

REPORT

ICF TIP in Montemor / Portugal 2025

OVERVIEW:

Dates: 18-27 July 2025

Location: Montemor / Portugal

PROGRAM SUMMARY:

18.07.25

Arrival of the participants

19.07.25 - 22.08.25

Training

23.07.25 - 27.08.25

Competition and training

19.07.25 – 22.07.25

Coaches' seminars 13 hr to 15 hr





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The participants:

Altogether, 32 coaches and athletes took part in the project.

9 national federations

23 athletes

13 coaches. (5 ICF and 8 national)

Full list enclosed.

The subjects of the programme:

The concept in the ICF Talent Identification programme is to support athletes' progression from developing and active national federations. Those participants have been selected and are planning to support those athletes continuously until the Olympic Games 2028.

The activities

The participating athletes had to train twice daily before the start of the 2025 ICF Canoe Sprint Junior & U23 World Championships on July 23rd. The main targets of the training were the development of the paddling technique. Athletes had to practice the proper movements on pontoons first, then in the boats.

In addition to the technique training, we focused on the speed and speed endurance development training, besides the start exercises on the automatic start system. We also organised some gym and running sections.

Besides the training for the athletes, coaches' seminars were organised at the venue, conducted by Csaba Szanto. Unfortunately, we couldn't hold the planned last session because there was no available place for that.

	18.07 Fri	19.07 Sat	20.07 Sun	21.07 Mon	22.07 Tue	23.07 Wed
AM	arrivals	2km warming up 2km "strong strokes" technique 2x (300m 90% 400m easy, 300m 90%) 1km cooling done and stretching	2km warming up 3x 300m 100% int. with standing starts 4km technique cooling done/ stretching	2 km warming up, 1x 1000m and 1x 500m max. beetwin 20min rest 1km "strong strokes" cooling done/ stretching	3 km warming up 1km "strong strokes" 6-8 start ex on start machine and 4-6 start exerc. on start machine	COMPETITION those who has no race individual Fartlek paddling
PM	boat distribution warming up jogging /gymnastic individual paddling minimum 8 km	2km warming up 1 km "strong strokes" technique 2x 1000m or 2x 500 m or 1x 1000 1x 500 intenzitás : 100% at first and last 100m between 90% 1km cooling done and stretching	2km warming up interval speed endurance: 2 sets (4x20sec) or K: 40 str C: 30 str cooling done/ stretching	2km warming up 2x (100 m max 200m easy) starts with moving boats cooling done/ stretching	2km warming up individual technical paddling ("strong strokes")	Competition or training for those who has now race

Besides the warming up in the boat, 10min warming up requires on dryland before each paddling session
After each training minimum 10 minutes individual stretching

23.07 Wed
AM
COMPETITION
those who has no
race individual
Fartlek paddling
PM
Competition or training for those who has now race

General overview

- Thanks to Sebastián Cuattrin, the preparation, organization, and running of the TIP program in Montemor was very well arranged, including the boats supplement from NELO and PLASTEX and the good connection with the organization Committee of the 2025 ICF Canoe Sprint Junior & U23 World Championships.
- The planned program for athletes and coaches was fulfilled and reached its targets.
- The forced attention, practiced and corrected paddling technique had been understood and attempted to be followed by the athletes and their coaches.
- The progress could be a great benefit for further improvements and performance of the athletes.
- The discipline and the cooperation of the participating athletes and national coaches also fulfilled our expectations, moreover over it was great!
- The invited ICF coaches established a good hub with the athletes and other coaches. Sebastian Brandel's involvement in the TIP was a great benefit for the athletes. Not only with his past results and experience as an athlete, but also because of his great manner with the young athletes.
- The accommodation with breakfast was good. The Hotel was located about 5 5-minute drive to the venue.

- The catering at the venue started badly with a long waiting queue. This problem was solved, but it was not convenient that the dinners were served from 19.00 at the venue, which meant the athletes/coaches had to stay there until.

Conclusion

The TIP programme could be a great benefit for the general development of canoeing worldwide. This kind of programme should be organized continuously as it has been planned. Mainly training camps.

The involvement of coaches in the TIP could be a long-term investment for the further development of canoeing.

ICF President Mr. Thomas Konetzko visited the participants of the TIP.

