Roches du Diable race ;
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- **Raab** company, his owner **Jiri Priskavec**, for sending us easily 2 c1 paddles ;
- **Noël Family**, who invited us for a great "raclette" diner ;
- **Nagwa El Desouki**, for showing us her working place and her paints in Saint-Michel-en-Grève, and inviting us for several meals in her family house in Lannion (thanks to **Michel** and **Tino** as well) ;
- **Ophélie Delaplace**, for giving us accommodation in her family house (thanks to **Edgar**, **Damien**, and ...? ;-D) and prepare us a diner, the night before flying.

The C2 Ming/Jason in Les Roches du Diable



The C1 Wen in Lannion



The gang of 3 in team race in Lochrist



Meeting and Welcoming with French Slalom people

