

ICF TIP REPORT

TRAINING CAMP AND PARTICIPATION IN SPRINT WORLD CHAMPIONSHIP

Samarkand (Uzbekistan) 15 – 26 August 2024

OVERVIEW:

The training camp followed by participation in Senior Canoe Sprint World Championships (non-Olympic Programme) were organised in the frame of the ICF Talent Identification Programme (TIP) in Samarkand under leadership of ICF Global Lead - Flatwater.

Dates: 15th to 26th of August 2024

Location: Samarkand (Uzbekistan)

Organisers: ICF and The Rowing and Canoeing Federation of Uzbekistan (RCFU)

Financially supported: ICF, RCFU and the participants

Participants: 12 athletes and 3 coaches from 5 countries (total 15 people)

EVENT ORGANISATION:

Transportation (pick up, shuttle bus, departure):

The participants athletes and coaches have arrived at Samarkand or Tashkent airports on 15th of August and departed on 26th of August. The host NF had organised the pickup and comfortable transportation from the airport to hotel in Samarkand due the flight schedules. The organised training had begun on the next day after arrival. The departure schedule also had worked as had been planned.

However, the local transportation had problems first two days with the bus delays and even missing the bus for transportation to the training venue. This problem was immediately resolved by our team leader changing the transportation company. The bus started working perfectly on our request, and we had no problems further on.

Our accommodation was located close to the regatta course, and some athletes even had decided to walk there by own choice.



Avenue de Rhodanie, 54
1007, Lausanne
Switzerland
telephone: +41 21 612 02 90
facsimile: +41 21 612 02 91
www.canoeicf.com

The transport for departure had been arranged in groups in accordance with departure times with no problems.

The venue:

The arrangements with the venue were satisfactory. The racecourse, boat sheds and rucks and all arrangements in general were at standard to accommodate a big competition.

We had little troubles moving our boats around the boatsheds between the camp and competition, but the organisers staff was making a relevant effort to minimise this problem.

Pretty uncomfortable was an absence of the bikes for rent. Our Team Leader had arranged the bikes for us privately.

Boats supplementation:

We eventually had all required boats. However, the rental boats had arrived with a 4-days delay. But the local organisers and coaches have done a big effort to bring for us local boats form next locations. The local boats were of a good enough quality, and we were using some of them for all camps and even for competition.

Accommodation and catering:

The accommodation of all participants took place in a budget hotel in twin rooms about 1 km from the racing venue. The hotel was new, with no luxury services, but clean and comfortable enough. More teams were staying in the same hotel.

The hotel had a big enough restaurant space. The food in restaurant had been pretty much specific for Uzbekistan, but fully acceptable for the athletes from all members of our team and all countries accommodated in this hotel. The menu was different every day and of a good quality, the staff had been very acceptable for our specific requests.

The lunch had been served at the racecourse. We had a little trouble with late opening hours first days (at 12:00). But the timetable was rearranged quickly for 11:30.

The good thing was that the food for lunch had been preloaded in individual boxes, which made it delivery quick and comfortable. The fruits were unlimited apart of the boxes.

Water bottles were unlimited in the canteen and in the boat sheds.

THE ATHLETES:

The invitations of athletes and coaches to the TIP camp were based on the received applications. We have had 12 athletes in total from 5 countries.



This camp has shown that mostly the countries have sent to Samarkand young U23 athletes with a prospect to develop them for the future. The representation shows that the countries believe in ICF input into a further development of the athletes and that this camp and competition would made a relevant difference. Some athletes were older than U23, but still at a proper age for the 2028 Games and further, and, probably, representing the same intention of the NFs.

Surname	Name	BY	Class
TEAM PHILIPINES			
Ojay	Fuentes	men 1998	C1
Janus	Erecilla	men 2003	C1
TEAM TAI PEI			
Wei-jung	Huang	men 2006	C1
Shu-Whan	Cai	women 2007	C1
Hisin-Tung	Chiang	women 2008	C1
TEAM TAJAKISTAN			
Daminov	Shahriyor	men 1997	C1
Rajabov	Mukhamadi	men 2008	C1
Haitov	Abdurasul	men 2003	K1
Pirnazarova	Komila	mix 2004	C2
Sharipov	Fridays		
TEAM ICF			
Saman	Soltani	women 1996	K1
TEAM VENEZUELA			
Daniel	Roman	men 2004	K1

Also, some invitations were based on the concept to support athletes from less developed countries in canoeing. This should also work positively for development of sprint canoeing as an Olympic sport, and we can continue with the same practice.

The most participants were representing the Asia countries, except one from Venezuela. This might have been a positive aspect for a Sprint World Championship celebrated on the Asia soil for the first time. But also, for the future, it would be positive to amplify the representation involving more athletes from Africa and South America.

We have had 4 women on the camps, and all of them were from Asian countries. This was a positive example to promote the gender equality in our sport in this region. This number might could be amplified up to 50%.

