



Report of Extend and Expand Women's (EEWC) Canoe Slalom (CSL) training camp - ICF/ACC/RCAT/SAT/Nakorn Nayok held at:

**Khundan Prakanchon Dam, Nakorn Nayok Province,
Thailand. 28th February to 6th March, 2016**

In Conjunction with:

**The South East Asian Canoe Slalom Championship
2016**

The 2016 Canoe Slalom Thailand Open



EEWC Objectives

Khundan Prakanchon Dam, Nakorn Nayok, Thailand, 28th February to 6th March 2016. Expand and Extend Women and Canoeing (EEWC) Asia.

This EEWC project aims to promote women's development through Canoeing activity, namely the sport of Canoe Slalom. Women canoeists from Asia congregate to train and compete together and eventually aim toward a world competition level.

This camp also empowers women to be able to develop in a number of aspects of the sport including coaching, programme design, planning, delivery of an event, judging during competition and athleticism.

Values such as teamwork, sharing knowledge, world canoeing friendship, preserving our environment and a support system for gender equality and for women to bring more women into management, leadership and coaching in women's Canoe Slalom was encouraged.

EEWC camp management.

The camp took place in Nakorn Nayok Province, Thailand – Khundan Prakanchon Dam. Nakorn Nayok Province is 106 km from the capital of Thailand, Bangkok. The northern part of Nakhon Nayok is located in the Dong Phrayayen mountain range, an area covered by the Khao Yai National Park. Yod Khao Kiew, its highest peak, is 1,292 meters above sea level.

The participants arrived at Bangkok Suvarnabhumi International airport and the Rowing Canoeing Association of Thailand provided transfer to Nakorn Nayok - Khundan Prakanchon Dam.

Most of the participants arrived the previous day of the camp and left the day after the race.

The accommodation was at a resort 5 minutes walk from the race site. Meals were at the Sum Num Resort at the venue.

Coaching

Four coaches: Nico Noel (FRA), Atcharaporn Duanglawat "Mai" (THA), Michelle Liu Jen Yu (TPE) and Jessica Gwee Shou-Fung (SIN).

Equipment

The boats were composite boats donated by the Asian Canoe Confederation (ACC) for purpose of Canoe Slalom development in Asia Continent. All athletes had their own personal equipment: Paddles, PFDs, Spray decks and Helmets.

The group

23 paddlers from Eight countries (table below) composed the group. 8 paddlers (not EEWC) shared the training sessions with the EEWC group.

Country	Name	Function
IND	Jahanvi Shrivastava	Athlete
IND	Ganeshvri Dhurwe	Athlete
IND	Champa Mourya	Athlete
IND	Aarti Pandey	Athlete
KGZ	Margarita Bobrova	Athlete
KGZ	Maksim Serditov	Athlete
MAC	Cheong Sin Yi Louisa	Athlete
MAS	Faizah Binte Firdaus Fauzi	Athlete
MAS	Raja Amirul Azzim Bin Raja Shahrul Azremel	Athlete
MAS	Muhammad Syawal Bin Zulkifli	Athlete
MAS	Julianda Bin Amin	Athlete
MAS	Mohamad Nazrin Bin Najib	Athlete
MAS	Marina Binte Muzaffa	Athlete
SIN	Leeroy Ganiish	Athlete
SIN	Joshua Gregory Handover	Athlete
THA	Naticha Amornvichaiwong	Athlete
THA	Tatchaporn Pornchai	Athlete
THA	Ploymanee Saerchat	Athlete
THA	Suricha Intha	Athlete
THA	Sriritha Jitniyom	Athlete
THA	Tanatcha Mungkam	Athlete
THA	Kanokporn Pukpan	Athlete
THA	Ravisara Sungsuwan	Athlete
FRA	Nicolas Pierre Noel	Coach
IND	Kuldeep Singhkeer	Coach
MAC	Hoi Ian Mou	Coach
MAS	Ahmad Fauzi Bin Haji Hashim	Coach
SIN	Gwee Shou-Fung Jessica	Coach
THA	Atacharaporn Duanglawwa	Coach
TPE	Liu Jen-Yu	Coach

EEWC camp dynamics

Paddler's experience range from beginners (no whitewater experience) to intermediate level. Most of the athletes raced in more than one event. One of the athletes listed have participated in other ICF/TIP actions before.

