

International Canoe Federation  
And  
Algerian Rowing and Canoe  
Kayak Federation

**ICF**  
**Development Programme**



**REPORT**  
**Canoe Sprint**  
**Coach's course and Training Camp**

In Algeria in June 2009

## Information relating to the Experts:

Surname/name (s)	- Zakaria Mahmoudi ICF Expert
------------------	-------------------------------

## Description of the Course

Course dates	Start date : 18/06/2009..... End date : 05/07/2009..... Total duration : 18 days
Course location (city, country)	Algeria: Tipaza (Dam Boukourdane)
National Federation	Algerian Rowing and Canoe kayak Federation
Discipline	Canoe Sprint
Dates of the stay of the expert	Arrival date : 17/06/2009..... Departure date : 11/07/2009.....

Type of technical course	Course level (according to IF standard)
<input type="checkbox"/> Regional <input checked="" type="checkbox"/> National	<input type="checkbox"/> Beginners <input checked="" type="checkbox"/> Intermediate <input type="checkbox"/> Advanced
Participants	Distribution
<input checked="" type="checkbox"/> Coaches No.: 01..... <input checked="" type="checkbox"/> Athletes No.: 10..... <input checked="" type="checkbox"/> Sport Teacher No.: 01  TOTAL ..... 11 .....	<input checked="" type="checkbox"/> Men No.: 8..... <input checked="" type="checkbox"/> Women No.: 3..... TOTAL  <input type="checkbox"/> NOCs invited ..... (other than the NOC organising the course)
<b>Summary of programme content</b>	
<b>Week 1</b>	<b>Week 2</b>
<b>6h00</b> : Get up <b>6h30</b> : Running <b>7h30</b> : Breakfast <b>9h00</b> : 1 <sup>st</sup> kayak training + weight training <b>12h30</b> : Lunch <b>16h30</b> : 2 <sup>nd</sup> kayak training <b>20h30</b> : Dinner <b>22h00</b> : Sleeping	<b>5h30</b> : Get up <b>6h00</b> : Breakfast <b>8h00</b> : 1 <sup>st</sup> kayak training <b>10h00</b> : weight training or Running <b>12h30</b> : Lunch <b>16h30</b> : 2 <sup>nd</sup> kayak training <b>20h30</b> : Dinner <b>22h00</b> : Sleeping

**Documents distributed for the participants:**

- I. Multi Canoe Kayak Books and DVD
- II. Level 1 Beginner Coach by **Csaba Szanto**
- III. DVD "Video and documents for coaches" Level 1 by **Zakaria Mahmoudi**
- IV. The Slides courses
- V. Certification of attendance

**Evaluation of the Pedagogical Aspects of the Course**


Language	Arabic
Was interpreting necessary?	No

Interest and general attitude of the participants	Good <input checked="" type="checkbox"/>	Medium <input type="checkbox"/>	Poor <input type="checkbox"/>
Level of the participants	Good <input type="checkbox"/>	Medium <input checked="" type="checkbox"/>	Poor <input type="checkbox"/>
Homogeneity of the group	Good <input type="checkbox"/>	Medium <input checked="" type="checkbox"/>	Poor <input type="checkbox"/>



## Evaluation of the Logistical Aspects of the Course

Venue			
Classroom <input checked="" type="checkbox"/>	Good <input checked="" type="checkbox"/>	Medium <input type="checkbox"/>	Poor <input type="checkbox"/>
Training venue <input checked="" type="checkbox"/>	Good <input type="checkbox"/>	Medium <input checked="" type="checkbox"/>	Poor <input type="checkbox"/>
Other <input checked="" type="checkbox"/> pontoon for Boats embarking .....	Good <input type="checkbox"/>	Medium <input checked="" type="checkbox"/>	Poor <input type="checkbox"/>

Available equipment
Audiovisual support and video projector <input checked="" type="checkbox"/>
Comments: the conditions of work and communication with the participants were pedagogically acceptable


Local transport
Good <input checked="" type="checkbox"/> Medium <input type="checkbox"/> Poor <input type="checkbox"/>
Comments: A shuttle bus ensured the transportation between the dam and the Hotel





Accommodation

## Food

As soon as I arrived to the Hotel, I noticed that the quality and the quantity of food proposed does not satisfy the needs of energy produced, so I established a menu which includes five basic groups: grains, fruits, vegetables, dairy foods, and protein-rich foods. The under mentioned menu was applied during all the period of stay with aim to provide adequate calories from a variety of foods.



