

VII Int. Coaches Conference

Sprint Canoeing

26-28/10

Catoira, Spanien

Thomas Edhag, Bråvikens KK

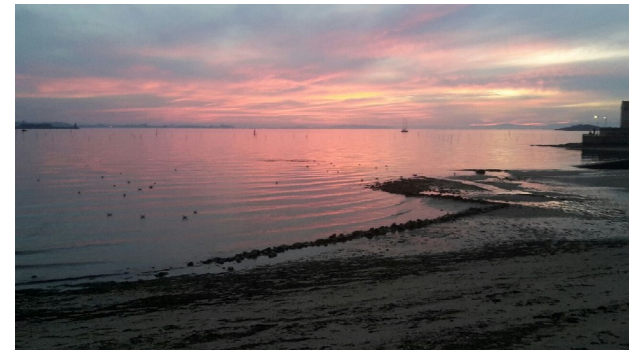
Mats Johansen, KG



Omgivning



Catoira



Program

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Dr. **MARIAN FERNÁNDEZ VILARINO**, Faculty of Education and Sports Sciences, University of Vigo

PROGRAM

Thursday, 25 de October

Pre-Congress activity, participants and relatives

- 16:30-17:30 Viking Drakkar ship tour in the Ria de Arousa (Ulía River).

Friday, 26 de October

- 8:30 Accreditation and documents collection.
- 9:20 Brief presentation.
- 9:30-10:30 INFISPORT Table:
THEORETICAL-PRACTICAL CONSIDERATIONS ON THE TECHNIQUE OF KAYAK IN QUIET WATERS.
Speaker: DAVID CALVENTE (Spain)
- 9:30-10:30 LECTURE 1 SLALOM-NAUTICALIA (ROOM 2)
TEH GEOMETRIES OS SLALOM - A DIFFERENT APPROACH TO TECHNICAL ANALYSIS IN SLALOM
Speaker: XABI TABERNA O'DÁNEZ (Spain).
- 10:30-11:30 CALICHE GROUP table
DIAGNOSIS FROM THE RACE-INERTIAL BALANCE-HOW TO IMPROVE.
Speakers: ANDREAS PACE (Italy)
- 11:30-12:00 Coffee break.
- 12:00-13:00 ADRIO Table
COORDINATION AND STRENGTH DEVELOPMENT EXEMPLIFICATIONS.
Speaker: ANDRAS SZABO (Hungary)
- 13:00-14:00 Conference LETTIMAN-PADDELLITE
DOPING AND ITS THREATS: FROM THE PHARMACOLOGICAL TO THE GENETIC DOPING.
Presented by: Ana Bermejo (Faculty of Medicine and Dentistry, University of Santiago de Compostela).
Speaker: Dr. SABINA STRANO (Italy)
- 14:00-15:30 LUNCH.
- 15:30-16:00 OFFICIAL OPENING.
- 16:00-16:40 OPENING LECTURE
H.E. Ms. **M^o JOSÉ RIENDA** Secretary of State for Sport
- 16:40-19:45 SIMULTANEOUS WORKSHOP
SPEED MEASUREMENT, STRENGTH AND POWER APPLIED TO CANOEING.
- 16:40-18:00 PACO/LOLA Table
WOMEN SPORTS TRAINING AND TEAM BOATS FORMATION
Speaker: MIKLOS SIMON (Hungary)
- 16:40-18:00 LECTURE 2 SLALOM-ROMÁN (ROOM 2)
TRAINING OF THE SLALOM TECHNIQUE DURING THE DIFFERENT STAGES OF DEVELOPMENT
Speaker: ETTORE IVALDI (Italy)
- 18:00-18:45, PLASTEX Table.
Speaker: YURI CHEBAN (Ukraine)
- 19:30 CULTURAL ACTIVITIES (Attendants and companions)
Guided visit to the wineries VERMU PETRONI and/or PACO & LOLA
- 18:45-19:45 ORAL COMMUNICATIONS

Saturday, 27 de October

- 9:30-11:30 SIMULTANEOUS WORKSHOP
CORRECT TECHNIQUE AND EXECUTION OF BODYBUILDING AND STRENGTH EXERCISES:
INJURY PREVENTION
- 9:00-10:00 ZEDTICH Table
CREATING A TRAINING SYSTEM FROM THE OPTIMAL TECHNIQUE
Speaker: JERNEJ ZUPANCIĆ (Slovenia)
- 9:00-10:00 LECTURE 3 SLALOM - TERNERA GALLEGA (ROOM 2)
TECHNICAL EVOLUTION AND VIDEO ARBITRATION SYSTEM
Speaker: JEAN-MICHEL PRONO (FRA), Canoe Slalom Chair ICF
- 10:00-10:45 MARÍA JOSÉ JOVE FOUNDATION TABLE
PARACANOING AND ADAPTED CANOEING
Speakers: -ISMAEL UALI ROJO (Spain). Paralympic basis, working methods and intermediate options.
-JONATHAN MONTEAGUDO (Spain)
- 10:45-11:15 Coffee break.
- 11:15-12:30 PESCA DE RIAS TABLE
PLANNING PROCESS OF SAUL CRAVIOTO: FROM BEIJING TO RIO, FROM 500M TO 200M.
Speaker: MIGUEL GARCÍA (Spain)
- 11:15-13:00 LECTURE 4 SLALOM -NATURLAR (ROOM 2)
STATISTICS PROGRESSION IN COMPETITION
Speaker: GUILLERMO DIEZ-CANEDO FERNÁNDEZ (Spain)
- 12:30-14:00 GUIDEBOW Table
SPORT PERFORMANCE DIAGNOSTICS, ARGUSTRESS TECHNOLOGY FOR CANOEISTS
Speaker: VIKTOR HÜVÖS (Hungary)
- 14:00-15:30 LUNCH
- 16:30-18:30 SIMULTANEOUS WORKSHOP
- 15:30-16:30 GERIMEDICAL TABLE
EPIDEMIOLOGY, TYPES, PREVENTION AND TREATMENT OF CANOEING INJURIES
Speaker: JOSÉ LUIS GARCÍA SOIDÁN (Spain)
- 16:45-18:00 AGARIMO Table
BIOMECHANICAL KEYS FOR IMPROVING VELOCITY
Speaker: JON SCHOFFIELD (UK)
- 18:00-18:30 Coffee break.
- 18:30-19:00 ELIJO Table
GENETICS OF SUDDEN CARDIAC DEATH IN ATHLETES
Speaker, Dra. **MARÍA BRION MARTÍNEZ**
- 19:00-19:30 ELIJO Table
SPORTS NUTRITION AGAINST MUSCLE DAMAGE
Speaker: Dr. **MIGUEL ÁNGEL CERVERA NAVARRO**
- 19:30-20:30 ORAL COMMUNICATIONS. - AIRAS CATERING
- 21:00 CLOSING DINNER.

