

Training Camp (Taiwan, april 2010)

Open race (China)

Asian Championship (China)

General remarks :

- Never forget the fundamentals : Quality of boat transmission from your paddle to your knees and feet and flat boat. From the first to the last stroke of training, from the beginning of the warm up until the end of the recovery, think about the quality and the efficiency of your strokes and to keep your boat on flat. You have to be always concentrated on these points, especially at the swimming pool. It's no use to train if you don't have technical projects.

- Watch videos of world cups and world championships, you may learn a lot !

- In wild water, always try to use streams, wave and stoppers to do what you want to do... use them and don't fight against.

- Remember to be professional : there is one time to train, and one time to play. Remember that you are lucky to do that and to be there, and if you're serious, you can certainly live a lot of nice experiences.

- You'll always have to spend a lot of time on your design analyse. If you don't, you'll never improve.

A good design analyse is not only to know the colour, the direction, and the site of the gates. You have to watch out of a precise path, of every stream, wave and stopper between the gates, to know how will be the approach path and the exit path for each upstream gate, how you will do to be early in each downstream gate, and also what are the most important strokes for each path.

For example, if your best run is the third or the fourth run you have to try to analyse your design more before, to be as good as possible from the first run

- Always take care of your penalties. You can count them on a whole training, each time. You may be surprise, sometimes !

- Never forget to keep your boat flat, « parasite » leans may make you loose control in wild water... You can work on it at the swimming pool, and it will be useful in wild water. (By boat flat, I mean that you mustn't make some little lean any time... just the leans when you come in the eddy, when you get in the stream, when you're in a stopper... except that : flat boat !

- Always paddle slow after a run, it's good for recovery... above all if it's a long run ! You can think about the run you've done during this time...

- After training, keep on going to play in waves and stopper, surfing and playing idiots but difficult games !

- As soon as you can, go in Shueili, even for just one day (it can be 2 good trainings). It's a particular good place for training. You can set up a lot of gates very quickly.
- Be not « easy to please » with yourself. Always think that you have something to learn, something to change to be better.
- For each of you, when you get very concentrated and very determinate, you can realise such good things, nice kayaking and nice canoeing !
- Continue to paddle together, stay united, work together and exchange technical informations. You seem to be a nice friendly group !
- Excuse me for my English and the mistakes I made on this report.
- If you have any question, contact me on olivieroctobre@gmail.com, you're welcome ! It will be a pleasure to get some news from all of you !
- Thanks a lot to all of you, to Ting Ting and coach Lee. I spend a very nice month working with you !!
- And take care of little « Slalom » !!

1 – Report technical trainings

- Up stream gates

Each upstream gate is a different upstream gate.

Always watch how is the eddy, how is the stream.

Think about the exit of the gate : is it long or short ? It will influence the kind of upstream gate you will realise, and your approach path.

Try to enlarge your path when you approach the gate.

Always arrive turned if the gate is in the stream, and stay flat ! (For kayaks, you can even put your arm under the pole when the gate is in the stream)

Upstream gate deep in the eddy : turn on your rudder with a lot of amplitude and pull on your rudder to enjoy the impulse of your boat

Always think about : « exit fast ! »

- Down stream gates

Always be early !!

Think that you need 2 things : to turn your boat in the good direction, and to get some speed in that direction.

Turn flat (except in rare occasions)

For kayaks, always put your rudder before the gate and outside stroke when you're in the gate

For C2, think about the right-control if you paddle outside in the path

- Immersed rotation in down stream gates

Work on your amplitude, the back sweep has to be large and far away of your boat.

Don't need too be too high ! Only to put the front of your boat above the water.

Always enjoy the impulse, you can work it in the swimming pool.

Use it in rare occasions !

- Jump the waves and the stoppers

Always try to be above the water, it's better for control and for speed (you each saw it in China !!)

Think about the timing of your strokes with the waves or the stoppers. You can wait little time to get the very efficient stroke at the good moment.

For everybody, but especially for C1, you can use upstream leans...