**" Menu de repas Hebdomadaire des Elites Kayakistes Algériens " élaboré par Pr. Zakaria Mahmoudi**

	Petit déjeuner	Déjeuner	Diner	Collation+Eau
<b>Lundi</b>	Lait + café 2 portions de pain Beurre + confiture+Omelete+ Fromage + croissant+ jus	- Salade - Plat : Lentilles - Riz - carotte (Sauté) Viande : Boeuf burger - Dessert : Fruit de saisons - Thé ou Tisane	- Salade - Soupe jaune - Pate spaghetti + viande ou poulet+Fromage - Dessert fruit de saisons	fromage et fruit de saisons <b>2 bouteilles de 1,5L d'eau</b>
<b>Mardi</b>	Lait + café 2 portions de pain Beurre + confiture+Omelete+ Fromage + croissant+ jus	- Salade - haricot blanc + Riz+purée d'asperge + chawarrma - Dessert : Fruit de saison - Thé ou Tisane	- Salade - Soupe - Ragoût de légumes + viandes et sauce de tomate - Dessert fruit de saisons	Fruits de saisons <b>2 bouteilles de 1,5L d'eau</b>
<b>Mercredi</b>	Lait + café 2 portions de pain Beurre + confiture+Omelete+ Fromage + croissant+ jus	- Salade - Plat : Spaghetti Bolognaise + omelettes + viande hachée	- Salade - Soupe de lentilles - Purée pomme de terre+ lentilles sautés + Poulet rôtie - Dessert fruit de saisons	Yaourt <b>2 bouteilles de 1,5L d'eau</b>
<b>Jeudi</b>	Lait + café 2 portions de pain Beurre + confiture+Omelete+ Fromage + croissant+ jus	- Salade - Plat : Riz + escalope grillée - Dessert : Fruit de saisons - Thé ou Tisane	- Salade - Soupe de légume Plat : champignons sautés + viande farcé avec tomate, piment et pomme de terre - Dessert fruit de saisons	Gâteau <b>2 bouteilles de 1,5L d'eau</b>
<b>Vendredi</b>	Lait + café 2 portions de pain Beurre + confiture+Omelete+ Fromage + croissant+ jus	- salade - Poulet au four complet - Dessert : Fruit de saisons - Thé ou Tisane	- Salade - Soupe blanche avec poulet haché - pomme de terre au four + lentilles+ foie grillé - Dessert fruit de saisons	Fruits de saisons <b>2 bouteilles de 1,5L d'eau</b>
<b>Samedi</b>	Lait + café 2 portions de pain Beurre + confiture+Omelete+ Fromage + croissant+ jus	- salade - Riz au four + brochette viande et légumes - Dessert : Fruit de saisons - Thé ou Tisane	- Salade - Plat : Lentilles - Riz - carotte (Sauté) Viande : Boeuf burger - Dessert : Fruit de saisons - Thé ou Tisane	fruit de Saisons <b>2 bouteilles de 1,5L d'eau</b>
<b>Dimanche</b>	Lait + café 2 portions de pain Beurre + confiture+Omelete+ Fromage + croissant+ jus	- Salade - Plat : Spaghetti Bolognaise + omelettes - Dessert : Fruit de saison- Thé ou Tisane	- Salade - Plat : Lentilles - Riz - carotte (Sauté) Viande : Boeuf burger - Dessert : Fruit de saisons - Thé ou Tisane	Fruits de saisons <b>2 bouteilles de 1,5L d'eau</b>

## Paddle Ability

Ilyes Bellach is 28 years old, a paddle ability athlete belong to class TA referring to the ICF's Classification, he started kayaking since 6 months in the canoeing club situated in the capital of Algeria. Before my arrival to Algeria Ilyes hasn't any idea about paddle ability thus the ICF's movement towards disable athletes, he thought that Canoeing is destined only for valid athletes. So I gave him a wide information about the paddle ability in the world and the hard work of ICF for the inclusion of paddle ability events in the Paralympic program in London 2012.



As he is very talented, I invited him to take part in the canoe kayak training camp to learn kayaking in good basis and better improve his performance, I did a special training program for him and after 15 days of training he participated in the 1<sup>st</sup> Algerian kayak championships and took the 6<sup>th</sup> place among 12 senior men.

Recently, Ilyes received an invitation to take part in paddle ability canoe world championships in Canada, therefore Algeria will be the first African and Arabian country attending this important event. In other hand, Mr.Csaba Szanto and Mr.John Edwards expressed their willingness to support him from 2010. Hereby, I would like to thank the ICF for the positive actions and the president of the Algerian NF for his great support to paddle ability in Algeria.