Even the athletes have concluded the competition quite far from medal positions, all of them have shown a very professional and serious behaviour and a big desire to improve their performances. They were really trying their best and looking for any additional knowledge and advise.

Summary:

The contingent of the athletes was representing a proper approach for a TIP considering its generic concept and could be followed in the future. It will bring more advanced knowledge and positive experience to the development athletes and countries.

TRAINING PROGRAMME:

Three training sessions were held daily from 16.08 until beginning of the competition on 22.08. All athletes have been following the training programme, established by the Head Coach in consultation with the Team Leader and ICF coaching staff (see attachment 1).

There had been applied measures to individualise the training, as this is very important before a major competition:

- a) The programme in general had been prepared to satisfy the athletes racing the full range of distances at the WCH.
- b) Within the specific sessions for certain distances, we have included variations for the athletes primarily focused on different racing programmes.
- c) To optimise the group sessions, on the first day of training, there were identified three groups of athletes with relevant differences in specific abilities.
- d) For a proper application of the training programme, we were currying group briefings before every session and individual consultations afterwards if required.
- e) The ICF coaches were rotating around different positions on the sessions to increase their efficiency.
- f) We were running some individual sessions if the team session wasn't applicable to an athlete for some reason.
- g) During the competition days, the athletes have been delivered individualised training programs in accordance with the schedules of the Championships.
- h) After an athlete finished all his/her races, they had to keep training under the ICF TIP or NF coaches' direction.

- i) Present National coaches for Tajikistan, Chinese Taipei and Philippines were involved in training process to assist the ICF coaches and for individual support of their athletes between the sessions.

Summary:

- a) A generic training programme before a major competition must be developed by ICF expert coaches and it works well even in situation with a very variable range of individual athletes' experience and capacity and a high psychological pressure, if it is combined with a comprehensive individual approach.
- b) A generic training programme and guidance set by ICF might be efficient to follow around entire year preparation for the athletes involved in the ICF training camp
- c) The further preparation of participants for next racing season might be accompanied by an educational work with the involved National coaches on the base of ICF-offered training programmes.

RESULTS AT THE WCH:

The results are based on the level of invited athletes from the received applications. All of them were athletes targeted for the future.

Three athletes have made the Finals B at this competition (see Attachment 2, 3, 4). Those athletes represented TJK, THE, PHI. These were good performances considering the contingent involved in the camp. These performances were comparable with performances of the countries with a well-established sprint canoeing.

The most positive fact that all athletes did their own best and some athletes showed potential for further progressing.

Summary: The NFs have shown an interest to the TIP to support development athletes. This corresponds to the TIP concept and might be improved in the future. It might be amplified the work to help to the NFs to search the talents within the national teams and amplify the number of athletes involved in preparation under guidance of ICF TIP.

THE COACHES:

The coaching staff had been represented by three appointed ICF coaches: Head Coach Alexandr Nikonorov (myself) – UK, Isaak Villa Santos – ESP and Marlen Roman – VEN.

Also, three NFs (TJK, TPE, PHI) have delegated national coaches to assist the training process and individual support for the athletes. This was useful, because many athletes have had a first international experience, and also some coaches.

All coaches have done an excellent job, they were cooperative with other coaches and athletes and integrated well in the general team environment.

In addition, the management staff at the racecourse and local coaches were very helpful and friendly with all current arrangements.

The Team Leader Sebastian Cuatrin have done an excellent job resolving many issues like finding local boats for all team for the first days of training, with the shuttle bus, food timing, optimising portages design at 5000m race, finding bicycles for us, etc, and also for the general team spirit and team building.

OVERALL COMMENTS:

- It was a great opportunity for the involved NFs, athletes and coaches to take part in this World Championship. This participation could be a learning experience and motivation for further development of the sport in the countries.
- The coaches work with the athletes and cooperation with each other was one of the keys for the successfully organized program.
- The targets and training particularities of the athletes involved in the TIP events could be more clearly determined on an individual base considering previous performances and achieved time standards.
- The required number and type of boats should be available from the first day of a training camp for efficient participation in the event.
- The general TIP concept to attend the most talented young athletes from the NF in development phase could be followed in the future and supported with educational work for involved coaches and athletes during all training year.
- **Thank for the host Uzbekistan National Federation supports.**



Alexandr Nikonorov
ICF TIP Head Coach

UK, 24.09 2024



Avenue de Rhodanie, 54
 1007, Lausanne
 Switzerland
 telephone: +41 21 612 02 90
 facsimile: +41 21 612 02 91
 www.canoeicf.com

