



Maialen Chourraut, Spanien
 Född den 8 mars 1983
 Brons OS 2012 i London
 Guld OS 2016 i Rio de Janeiro
 Längd: 1,61 m
 Vikt: 55 kg
 Fick en dotter 2013
 Tävlats internationellt mer än 18 år

Maialen_Rio2016_3.mpl - gemväg link

Sixten Björklund

- Började paddla på 70-talet
- Landslaget i 10 år från slutet av 70-talet
- Bästa placeringar på VM – 1979: 13, 1983: 6
- Suttit i kanotförbundets styrelse och varit ansvarig för forsverksamheten andra hälften av 80-talet
- Ungdomsledare, ledare för landslaget
- Kanotförbundets tränarutbildningar, olympiska akademien, ledarutbildningar
- Civilingenjör, chefsroller, VD i mindre företag, managementkonsult under många år
- Förbundskapten kanotslalom 2018



International coach conference

- 7e OF SPRINT CANOEING
- 1a OF CANOE SLALOM
- CATOIRA SPAIN, 26-28 OCTOBER 2018

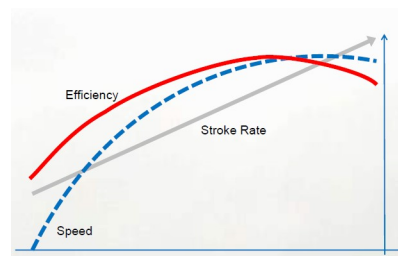
Slalom

- Viktigt att träna i olika miljöer
 - Banor – Slätvatten – Fors
- Repetera
- Öka utmaning
- Everybody could take something from another canoeing discipline

Training the Alexandr Nikonorov way

- All kunskap finns!
- Träna smartare - mindre volym idag
- Power – Quality – Intensity
- Borrow ideas – Create strategies – Win medals
- Vi vill bli snabba i kanot (inte starka i gymmet)
 - Styrka och snabbhet i kanot

Fart i kanoten



$$\text{Speed} = \text{Power} + \text{Technique} + \text{Control}$$

Power / speed

- Mer snabbhet och styrka i kanot
- 2 speed sessions a week is enough to gain the control, but the rest of training is fundamental for the speed development
- Ökade frekvensen av träningspass i tävlingsfart inför tävlingen

Training strategy

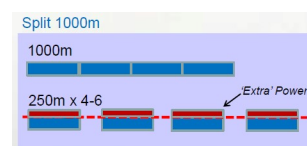
- 'Fast twitch' gym
- 'Power Stroke' technique – **slalom ?**
- 'Split Efforts Training'
- 'Power led' periodisation

'Fast twitch' gym

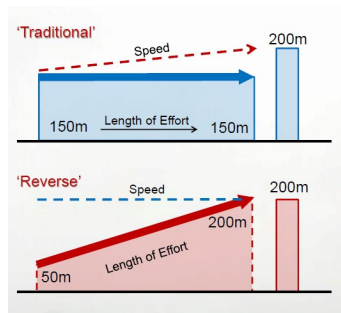
- Hypertrophy of the 'kayak muscles'
- More fast twitch fibres
- 'Breezing' muscles
- Transmission into the boat

We not aiming to become stronger in the gym;
we want to be faster on the water:

Split Efforts Training

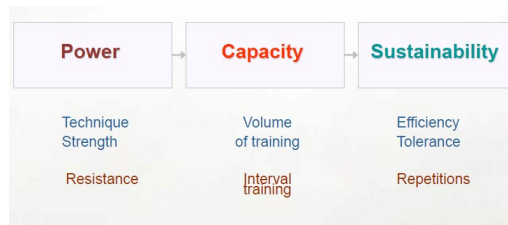


”Reverse Periodization”



Kan det översättas till slalomträning?

’Power Led’ periodisation



- Progressive development through the phases of ‘Power – Capacity – Sustainability’
 - Constant Volume in hours with progressive building up of Intensity

TVS – Technical Video Signal

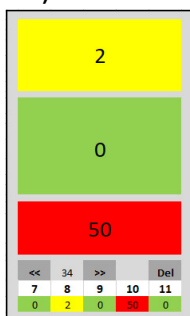
- System för videogranskning av tävlingsååk
- Nödvändigt för rättvis bedömning av passering av port
 - Islag i en portkäpp ger 2 sekunders tidstillägg
 - att bara nudda en port så att den roterar lite kring sin egen axel räknas som islag
 - Missad port ger 50 sekunders tidstillägg
 - Att bedöma om huvudet är inne i porten vid en passering är ibland en väldigt svår uppgift
 - Dessutom ska del av kanoten samtidigt vara inne i porten

