## ICF Slalom development program

# Report Coach training camp - Kenya - Sagana 2013



Figure 1: Titus Mukundi coaching- L. Lafay photo

In co-operation with the International Canoe Federation and the Kenya Canoe Federation a coach Training Camp was held at Sagana from the 21 to the 27 February and from the 9 to 10 march 2013.

The purposes were to pass on the knowledge and experience of white-water activities to the trainees, thus enabling them to initiate/develop them into their federation and club and also to get the first level to become a kayak instructor.

# Subjects of the training

- Techniques and skills
- Features of white-water
- Pedagogy
- Rescue and safety
- Race organization

#### **Coaches**

Titus Mukundi : Sagana kayak club coach

Jens Perlwitz: Chairman Wild water ICF Chairman

Lionel Lafay: Slalom ICF coach

## **Organisation:**

Seif Patwa: Kenya Rowing and Canoe Federation General Secretary

Harisson Gicheru: Sagana kayak Club Chairman Titus Mukundi : Sagana kayak club coach

## **Participants:**

Below, find the list of the students.

#### **PROGRAM:**

## **Day 1: Thursday 21 February**

Morning : Assembling at Sagana Tsalach camp

: Meeting with Seif Patwa

: Rafting on the Tana River with some trainees. The goal was to explore

the river for possible wild water courses.

Afternoon : Meeting and organisation of the coach training camp

: Inspecting the state of the kayaks and gears



Figure 2: Tana River - Slalom course - L. Lafay Photo

## **Day 2: Friday 22 February**

Morning : Meeting trainers and coaches

: Introduction white-water activities

Afternoon : Slalom and wild water training in flat-water

- : How to communicate with the students
- : How to teach Basic strokes technique: position in the kayak forward paddling turning sweeps

## Day 3: Saturday 23 February

Morning & afternoon: kayak school of Sagana kayak club

- Numbers of the students : 25 (12 to 15 years old)
- Welcoming the students
- Introduction of the session
- Swimming test
- Training basic stroke in slalom and wild water kayak
- Two coaches are administered for each training; 3 sessions, per day.

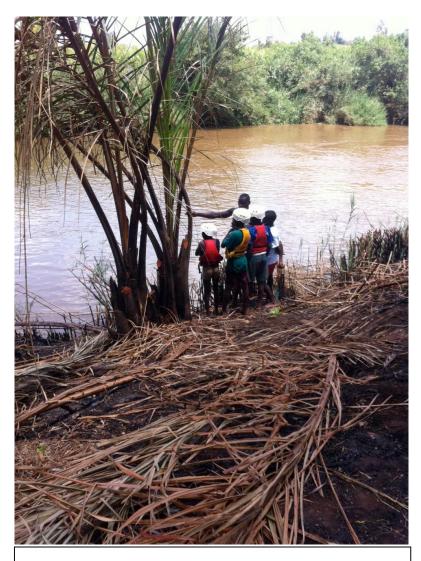


Figure 3: Sagana Kayak School - T. Mukundi Photo

# **Day 4: Sunday 24 February**

Morning : Training rescue

Afternoon : Race sprint wild water, Junior and Senior (25 competitors)

Organisation and timing by Jens PERLWITZ

## Day 5: Monday 25 February

Morning & afternoon: Basic drills in white-water course: How to teach basic drills: Upstream – downstream – ferry

: Features of the river

Meeting: Wild water race organisation workshop by Jens Perlwitz.

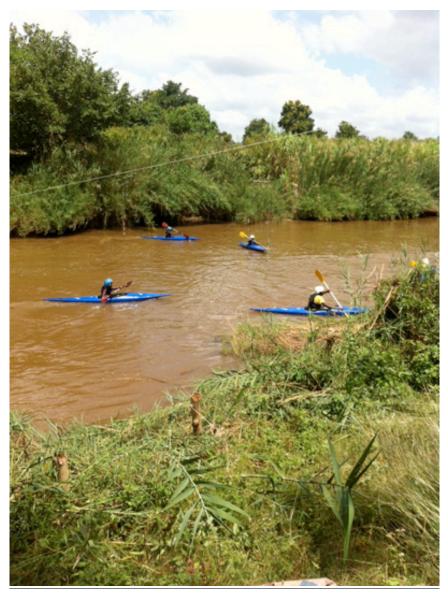


Figure 4: young Kenyan slalomers - T. Mukundi Photo

## **Day 6: Tuesday 26 February**

Morning : White-water rescue in slalom course.