	COUNTRY CODES	FAMILY NAME.	FIRST NAME.	AGE GROUP	AGE	GENDER
1	MOZ	Chianane	Teresa Abel	U23	21	FEMALE
2	MOZ	Banze	Neuzia Safira	U23	20	FEMALE
3	MOZ	Nigura	Claiton Luis Joaquim	U23	19	MALE
4	MAS	Jasmadi	Muhammad	JUNIOR	16	MALE
5	MAS	Syed Yusmizan	Syarifah Nur	JUNIOR	17	FEMALE
6	MAS	Mohamed	Jamaluddin	COACH	31	MALE
7	IND	Antony Chacko	SAMARA	U23	20	FEMALE
8	ICF	Roman de la Tour D.	Marlenis	COACH	57	FEMALE
9	ICF	Cuattrin	Sebastián Ariel	COACH	52	MALE
10	ICF	Szanto	Csaba	COACH	79	MALE
11	ICF	Brendel	Sebastian	COACH	37	MALE
12	ICF	Villa	Isaac	COACH	44	MALE
13	PER	CHISTAMA GRANDEZ		JUNIOR	17	MALE

14	PER	FIGUEROA DEL AGUILA	WILLIAM REYSER	JUNIOR	17	MALE
15	PER	GOODRICH GALVEZ	ROY	COACH	48	MALE
16	INA	SUBHI	SUBHI	U23	22	MALE
17	INA	Mohamad Suryadi	Roinadi	COACH	48	MALE
18	INA	Nensi ibo	Herlin	U23	21	FEMALE
19	IND	PHILEM	GYANESHWOR SINGH	U23	21	MALE
20	IND	Arambam	Chingching Singh	COACH	33	MALE
21	EGY	Gouda	Mohamed	U23	20	MALE
22	EGY	Sayed	Hamza	JUNIOR	17	MALE
23	EGY	Mostafa	Amr	COACH	37	MALE
24	PHI	Ercilla	Janus	U23	23	MALE
25	PHI	Fuentes	Ojay	COACH	26	MALE
26	PHI	Fabro	Neljohn	U23	22	MALE
27	ANG	Pacavira	Domingos	U23	20	MALE
28	ANG	Ngunza	Fernandes	U23	20	MALE
29	ANG	FIDALGO	Cesar Miguel	COACH	33	MALE
30	COL	ARDILA	DAIRON STIVEN	U23	20	MALE
31	COL	SCALIA CASTRO	SANDRA LUCIA	U23	19	FEMALE
32	COL	PEÑA SANCHEZ	ARLINT YAMINTH	COACH	38	MALE

The TIP Athletes in Montemor achieved good results and got 03 Final B and 01 Final C, showing the improvement of their performance.