- Controls and rights-control (C2)

It's important that you can do it, to control the drift of your boat when the man at the back paddles outside. Maybe you could watch videos to really understand it.

2 - Personal remarks and advices

If you work on these advices very seriously, I'm sure you can improve a lot by yourself without any coach !

K1 Women

Julia

Qualities : Efficiency, good path, fast rotations

Have to work : Position of body in the boat, you have to control more the front of your boat, strokes efficiency, sometimes still too much no efficient strokes

Lynn

Qualities : Boat flat, good quality of strokes

Have to work : Fighting spirit (remember "kung fu stopper", show them that you're stronger), regularity, anticipation and design analyse, immersed rotations, and sometimes just the will to go fast.

C1 Women

Sherry

Qualities : A lot of progress. Hope this discover of C1 belongs to you. You have the qualities to be a good C1 woman

Have to work : anticipation, design analyse more precise, keep on changing your side, it's a good way to learn C1, and esquimo rolls

K1 Men

Owen

Qualities : Physical abilities, good and fast path, efficiency

Have to work : concentration on every training

Keep boat flat. Transmission. Amplitude. Temporisation. Impulse of the boat when it's immersed

Illegal

Qualities : Can be really fast, sometimes very good path, nice feeling, can make your boat keep on gliding

Have to work : Mental analysis. Amplitude. Transmission

(Sorry I don't speak Chinese, even less Taiwanese... Maybe you could try to learn English, to understand foreign kayak coaches, but also for you personal life ! ... except if you're too tired...)

Ken

Qualities : technical abilities, can learn quickly new technical abilities

Have to work : boat flat, sobriety. Position of your body in your boat, you often put too much weight on the back of your boat, it would be easier to control. Regularity
Keep on, you're still young, you can be good !

C1 Men

Wen

Qualities : Physical abilities, concentration on particular technical points, good quality of strokes, good transmission : keep on concentrating and working like that. On that point, you're an example for all the group.

Have to work : Keep on working on your flat boat, offside efficiency, and I think, sometimes control rights on your side could be useful.

To paddle straight without any offside : work on your "right"

You need a bigger boat ! It'll be really much easier for you...

Pony

Qualities : good quality of strokes, good transmission

Have to work : concentration, design analyse, off side efficiency, and flat boat.

C2 Men

Ming & Jason

Qualities : Keep on enjoying yourself when you're paddling ! Fast path, technical and physical abilities.

Have to work : Anticipation, keep the boat flat, sometimes you want to be too fast so your run can be not « clean », think about being regular on your runs. End of strokes too much at the back. Control rights for Ming, it's very important that you can do it !

Jammy & Long

Qualities : a lot of progress during this training camp, you can be quite fast !

Have to work : boat more flat (lean and immersion), anticipation, regularity, more precise design analyse, control rights for Long, and changing rhythm (sometimes long, sometimes short and powerful strokes)

Wow & Roy

Qualities : You made a lot of progress ! Now, you paddle more in the same rhythm, your boat is more flat.

Have to work : Concentration and more precise analyse. Sometimes, you have to be more powerful on one important stroke, in the same rhythm, to turn faster, in down stream or upstream gates. Always watch where the streams and the eddies are.
control rights for Wow.

Program Training Camp

	AM	PM
Saturday 3-04		Technical
Sunday 4-04	Technical	Half runs
Monday 5-04	Technical	Long runs
Tuesday 6-04	Aeroby (5 minuts without gates)	Technical without gates
Wednesday 7-04	Pyramid (Third, half, long, half third)	Five (5x5)
Thursday 8-04	Technical	Autonomy
Friday 9-04	Long runs	Sun Moon Lake (aeroby 1 hour)
Saturday 10-04	Technical	Third runs
Sunday 11-04	Five (5x5)	Half runs
Monday 12-04	Technical	Long runs
Tuesday 13-04	Aeroby (6 minuts in the gates)	Pyramid (Third, half, long, half third)
Wednesday 14-04	Technical	Autonomy
Thursday 15-04	Back to Taichung - Rest	Repair the equipment
Friday 16-04	Aeroby (swiming pool)	Repair the equipment
Satuday 17-04	Flight to China	