SUNDAY, 28 de October

- 9:15-10:30 EMAC Table
DEVELOPMENT OF THE ATHLETIC POTENTIAL CONCERNING WOMEN AND CANOE
TALENT TRANSFER
Speaker: JAMES TRAIN (UK)
- 9:15-10:30 LECTURE 5 SLALOM - AMURA (ROOM 2):
SLALOM TECHNICAL WORK DEVELOPMENT
Speaker: XABI ETXANIZ (Spain)
- 10:30-11:00 Coffee break.
- 11:00-12:30 THUNE EUREKA Table
IMPROVEMENT OF SPEED IN THE CANOE KAYAK
Speaker: ALEXANDER NIKONOROV (Ukraine)
- 12:30-14:00 NELO Table
LEARNING FROM THE OLYMPIC MEDALLISTS
Speakers: SAUL CRAVIOTO (Spain)
MAIALEN CHOURRAUT (Spain)
- 14:00 CLOSING DIPLOMAS CEREMONY
Speaker: JOSÉ PERURENA LÓPEZ
President of the International Canoe Federation (ICF President)

- Table
- Slalom lecture
- Simultaneous workshop
- Activities

SIMULTANEOUS WORKSHOPS

Friday, 26 de October

- 16:40-19:45 SIMULTANEOUS WORKSHOP- JUNJUEKA GROUP
SPEED MEASUREMENT, STRENGTH AND POWER APPLIED TO CANOEING.
Speakers:
Dr. **JOSEP M^o PADULLÉS** - Dr. **XAVIER DE BLAS** - Mr. **XAVIER PADULLÉS**.
- Automatic speed measurement and control, strength and power concerning gym activities.
- Automatic canoe strength measurement against a resistance.
- Automatic strength measurement applied to canoe paddles in the water.
- 16:30-19:00 SIMULTANEOUS WORKSHOP - ROTULARAMA
KINANTHROPOMETRY WORKSHOP
Speakers:
- **FERNANDO ALACIO CÁRCILES**, Anthropometrist level 3 ISAK, UCAM Professor
- **DANIEL LÓPEZ PLAZA PALOMO** UCAM Professor
- Kinanthropometry applications.
- Technique and methodology to be followed for obtaining the correct anthropometric variables.
- Training coaches and athletes on anthropometric techniques.

DATE AND PLACE OF THE CONGRESS

Catoira, Municipal Auditorium, 26-27-28 OCTOBER 2018. Catoira is a municipality located 30 km from Santiago de Compostela Airport, 35 km from Vigo Airport, 100 km from A Coruña Airport and 140 km from Porto (Portugal).

FURTHER INFORMATION

www.congresocatoira.es
www.rfep.es
www.fegapi.org
<http://webs.uvigo.es/feduc/>

Parallella sessioner

D. Calvente, ESP

Bild D Calvente

“let the paddle go its own way”

“a smaller paddle talks to you”



M. Garcia, ESP

Bild M Garcia

*“1RM to be able to do STR
150-170”*

*“ $_{peak}V\dot{O}_{2max}$ 40-55ml/kg/min in
200m”*

“h@R3 - 56%, h@R6 + 76%”

A. Szabo, HUN

Bild A Szabo

“The majority of functional exercises should be done standing and should be multi-joint”

“coordination requires balance - balance is the base for coordination”

“there is always something to fix”

J. Train, GBR

“progressive exposure to training load”

Bild J Train

“Race experience – or lack of!”

A. Pace, ITA

“applied force does not count in canoeing half as much as the effect that is produced by force applied in the correct way”

“H-graph”

Bild A Pace

V. Huvös, HUN

“Sx-value”

Bild V Hyvös

Bild V Hyvös

Bild V Hyvös

M. Simon, HUN

*“only 13 weeks of
crew training”*

*“individual
ability gives you
crew ability”*

*“choose the right
speed and STR”*

“lock the system”

*“+ 0.5-1cm
increase/seat in
crew boats”*

*“manage your crew
- who to place
where”*

*“crew needs to be
open to changes”*

J. Schoefield, GBR

*“practice your start and
be patient”*

*“if lunging – when to do
it”*

*“be comfortable with your
distance”*

Bild J Schoefield