: Using ropes

: Rescue with swimmer

Afternoon : Basic drills in white-water course

## Day 7: Wednesday 27 February

Morning : White-water rescue in slalom course

Afternoon : Slalom Training in the white-water course

■ Meeting with Seif Patwa and the trainers

The training camp was cancelled due to the presidential elections and postponed to the 9 and 10 march 2013

## Day 9: Saturday 9 march.

Morning and afternoon: Kayak school of Sagana kayak club

: Basic slalom gate techniques

# **<u>Day 10: Sunday 10 march:</u>** Sagana Kayak club slalom competition

■ Race of 10 gates in flatwater with 2 runs.

■ Number of competitors: 22

■ Score Monitor : Harisson Gicheru

■ Course designer: Titus

■ Timing : Edwin

Judges: Titus and LionelDemonstration: Lionel

■ Water safety: Geoffrey and Julius

Slalom Results: Below, find the results compiled by Harrison K. Gicheru chairman Sagana whitewater /slalom club Kenya

Wildwater Results: Compiled by Jens PERLWITZ

Report compiled by Lionel LAFAY, ICF slalom coach.

#### SLALOM RACES AT SAGANA – KENYA (10-03-2013):

#### SENIOR MALE PARTICIPANTS

1-JULIUS MATE
2-ALPHAXAD MAINA
3-GEOFFRY MWANG I
4-FRANCIS MWANGI
5-SAMUEL MUTURE
6-JOSEPH MWANGI
7-FRANCIS MWIRURI

KI RACE1 93.1+O=93 RACE2 94.63+4=98.63 BEST TIME 93
K1 RACE1 94.18+4=98.18 RACE2 93.19+2=95.19 BEST TIME 95.19
C1 RACE1 98.55+0=98.55 RACE2 98.10+0=98.10 BEST TIME 98.10
KI RACE1 103.5+0=103.5 RACE2 100.48+0=100.48 BEST TIME 100.48
KI RACE1 108+0=108 RACE2 109.75+0=109.75 BEST TIME 108
KI RACE1 119.66+52=171.66 RACE2 115.83+2=117.83 BTIME 117.83
KI RACE1 121+355=476 RACE2 117.9+O=117.9 BEST TIME 117.9

#### MALE JUNIOR PARTICIPANTS

1-ANTHONY MUCHOKI
2-MAXWELL KARUSI
3-JOSEPH MARUBU
4-JULIUS KAHURIA
5-BENSON WANJAO
6-ELIJA WAMWEA
7-BILLY GICHERU
8-PAUL NJUGUNA
9-NELSON MAINA
10-JOSPHAT KAMAU
11-NAHASON MAINA

KI RACE1 139+2=141 RACE2 138+150=288 BEST TIME 141 KI RACE1 157+50=207 RACE2 149+2=151 BEST TIME 151 KI RACE1 182+52=234 RACE2 159+0=159 BEST TIME 159 KI RACE1 159+100=259 RACE2 161+0=161 BEST TIME 161 KI RACE1 170+202=372 RACE2 160+2=162 BEST TIME 162 ΚI RACE1 163+4=167 RACE2 163+0=163 BEST TIME 163 RACE1 165+0=165 RACE2 172+252=424 BEST TIME 165 ΚI KI RACE1 184+2=186 RACE2 178+4=182 BEST TIME 182 KI RACE1 194+2=196 RACE2 180+4=184 BEST TIME 184 KI RACE 1 179+50=229 RACE2 224+0=224 BEST TIME 224 KI RACE1 147+350=397 RACE2 178+50=228 BEST TIME 228

#### FEMALE PARTICIPANTS

1-LEAH WANJIKU 2-ROSE MAINA 3-LEAH NYAWIRA 4-IRENE NYAGUTHII 5-SUSAN NYAGUTHII 6-ROSEMARY KAGENDO 7-SARA WANJA K1 RACE1 162+2=164 K1 RACE1- 207+2=209 K1 RACE1 141+252=293 K1 RACE1 227+0=227 K1 RACE1 171+352=523 K1 RACE1 224+150=394 KIRACE1 DNF RACE2 171+58=164 BEST TIME 164 RACE2 168+0=168 BEST TIME 168 RACE2 177+4=181 BEST TIME 181 RACE2 213+50=263 BEST TIME227 RACE2 224+50=274 BEST TIME274 RACE2 242+100=342 BEST TIME342