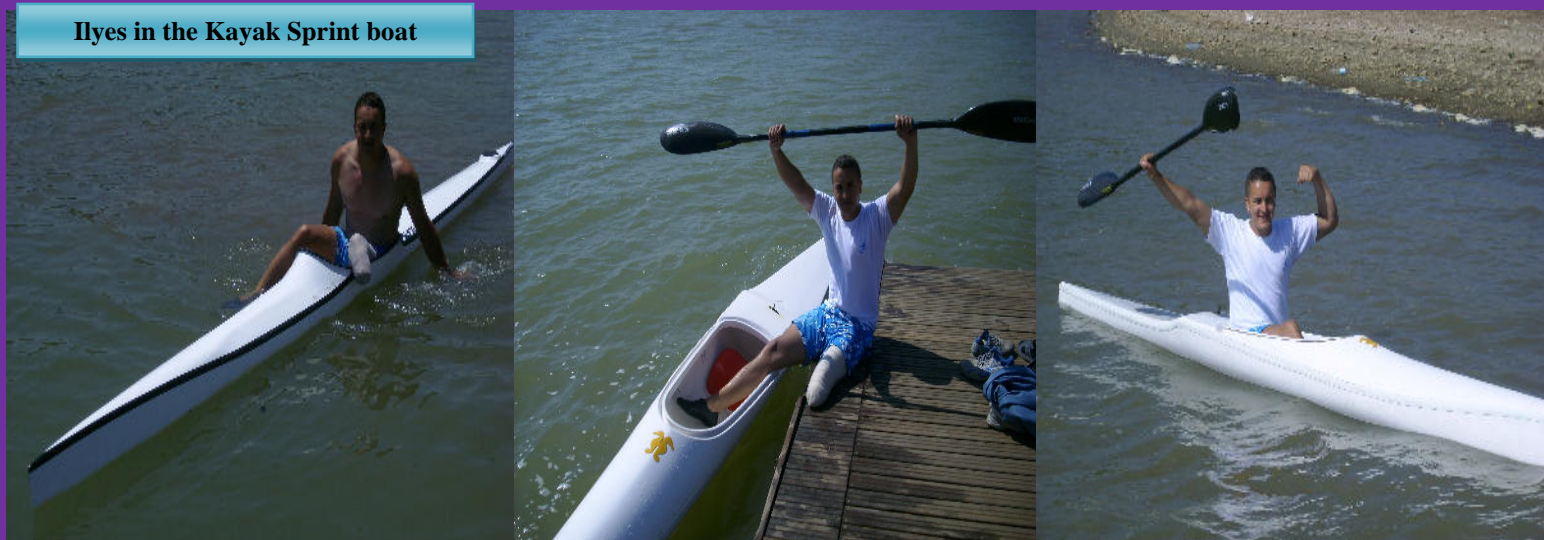
"We are very very proud of him" the president of the Algerian Canoe Kayak federation said. "We're looking forward to more great things from him."

In his spare time, Ilyes enjoys swimming, boating and spending time with his family "I didn't imagine myself to be a kayaker but when I tested it, I quickly loved it, and I was very motivated to learn," said Ilyes. His motto is 'to be better than the best', "In Africa now, nobody knows about the disable kayak. I try to do my best and maybe I can become a champion. I have this opportunity, I hope people will know about disable kayaking and have some interest."

There is a strong sense of camaraderie within his group. "When I arrived to the canoeing club, I thought maybe because I'm disabling that they would not be friendly but it is fantastic. I am so amazed to find how everyone is so friendly. They are very welcoming, they helped me all the times"

Ilyes appreciate very much the Hard work of ICF for the inclusion of the paddle all in the Paralympic Games London 2012 and looks forward for a better support from ICF in next year's, he also hopes that there will be a Paddle all event in the next African championships.

Ilyes in the Kayak Sprint boat



## General comment:

The 2<sup>nd</sup> coach's course/camp was held in the framework of the ICF Development program and specifically aimed for developing the canoe sprint discipline in the region which allows the national federation to ensure a best preparation for the forthcoming African and Arab championships which will be held respectively in Ivory Coast on 21-25 of October and in Egypt /November 2009