Sunday 11 04 - Half runs

	1 st run	2 nd run	3 rd run	4 th run
Wen	45"6+0	40"4+2	39"1+0	39"4+2
Pony	49"8+0	46"9+0	41"7+0	41"8+2
Sherry	55"1+0	53"9+2	54"1+2	55"6+0
Owen	40"2+0	39"5+2	40"8+0	37"1+0
Ken	40"6+0	39"6+0	41"0+0	37"6+0
Illegal	43"6+2	40"8+4	51"1+0	40"5+2
Jason Ming	43"4+0	43"8+0	39"3+0	40"2+0
Jammy Long	1'03"0+0	48"8+0	47"1+2	42"9+0
Wow Roy	59"3+2	56"0+2	52"3+0	1"07"8+2
Julia	51"2+2	46"1+0	44"8+0	46"6+0
Lynn	53"0+2	48"1+0	49"2+2	49"5+0

Wednesday 14 04 - Third runs

1st Design	1 st run	2 nd run	3 rd run	4 th run
	Wen Pony	32"6+0 34"6+2	32"4+2 32"9+3	32"4+2 31"1+0
Owen Illegal Ken	29"8+0 31"9+2 33"2+0	29"3+0 30"5+2 37"5+2	29"7+4 29"4+0 34"6+4	29"3+0 30"1+0 33"1+2
Jason Ming Roy Wow	36"9+0 44"4+2	32"2+0 43"2+2	32"4+0 42"2+0	DNF 44"0+0
Julia Lynn	35"7+2 40"1+4	36"8+0 35"4+2	34"2+0 35"8+0	33"5+4 38"1+0

2 nd Design	1 st run	2 nd run	3 rd run	4 th run
	Wen Pony	29"5+0 Missed	30"6+0 29"9+0	27"7+0 30"5+0
Owen Ken Illegal	26"1+0 26"1+0 26"5+0	35"8+2 30"5+2 27"3+2	25"6+2 26"4+2 32"5+2	24"8+0 28"0+2 29"8+2
Jason Ming Roy Wow	31"4+0 40"8+2	28"5+0 35"7+0	37"3+2 38"6+52	37"2+100 50"2+0
Lynn Julia	34"2+6 30"6+4	29"6+0 30"7+0	56"2+2 29"9+0	29"5+0 31"1+0

Sunday 4/04 - Half runs

	1st run				2nd run			
Pony	40"9	42"5	46"6	55"4	57"3+0	1'01"4+0	53"8+2	58"2+2
Owen	37"8	35"4	37"2	37"2	47"2+4	49"5+	47"1+	44"2+0
Ken	36"7	39"8	39"1	37"5	49"3+0	46"8+4	47"4+	46"1+2
Akmal	43"3	44"1	40"7	43"2	51"8+2	47"0+2	47"1+50	51"2+4
Illegal	40"8	40"5	39"7	42"8	52"2+50	48"5+2	46"9+0"	48"4+0
Ming Wen	42"9	43"5	44"4	47"1	55"7+4	52"3+102	57"3+	57"1+2
Jammy Long	49"3	46"8	46"1	45"2	1'07"4+4	1'00"0+50	missed	59"7+2
Lynn	49"1	51"7	53"0	48"8	1'01"7+4	58"3+0	58"0+0	57"8+2

Monday 5/04 - Long runs

	1st run	2nd run
Pony	1'34"5+0	1'32"1+6
Wen	1'33"4+52	1'35"6+0
Cherry	2'26"9+8	2'50"2+4
Owen	1'21"8+2	1'23"8+56
Ken	1'26"7+2	1'27"0+2
Illegal	1'28"2+8	1'32"0+
Akmal	1'36"5+6	1'34"1+10
Ming Jason	1'40"1+4	1'35"4+0
Jammy Long	1'45"6+2	1'42"0+54
Julia	1'50"8+4	1'42"6+4
Lynn	1'55"7+8	1'45"6+2