Day 1 - 23/07/2025										
Race NO.	Country	Date	Time	Event	Heat NO.	Line	Athlete Name	Progressing	Rank	Time
7	PER	23.07.2025	09:06	C1 Junior Mem 500m	Heat 4	7	Max	1st-6th + 3x7th BT to SF, rest out.	6	02:11:42
8	ANG	23.07.2025	09:12	C1 U23 Men 500m	Heat 1	1	Pacavira	1st-6th + 3x7th BT to SF, rest out.	6	02:00:05
17	MOZ	23.07.2025	10:06	C2 U23 Women 500m	Heat 1	8	Neuzia + Tereza	1st-3rd to Final, 4th-7th + 1x8th BT to SF, rest out.	9	02:43:41
26	EGY	23.07.2025	11:02	K1 Junior Men 200m	Heat 3	9	Hanza	1st-6th + 3x7th BT to SF, rest out.	7	40:92
27	MAS	23.07.2025	11:07	K1 Junior Mem 200m	Heat 4	6	Muhammad	1st-6th + 3x7th BT to SF, rest out.	8	44:53
33	INA	23.07.2025	11:53	K1 U23 Mem 200m	Heat 2	3	Subhi	1st-6th + 3x7th BT to SF, rest out.	6	38:28
	COL					8	Sebastian		8	41:02
34	ANG	23.07.2025	11:58	K1 U23 Men 200m	Heat 3	8	Fernandes	1st-6th + 3x7th BT to SF, rest out.	8	42:72
44	PER	23.07.2025	14:10	C1 Junior Mem 200m	Heat 3	1	Max	1st to Final A, 2nd-7th to SF, rest out.	7	47:52
45	EGY	23.07.2025	14:15	C1 U23 Men 200m	Heat 1	8	Gouda	1st to Final A, 2nd-7th to SF, rest out.	8	46:40
46	PHI	23.07.2025	14:20	C1 U23 Men 200m	Heat 2	7	Janus	1st to Final A, 2nd-7th to SF, rest out.	9	48:26
47	ANG	23.07.2025	14:25	C1 U23 Mem 200m	Heat 3	5	Pacavira	1st to Final A, 2nd-7th to SF, rest out.	7	44:58
	IND					9	Gyaneshwor		8	45:49
50	MOZ	23.07.2025	14:40	C2 U23 Women 500m	Heat 1	3	Neuzia + Tereza	1st-3rd to Final, 4th-7th + 1x8th BT to SF, rest out.	7	01:07:20
54	MAS	23.07.2025	15:07	K1 Junior Women 500m	Heat 3	1	Syarifah	1st-6th + 3x7th BT to SF, rest out.	9	2:32:55
59	IND	23.07.2025	15:37	K1 U23 Women 500m	Heat 4	2	Samara	1st-6th + 3x7th BT to SF, rest out.	7	23:50.0
	COL					7	Sandra		6	2:13:27
60	EGY	23.07.2025	15:47	K1 Junior Men 1000m	Heat 1	8	Hanza	1st-5th + 2x6th BT to SF, rest out.	8	4:20:11
	ANG					8	Fernandes		9	4:18:16
67	COL	23.07.2025	16:36	K1 U23 Mem 1000m	Heat 3	9	Dairon	1st-5th + 2x6th BT to SF, rest out.	8	4:15:60
69	KGZ	23.07.2025	16:50	K1 U23 Mem 1000m	Heat 5	7	Radion	1st-5th + 2x6th BT to SF, rest out.	6	4:01:95
73	MOZ	23.07.2025	17:18	C1 U23 Women 500m	Heat 1	2	Neuzia	1st to Final A, 2nd-7th to SF, rest out.	7	2:57:52
74	INA	23.07.2025	17:24	C1 U23 Women 500m	Heat 2	7	Herlin	1st to Final A, 2nd-7th to SF, rest out.	6	2:30:77
76	PER	23.07.2025	17:40	C1 Junior Men 1000m	Heat 1	8	Willian	1st to Final A, 2nd-7th to SF, rest out.	8	4:45:98
79	ANG	23.07.2025	18:01	C1 U23 Mem 1000m	Heat 1	1	Silvio	1st-6th + 3x7th BT to SF, rest out.	8	5:06:04
	IND					7	Gyaneshwor		7	4:28:24
81	EGY	23.07.2025	18:15	C1 U23 Mem 1000m	Heat 3	8	Gouda	1st-6th + 3x7th BT to SF, rest out.	7	4:43:60
82	PHI	23.07.2025	18:22	C1 U23 Mem 1000m	Heat 4	2	Janus	1st-6th + 3x7th BT to SF, rest out.	6	4:37:67
Day 2 - 24/07/2025										
Race NO.	Country	Date	Time	Event	Heat NO.	Line	Athlete Name	Progressing	Rank	Time
86	PER	24.07.2025	09:18	C1 Junior Mem 500m	Semi-Final 2	9	Max	1st-3rd to Final A, 4th-6th to Final B, rest out.	9	2:05:03
88	ANG	24.07.2025	09:30	C1 Junior Men 500m	Semi-Final 1	1	Pacavira	1st-3rd to Final A, 4th-6th to Final B, rest out.	8	1:58:80
100	EGY	24.07.2025	10:44	K1 Junior Men 200m	Semi-Final 3	1	Hanza	1st-3rd to Final A, 4th-6th to Final B, rest out.	9	40:89
103	INA	24.07.2025	11:10	K1 U23 Men 200m	Semi-Final 1	1	Subhi	1st-3rd to Final A, 4th-6th to Final B, rest out.	8	36:13
113	MOZ	24.07.2025	14:15	C1 U23 Women 200m	Heat 1	8	Tereza	1st to Final A, 2nd-7th to SF, rest out.	8	1:26:23
114	INA	24.07.2025	14:20	C1 U23 Women 200m	Heat 2	2	Herlin	1st to Final A, 2nd-7th to SF, rest out.	5	48:82
118	MAS	24.07.2025	14:40	K1 Junior Women 200m	Heat 3	1	Syarifah	1st-6th + 3x7th BT to SF, rest out.	8	57:16