At January, a new president and technical committee were elected, since their appointment; a new canoe kayak technical committee was created aiming to develop the Canoe Sprint discipline as rowing. I had a various meeting with the president and several high performance sport directors in term to establishing a development projects 2009-2012 to involve the activities in the entire region, the Algerian NF disposed with a good facilities to become one of the leaders in this discipline, in July 20<sup>th</sup>-22<sup>st</sup>, 2007 Algeria have host the organization of the All African Games, despite the ICF and CAC biding efforts, the COJA refused the inclusion of canoe kayak Events in the program, therefore, the ICF with the agreement of the Algerian Rowing and Canoe Federation applied for the organization of Kayak Demonstration Event at Tipaza Dam locating approximately 80 km from Algiers. The events created a positive impression therefore; kayaking events will be officially included in the next All African Games/ Zambia 2012. The president expressed that he wants to use the training center to attract a mixture of African and European nations to come and paddle throughout an amazing dam, in the other hand, he planned to host the next Arab Canoe Kayak championships in 2010 therefore he asked the support of ICF to obtain a donation equipment to ensure a good start.

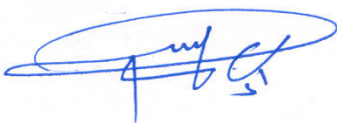
The Algerian NF organized a successful kayak national championship for the first time since kayaking was introduced in 2007. Due to the limited number of kayak boats, one athlete per category/club was invited to participate in the event, in total 30 paddlers took part in the competition. The competition gave a good impression toward the presidents of several rowing clubs which expressed their great interest to include and develop kayak discipline as rowing.

In order to prepare the best performance for the forthcoming international events, the ICF supported one athlete to take part in the training camp in Snagov/Romania, and then in both Junior and senior world championships, this will be the first participation of the Algerian NF in the high level.

Finally, I take the opportunity to thank the President of Algerian Rowing and Canoe Kayak Association Mr.Samir Agoudjil and the 1<sup>st</sup> Vise President Mr.Taoufik Aklol and the coach Cherif Aklol for the cordial welcome and for the effort made to let this coach's course end successfully. At the same time, we wish to express our gratitude to all athletes who have been involved with the training camp for their enthusiasm, courage and great sense of achievement. A special thank to ICF for their great support to canoeing in Africa and Arab countries.

The Expert

We, the undersigned, certify that the information provided above is accurate.



Zakaria Mahmoudi  
ICF Expert

Thursday, July 15<sup>th</sup> 2009.

## Appendix:

- List of the Athletes and Coaches
- Training and daily programme
- Result of Time trials
- Report on the kayak crossing sea organized by the Regional CK Committee of Oran

List of athletes					
	First name	Name	Category	Gender	Club
1	Samah	Belal	Senior	F	Jijel
2	Souhila	Bourreghoud	Senior	F	Alger
3	Samah	Gandouz	Senior	F	Oran
4	Redouane	Beneine	Senior	M	Alger
5	Mohamed André	El Adaoui	Junior	M	Alger
6	Abdel malek	Azaoune	Senior	M	Alger
7	Sofiene	Khemache	Senior	M	Alger
8	Zakaria	Djabali	Senior	M	Alger
9	Mehdi	Kherouaa	Junior	M	Oran
10	Ilyess	Bellache	Senior	M	Alger
11	Abdel Hamid	Boucherit	Senior		Alger

List of coaches	
Name/Surname	club
Cherif Aklol	Head Coach



Athletes with the new staff of the Algerian national federation

# Basic Training Programme:



## Week 1



Date	6H30	AM 1: 8H00	AM 2: 10H00	PM 1: 17H30
<b>Samedi</b>	Footing 6km + Stretching 	Arrivée au Barrage Boukourdane Tipaza		12 Km Facile (decouverte du Barrage) 
<b>Dimanche</b>	Footing 6km + Stretching 	Exercices et jeux éducatifs en kayak de vitesse 	25min Ergo machine 20' Stretching	10km : 2*3000m rec 4' retour au calme 4km 
<b>Lundi</b>		10km easy paddling -Technique G1 Initiation kayak de vitesse G2 	weight training 	3*(3*1000m) rec 2'/rep et 4'/serie int 80% 
<b>Mardi</b>	Test 6km + Stretching 	14 km Steady state (rythme continue) Correction Technique 		2*500m rec 3' 90% 2*200m rec 4' 100% 
<b>Mercredi</b>	Footing 6km + Stretching 	3*(4'3'2'1') rec 1' et 4' entre les Series 	weight training 	8 km easy paddling+ sprints Correction Technique 
<b>Jeudi</b>	Footing 6km + Stretching 	2km ech/ 6km hard pace /2km retour 	25min Ergo machine 20' Stretching	Projection Video Analyse technique et correction 
<b>Vendredi</b>	Footing 6km + Stretching 	8km Ech 2(4* 100m) 80% rest 3' 	weight training 	3*2000m 70% 80% 100% 