Wednesday 7/04 - Pyramid

	Third	Half	Long
Wen	35"9+2 34"5+0	59"8+2 1'01"5+	1'50"1+2
Sherry	50"1+2 44"5+0	1'26"1+0 1'21"3+	2'24"3+
Owen	32"6+0 32"8+0	56"1+2 55"3+2	1'38"1+2
Ken	34"2+0 35"2+0	58"7+2 59"9+2	1'41"9+0
Illegal	37"3+2 38"6+2	1'00"2+4 58"6+	1'48"7+
Jason Ming	42"3+2 39"6+0	1'04"9+0 1'04"7+2	1'52"9+
Jammy Long	42"3+ 38"7+0	1'07"7+2 1'06"6+	1'53"6+2
Roy Wow	54"4+ 45"9+2	1'24"9+ 1'16"8+	2'15"9+8
Julia	39"2+0 40"4+0	1'09"9+2 1'10"7+4	1'53"6+4
Lynn	42"0+2 42"5+2	1'09"1+ 1'06"6+	1'56"8+2

Thursday 9 04 - Long runs

	1st	2 nd	Best
Pony	2'01"5+6	1'44"8+2	1'46"8
Wen	2'16"4+2	1'55"8+52	2'18"4
Sherry	2'42"3+8	2'47"2+56	2'50"3
Owen	1'31"5+2	1'32"8+0	1'32"8
Illegal	1'37"7+4	1'34"8+2	1'36"8
Ken	1'45"3+0	1'42"8+2	1'44"8
Jason Ming	2'03"7+10	1'44"3+0	1'44"3
Jammy Long	1'57"4+6	1'51"8+0	1'51"8
Roy Wow	2'39"2+8	2'16"8+54	2'47"2
Julia	1'56"7+0	2'23"1+0	1'56"7
Lynn	2'06"1+52	1'54"1+4	1'58"1

Wednesday 10 04 - Third runs

	2 nd	3 rd	Total penalties on timed runs
Wen	45"8+4 40"0+0	42"2+50 31"2+6	60
Pony	44"5+0 42"6+2	45"2+50 39"8+4	58
Cherry	56"1+4 55"5+2	53"7+ 1'01"6+	6
Owen	37"1+2 35"7+2	30"8+2 32"6+2	8
Ken	missed time 40"2+0	34"7+ 34"2+2	2
Illegal	Wrong design 38"8+2	32"9+6 41"5+6	14
Jason Ming	missed time 39"0+0	36"4+4 42"6+4	8
Jammy Long	43"0+4 43"8+2	41"1+2 50"6+8	16
Roy Wow	56"5+2 56"7+2	52"8+6 50"2+6	16
Julia	45"9+0 43"1+0	35"8+4 37"7+2	6
Lynn	45"9+4 43"7+2	47"1+2 40"1+2	10

Sunday 11 04 - Five

1 st Design

	1 st	2 nd	3 rd	4 th	Total penalties
Wen	21"8+0	21"7+0	24"1+2	19"9+0	2
Pony	22"7+4	23"3+4	22"9+0	20"6+2	10
Sherry	28"0+52	25"4+6	34"4+4	24"7+4	66
Owen	18"2+0	18"9+52	19"2+0	19"0+0	52
Illegal	22"7+8	22"8+2	21"9+0	21"1+0	10
Jason Ming	22"8+0	20"4+54	20"8+52	19"9+0	106
Jammy Long	25"0+54	24"2+4	forgive +100	24"0+4	162
Roy Wow	28"7+2	29"0+102	33"0+4	32"7+2	110
Julia	22"4+2	23"1+2	23"6+0	22"7+0	4
Lynn	24"5+2	24"6+4	22"6+0	22"7+2	8