120	IND	24.07.2025	14:50	K1 U23 Women 200m	Heat 1	2	Samara	1st to Final A, 2nd-7th to SF, rest out.	8	56:53
122	COL	24.07.2025	15:00	K1 U23 Women 200m	Heat 3	1	Sandra	1st to Final A, 2nd-7th to SF, rest out.	8	46:96
124	MAS	24.07.2025	15:16	K1 Junior Men 500m	Heat 2	2	Muhammad	1st-5th + 2x6th BT to SF, rest out.	8	2:11:93
128	KGZ	24.07.2025	15:40	K1 U23 Men 500m	Heat 1	3	Rodion	1st-4th + 3x5th BT to SF, rest out.	4	1:48:40
130	ANG	24.07.2025	15:52	K1 U23 Men 500m	Heat 3	7	Fernades	1st-4th + 3x5th BT to SF, rest out.	7	1:57:40
131	COL	24.07.2025	15:58	K1 U23 Men 500m	Heat 4	2	Dairon	1st-4th + 3x5th BT to SF, rest out.	7	1:50:69
	INA					7	Subhi		6	1:49:82
136	PER	24.07.2025	16:28	C2 Junior Men 500m	Heat 1	1	Max + Willian	1st to Final A, 2nd-7th to SF, rest out.	8	2:01:39
140	PHI	24.07.2025	16:52	C2 U23 Men 500m	Heat 2	2	Junus + Neljohn	1st to Final A, 2nd-7th to SF, rest out.	7	2:00:70
	IND					7	Vema + Philleim		6	1:56:91
141	ANG	24.07.2025	16:56	C2 U23 Men 500m	Heat 3	8	Pacavira + Silvio	1st to Final A, 2nd-7th to SF, rest out.	DNS	DNS
153	COL	24.07.2025	18:10	K2 U23 Men 500m	Heat 3	8	Paez + Arrieta	1st-6th + 3x7th BT to SF, rest out.	7	1:40:63
Day 3 - 25/07/2025										
Race NO.	Country	Date	Time	Event	Heat NO.	Line	Athlete Name	Progressing	Rank	Time
155	PER	25.07.2025	09:00	C1 Junior Mem 200m	Semi-Final 1	1	Max	1st-3rd to Final A, 4th-7th + 1x8th BT to Final B, rest out.	9	46:74
158	ANG	25.07.2025	09:15	C1 U23 Men 200m	Semi-Final 2	9	Pacavira	1st-3rd to Final A, 4th-7th + 1x8th BT to Final B, rest out.	9	42:57
160	MOZ	25.07.2025	09:25	C2 U23 Women 500m	Semi-Final 1	8	Neuzia + Tereza	1st-3rd to Final, rest out.	7	58:80
166	COL	25.07.2025	10:05	K1 U23 Women 500m	Semi-Final 3	9	Sandra	1st-3rd to Final A, 4th-6th to Final B, rest out.	9	2:02:59
175	INA	25.07.2025	11:12	C1 U23 Women 500m	Semi-Final 1	8	Herlin	1st-3rd to Final A, 4th-7th + 1x8th BT to Final B, rest out.	5	2:08:72
176	MOZ	25.07.2025	11:18	C1 U23 Women 500m	Semi-Final 2	9	Neuzia	1st-3rd to Final A, 4th-7th + 1x8th BT to Final B, rest out.	9	2:40:69
180	IND	25.07.2025	11:42	C1 U23 Mem 1000m	Semi-Final 2	1	Gyaneshwor	1st-3rd to Final A, 4th-6th to Final B, rest out.	9	4:12:93
181	EGY	25.07.2025	11:56	C1 U23 Mem 1000m	Semi-Final 3	1	Goda	1st-3rd to Final A, 4th-6th to Final B, rest out.	8	4:15:02
	PHI					9	Janus		9	4:29:25
Day 4 - 26/07/2025										
Race NO.	Country	Date	Time	Event	Heat NO.	Line	Athlete Name	Progressing	Rank	Time
207	INA	26.07.2025	09:10	C1 U23 Women 200m	Semi-Final 1	2	Herlin	1st-3rd to Final A, 4th-7th + 1x8th BT to Final B, rest out.	5	48:54
217	KGZ	26.07.2025	10:08	K1 U23 Men 500m	Semi-Final 1	8	Rodion	1st-3rd to Final A, 4th-6th to Final B, 7th-9th to Final C.	9	01:44:27
223	IND	26.07.2025	10:44	C2 U23 Men 500m	Semi-Final 1	8	Vema + Philleim	1st-3rd to Final A, 4th-7th + 1x8th BT to Final B, rest out.	8	01:45:80
224	PHI	26.07.2025	10:50	C2 U23 Men 500m	Semi-Final 2	1	Junus + Neljohn	1st-3rd to Final A, 4th-7th + 1x8th BT to Final B, rest out.	7	01:52:23
233	COL	26.07.2025	11:44	K2 U23 Men 500m	Semi-Final 3	9	Paez + Arrieta	1st-3rd to Final A, 4th-6th to Final B, rest out.	9	01:37:00
243	INA	26.07.2025	15:08	C1 U23 Women 500m	Final B	3	Herlin		3	2:22:00
Day 5 - 27/07/2025										
Race NO.	Country	Date	Time	Event	Heat NO.	Line	Athlete Name	Progressing	Rank	Time
259	INA	27.07.2025	09:05	C1 U23 Women 200m	Final B	3	Herlin		5	49.25
264	KGZ	27.07.2025	09:37	K1 U23 Men 500m	Final C	8	Rodion		3	1:46.38
266	PHI	27.07.2025	09:57	C2 U23 Men 500m	Final B	8	Junus + Neljohn		9	1:58.39
	IND					9	Vema + Philleim		7	1:50.42

Csaba Szanto

Csaba Szanto ICF lecturer
Budapest, Aug 01 2025