## Week 2

Date	6H30	AM 1: 8H00	AM 2: 10H00	PM 1: 17H30
<b>Samedi</b>	Footing 6km + Stretching 	14 km Steady state (rythme continue) Correction Technique 	2* 15 min Ergo machine 20' Stretching	Ech : 2km 15'15" rec: 2 min 1km retour au calme 
<b>Dimanche</b>	Footing 6km + Stretching 	10-12 km rythme continue synchronisation calage / propulsion 	weight training 	3*(4'3'2'1') rec 1' et 4' entre les Series 
<b>Lundi</b>		5* 1000 m Fartlek 5*500m Fartlek 	Séance Natation au Barrage + Animation Jeux éducatifs	8km Ech 2(4* 100m) 80% rest 3' 
<b>Mardi</b>	Test 6km + Stretching 	Time Trial : 500m rec 30 min Test 1000m 10-12 km rythme continue 		8 km easy paddling+ sprints Correction Technique 
<b>Mercredi</b>	Footing 6km + Stretching 	3*2000m 60% 70% 80% 		Jeux éducatifs canoe et kayak Tactique en cours en ligne Visualisation mentale 
<b>Jeudi</b>	Footing 6km + Stretching 	8 km easy paddling+ sprints Correction Technique 	Projection Video Analyse technique et correction	Ceremonie de cloture du Stage Attribution des attestations par le Président de la FASAC
<b>Vendredi</b>		<b>1st Canoe kayak National championships</b> Distances : 500m and 200m Cadet-Junior-Senior (Men-Women)		

Result of Time trials

## Test d'évaluation

N°	Name and Surname		Category	Time Trial : 2*2000		Best time in 500m	Best time in 1000m	Test Running 6km
				1	2			
1	Samah	Belal	WK1	10.22.21	10.12.90	2.38.54	4.56.90	32.58.85
2	Souhila	Bourreghoud	WK1	11.45.77	11.50.79	3.32.78	*****	34.47.22
3	Samah	Gandouz	WK1	10.55.24	10.25	2.42.43	4.57.33	36.11.86
4	Redouane	Beneine	MK1	9.55.23	9.30.90	2.23.98	4.18.29	28.10.45
5	Mohamed André	El Adaoui	JK1	8.12.56	8.32.67	1.48.23	3.54.28	23.48.73
6	Abdel malek	Azaoune	MK1	9.02.55	9.44.43	2.01.44	4.23.55	23.54.63
7	Sofiene	Khemache	MK1	9.12.19	9.56.55	2.12.54	4.12.88	27.58.48
8	Zakaria	Djabali	MK1	9.02.66	9.45.33	2.08.32	4.09.54	26.28.26
9	Mehdi	Kherouaa	JK1	10.10.43	10.22.10	3.02.65	5.01.43	32.56.20
10	Ilyess	Bellache	MK1	9.44	9.31	2.11.12	4.23.76	Disable athlete
11	Abdel Hamid	Boucherit	MK1	10.04	10.09	2.53.11	4.46.79	29.21.07



---

# Kayak Crossing Sea Competition in ORAN Algeria

---



## Characteristics of the event:

**Date:** 18 June 2009

**Place:** Algeria- Oran

**Club:** Rowing and Canoe Kayak association of Oran

**Number:** 64 participants between the ages of 16 to 65.

**Boat:** Touring kayak

## Curriculum of the activities and general interest of the participants:

The canoe kayak club of Oran under the patronage of the Algerian Rowing and canoe kayak associations organized the 2<sup>nd</sup> Crossing Sea of Baie d'Algir.

This is one of the greatest events in the region; the competition was mediatized by the Algerian national TV and newspapers. The participant were very excited to enjoy paddling in the sea "I was delighted to participate in this competition, I discovered that kayaking is not only a fun but it is a hard sport, canoeing is wonderful way of moving through the nature" **said one of the participant**



“I was satisfied with the ICF’s initiative to send Mr Zakaria Mahmoudi the ICF expert to help canoe kayak growth in Algeria, we are dedicated to ensuring the best support and without doubt, we will increase efforts to improve our level to be the leaders in African continent and in Arab world, Mr Mahmoudi already conducted a coach’s course in 2007; we appreciate very much his help and his professionalism, we are continuing to develop more training camp and we will strives for best success ”  
**Said the President of the Algerian Rowing and canoe kayak association  
Mr Samir Agoudjil.**

**Pictures of the Kayak crossing sea competition:**



**Report by: Zakaria Mahmoudi  
ICF Expert**