2 nd Design

	1 st	2 nd	3 rd	4 th	Total penalties
Wen	20"9+2	21"6+0	21"5+0	21"4+0	2
Pony	22"9+2	missed	22"9+0	22"5+0	2
Sherry	25"1+2	forgive +100	26"0+2	25"5+2	106
Owen	20"1+0	21"4+2	19"7+0	20"4+0	2
Illegal	20"9+4	22"8+0	20"8+0	21"7+0	4
Jammy Long	24"3+4	22"3+0	22"0+2	22"7+4	10
Jason Ming	25"7+0	23"4+2	22"5+0	22"7+0	2
Roy Wow	missed	29"4+52	28"4+2	28"5+2	56
Julia	22"8+2	21"7+0	21"8+0	22"0+4	6
Lynn	22"8+2	23"0+2	22"7+0	22"4+2	6

3 rd Design

	1 st	2 nd	3 rd	4 th	Total penalties
Wen	24"2+0	23"9+0	24"3+0	23"7+0	0
Pony	29"4+50	34"8+2	forgive+100	26"3+2	154
Sherry	33"2+0	missed	24"4+52	45"9+0	52
Owen	25"6+0	missed	21"9+2	22"0+2	4
Illegal	25"4+4	25"3+0	28"2+52	23"1+2	58
Jason Ming	24"3+2	24"5+6	24"7+4	24"6+0	12
Jammy Long	29"0+2	26"7+50	28"8+2	28"2+0	54
Roy Wow	36"8+0	42"3+0	49"2+0	32"6+102	102
Julia	28"0+0	26"0+2	27"0+0	25"1+2	4
Lynn	28"8+0	26"2+2	27"3+0	28"9+0	2

4 th Design

	1 st	2 nd	3 rd	4 th	Total penalties
Wen	30"0+0	29"5+2	29"5+0	32"2+0	2
Pony	31"6+50	35"1+0	35"8+50	30"9+0	100
Sherry	56"8+50	1'20"0+2	45"1+0	1'10"9+0	52
Owen	27"6+0	27"9+0	26"1+0	25"3+0	0
Illegal	31"0+2	27"5+2	27"9+50	28"3+50	104
Jason Ming	31"4+0	36"4+2	31"8+0	30"1+0	2
Jammy Long	36"8+2	36"2+2	33"0+0	38"2+50	54
Roy Wow	44"2+4	49"8+0	41"2+6	58"5+0	10
Julia	31"5+0	35"1+0	33"4+2	31"9+0	2
Lynn	37"8+0	31"7+2	missed	33"1+0	2

Sunday 11 04 - Half runs

	1 st half	2 nd half	Total penalties
Wen	55"5+0 56"0+0	48"0+0 45"7+0	0
Pony	56"1+0 54"0+0	51"6+2 49"2+0	2
Sherry	1'15"0+0 1'09"7+0	1'10"3+54 1'01"5+0	54
Owen	53"2+2 49"0+0	43"7+0 44"3+0	2
Illegal	54"6+2 53"1+2	49"9+0 46"0+2	6
Jason Ming	58"6+0 55"3+0	50"0+0 48"3+0	0
Jammy Long	1'00"9+0 1'01"1+50	55"4+2 49"3+0	52
Julia	1'01"0+2 1'01"0+0	55"5+0 50"8+0	2
Lynn	1'04"2+2 1'02"3+0	59"6+0 53"2+0	2

Monday 11 04 - Long runs

	1 st run	2 nd run	Best total
Wen	1'32"8+2	1'30"6+0	90"6
Pony	1'38"8+4	1'35"8+0	
Sherry	2'17"4+50	2'03"8+2	125"8
Owen	1'26"0+0	1'22"3+0	82"3
Ken	1'26"2+2	1'30"0+2	88"2
Illegal	1'34"7+4	1'35"8+4	98"7
Jason Ming	1'41"4+6	1'34"6+0	94"6
Jammy Long	1'50"1+2	1'37"7+4	101"7
Roy Wow	2'07"0+8	2'08"6+52	127"8
Julia	1'45"1+4	1'37"2+4	101"2
Lynn	1'45"0+0	1'42"4+0	102"4