TVS - historia

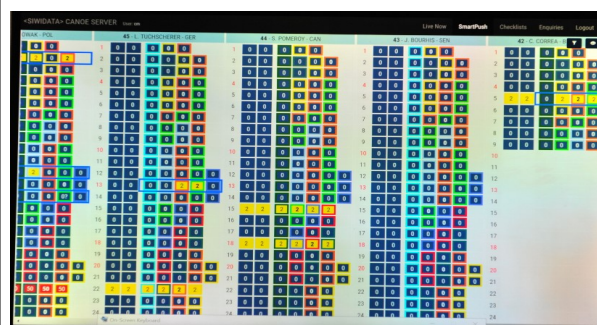
- 2000 OS Sydney, första gången
- 2002 VM Bourg St Maurice, prövades igen
- 2006 VM xxx, skandal 50 sek felbeslut
- Regeländring, tillåta video för beslutsunderlag
- 2007-2012, utveckla video för bedömning
- 2013→, fortsatt utveckling

A key move forward, Smart Penalty Input collection (SPI)

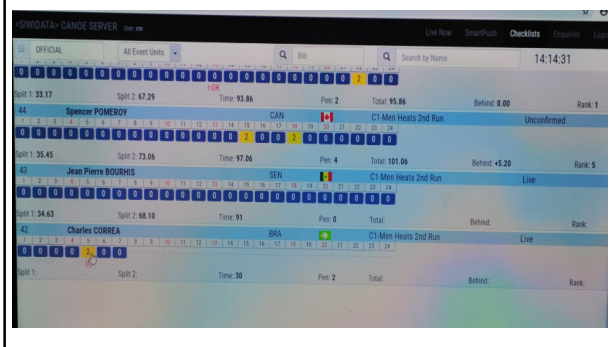
- The device-smart phone + application
 - 2017 testing 6 devices per competition
 - 2018 1 device for each judge (11max)
 - First half of the season operated in shadow mode
 - second half operated as a main results system
 - Pros – quick, easy to use, no/little conferring, Judges focus on one task
 - Cons – no written record (backup)
- Application – “Black Box”



Screen penalties collection system



Live results screen for Teams check



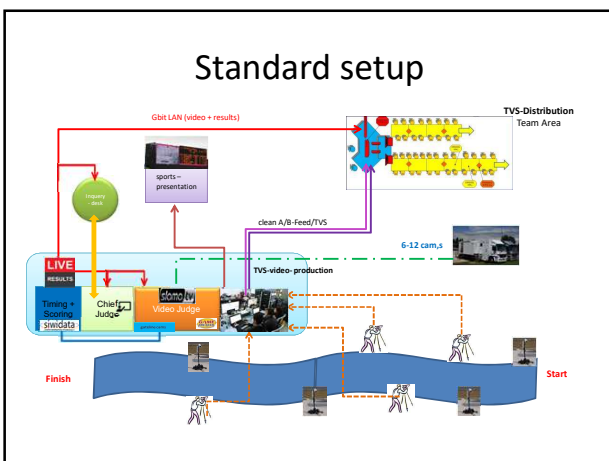
TVS idag

Fundamental Function:

TVS delivers the central video signal for all Level 1 and 2 ICF competitions. TVS has a number of clients and must be capable of serving the following users:

- 1) NF Teams (Coaches/Sport Scientists/Team Leaders)
- 2) ICF Technical Officials (Chief Judge/ Video Judges)
- 3) HOC Services; Video wall, public screens if Live TV not available
- 4) Video on Demand (VOD) streamed on the internet where appropriate

Standard setup



The criteria used by the Chief Judge in his determination

- The video provides clear 100% evidence that a penalty has been incurred/or not incurred and this does not agree with the Gate Judge's determination, a change to add or remove the penalty is proposed to the Chief Judge.
- The video provides evidence that supports the Gate Judges documentation i.e. it is consistent with what the Gate Judges have documented, but does not provide 100% evidence of the penalty, the decision will rely on the Gate Judge's documentation and call.

The criteria used by the Chief Judge in his determination

- The video is inconclusive. Where the video cannot provide clear and conclusive evidence that a penalty has been incurred, or not incurred, the documentation and decision of the Gate Judge will be adopted.
- The video does not provide any extra information and is not used. In this case the video may be from the wrong angle, too far away or the Athlete may block the view of the gate
- Where there is 100% conclusive evidence the Chief Judge will propose a penalty (or the removal of a penalty) even if it has not been recorded by the Gate Judges.

At all time the Chief Judge is the final and unique decision maker

Video judging change the "game"

- **brought changes within canoe slalom results management and stakeholders behavior**
 - Chief Judge and Assistant Chief Judge
 - Gate Judges
 - Team Leaders/ Coaches
 - Athletes ??
 - CSL Rules