Appendix 1



Programme: **2024 / August**
 Group: **ICF TIP, Samarkand Camps**

Intro							
	Monday 12-Aug-24	Tuesday 13-Aug-24	Wednesday 14-Aug-24	Thursday 15-Aug-24	Friday 16-Aug-24	Saturday 17-Aug-24	Sunday 18-Aug-24
1					<i>Intro Meeting</i>	4km x 2 @P2 (to make groups)	300 x 4
2					<i>Prepare and try the boats</i>	Gym 10' x 4 ex.	
3					individual 1h @P1	x	x
4							
	Monday 19-Aug-24	Tuesday 20-Aug-24	Wednesday 21-Aug-24	Thursday 22-Aug-24	Friday 23-Aug-24	Saturday 24-Aug-24	Sunday 25-Aug-24
1	500x5 or 1000x4 @P3	750 x 3 @P1000	2500 x 2 /12' @P2 (turn after 1250 like 5km)	WU 45'	Races	Races	Races
2	Gym 30"/30" x 5 ex.	Run 30'	Stretching				
3	mv. 50 x 5, st.75 x 4 /3/17'	x	100/100 x 3 ev12'	x	Races	Races	Races
4	@95% / max		@P200				

Appendix 2

Day 1 - 23/08/2024 World Championships, Uzbekistan								
Race	Country	Time	Event	Heat	Lane	Name	Rank	Time
2	ICF	09:07	K1 Women 1000m	Heat 02	8	Saman Soltani	8	04:22.014
5	TPE	09:38	C1 Women 1000m	Heat 01	1	Hisin-Tung, Chiang	8	05:36.568
16	TPE	15:00	C1 Men 500m	Heat 01	9	Wei-jung, Huang	8	02:24.975
17	PHI	15:06	C1 Men 500m	Heat 02	3	Ojay Fuentes	8	02:07.857
17	TJE	15:06	C1 Men 500m	Heat 02	2	Daminov Shariyor	7	02:05.528
20	TPE	15:24	C1 Women 500m	Heat 02	6	Shu-Whan, Cai	6	02:51.697
23	VEN	15:42	K1 Men 500m	Heat 02	2	Damiel Roman	7	01:51.058
28	TJE	16:36	C2 X 500m	Heat 01	8	Firdavs/Komila	6	02:16.014
30	TJK	16:48	C1 Men 500 m	Semi-final	9	Daminov Shariyor	6	02:01.976
33	TPE	17:06	C1 Women 500m	Semi-final	8	Shu-Whan, Cai	6	02:31.959
35	VEN	17:18	K1 Men 500m	Semi-final	1	Damiel Roman	9	02:00.278
38	TJK	17:52	C2 X 500m	Semi-final	2	Firdavs/Komila	7	02:25.931

Appendix 3

Day 2 - 24/08/2024 World Championships, Uzbequistan								
Race	Country	Hour	Class	Heat	Lane	Name	Rank	Time
40	ICF	09:05	K1 Women 200m	Heat 02	8	Saman Soltani	9	44.770
41	VEN	09:10	K1 Men 200m	Heat 01	2	Daniel Roman	6	38.610
41	TJK	09:10	K1 Men 200m	Heat 01	3	Haitov Abdurasul	8	40.693
49	PHI	09:50	C1 Men 200m	Heat 03	2	Ojay Fuentes	6	43.690
49	TJK	09:50	C1 Men 200m	Heat 03	6	Daminov Shariyor	5	42.815
49	TPE	09:50	C1 Men 200m	Heat 03	7	Wei-jung, Huang	8	48.274
62	VEN	16:15	K1 Men 200m	Semi-final 03	1	Daniel Roman	9	39.593
64	PHI	16:25	C1 Men 200m	Semi-final 01	8	Ojay Fuentes	7	42.841
65	TJK	16:30	C1 Men 200m	Semi-final 02	2	Daminov Shariyor	6	42.542

Appendix 4

Day 3 - 25/08/2024 World Championships, Uzbequistan								
Race	Country	hour		Heat	Lane	Name	Rank	Time
68	TJK	11:42	C1 Men 500m	Final B	7	Daminov Shariyor	6	01:57.4
69	TPE	11:48	C1 Women 500m	Final B	2	Shu-Whan, Cai	6	02:31.2
83	PHI	14:55	C1 Men 200m	Final B	1	Ojay Fuentes	7	42.951
83	TJK	14:55	C1 Men 200m	Final B	2	Daminov Shariyor	5	42.867
84	TPE	16:04	C1 Women 5000m	Final	13	Shu-Whan, Cai	-	-
85	TJK	16:39	C1 Men 5000m	Final	6	Rajabov Muhkamadi	11	28:57.6
85	TPE	16:39	C1 Men 5000m	Final	9	Wei-jung, Huang	-	-
85	PHI	16:39	C1 Men 5000m	Final	10	Janus Erecilla	-	-
86	ICF	17:09	K1 Women 5000m	Final	16	Saman Soltani	-	-
87	VEN	17:39	K1 Men 5000m	Final	20	Daniel Roman	-	-