The difficulty of the river is class II, so the athlete's adaptation to the whitewater was not too difficult.

Most of the sessions had technical objectives.

A simulated race, video feedback session, warm up and stretching, mini judging clinic and one theoretical discussion on land about river features and river reading were included. There was much discussion among the coaches from MAC, IND and KGZ athletes on development of Canoe Slalom in their country.

On average, there was a coach to athlete ratio of 2: 10, therefore, the relation between the number of coaches and athletes was comfortable.

Table of results

S/N	Country	Name	C1W	K1W	C1M	K1M	C1W Team	K1W Team	C1M Team	K1M Team
1	MAC	Cheong Sin Yi Louisa	13	13			1	4		
2	KGZ	Margarita Bobrova		15				4		
3	IND	Jahanvi Shrivastava		12			2	2		
4	IND	Ganeshvri Dhurwe		9			2	2		
5	IND	Champa Mourya	5				2	4		
6	IND	Aarti Pandey		11			3	2		
7	MAS	Faizah Binte Firdaus Fauzi		6			3	3		
8	KGZ	Maksim Serditov				12				6
9	SIN	Leeroy Ganiish				14				7
10	SIN	Joshua Gregory Handover			14	13			3	7
11	TPE	Liu Jen-Yu	3	1			1			6
12	THA	Atacharaporn Duanglaw	1	2				1		
13	SIN	Gwee Shou-Fung Jessica	11	10			1		3	6
14	IND	Kuldeep Singhkeer				15				7
15	MAS	Raja Amirul Azzim Bin Raja Shahrul Azremel			9	7			3	2
16	MAS	Muhammad Syawal Bin Zulkifli				10				
17	MAS	Julianda Bin Amin				4				2
18	MAS	Mohamad Nazrin Bin Najib				3				2
19	MAS	Marina Binte Muzaffa		8				3		
20	MAS	Norrasidah Binti Nordin		14				3		

21	THA	Naticha Amornvichaiwong	4	5						
22	THA	Tatchaporn Pornchai		2						
23	THA	Ploymanee Saerchat								
24	THA	Suricha Intha	7							
25	THA	Sritha Jitniyom	15							
26	THA	Tanatcha Mungkam	8							
27	THA	Kanokporn Pukpan	6							
28	THA	Ravisara Sungsuwan		7						

Proposal

Invite coaches from Asia region to participate in this kind of camp. Integrate a Slalom Coaching Clinic and development session in conjunction with this kind of camp could be very productive in continuity of development in the Asia Continent.

Some photos

- 1) Beginner flat-water paddler beginning to understand edging in whitewater Slalom.



2) Photo after training



3) Sharing and discussion on Reading River Features in Canoe Slalom



4) C1W in Canoe Slalom



5) World Canoeing Friendship (KGZ plaits MAC hair) ⇒



Special thanks to the beautiful people of Thailand who hosted us so graciously with warm smiles and kind gestures. Also to ACC for the much needed boats for development in Asia, RCAT and Captain Pollarp for Logistical and Technical support and Race organization, Sport Authority of Thailand and Nakorn Nayok Province who sponsored the accommodation and meals for this EEWC.

To our fellow coaching partners, Thai Team Coaches: Nico, Adirek and Peema and EEWC coaches: Mai and Michelle, it has been a pleasure working with you!

Jessica Gwee S.F. (Coach)

A handwritten signature in blue ink, consisting of a stylized 'J' followed by a series of loops and a final flourish.