

# Olympic Solidarity

## International Canoe Federation And Sudanese Rowing and Canoe Kayak Association

### ICF Coaches Education Program



# REPORT

## Canoe Sprint Coach's course Level 1/2

December 2013



National Federation	Sudanese Rowing and Canoe kayak Association
Sport	Canoe Sprint

Information relating to the Experts:

Surname/name (s)	- Zakaria Mahmoudi ICF Lecturer
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Description of the Course

Course dates	Start date :	02/12/2013.....
	End date :	14/12/2013.....
	Total duration :	12 days
Course location (city, country)	Khartoum	

Dates of the stay of the expert	Arrival date :	02/12/2013.....
	Departure date :	14/12/2013.....
	Total duration:	13 days

Type of technical course		Course level (according to IF standard)	
<input type="checkbox"/> Regional		<input checked="" type="checkbox"/> Beginners	
<input checked="" type="checkbox"/> National		<input type="checkbox"/> Intermediate	
		<input checked="" type="checkbox"/> Advanced	
Participants	Level 1 and 2	Distribution Level 1 and 2	
<input checked="" type="checkbox"/> Coaches	No.: 29 .....	<input checked="" type="checkbox"/> Men	No.: 32 .....
<input checked="" type="checkbox"/> Athletes	No.: 13 .....	<input checked="" type="checkbox"/> Women	No.: 16 .....
<input checked="" type="checkbox"/> Sport Teacher	No.: 06	TOTAL	
TOTAL ..... 48 .....		<input type="checkbox"/> NOCs invited yes .....	
		(other than the NOC organising the course)	

**Summary of programme content**

The course was composed of two parts : Theory and Practice  
 The theories lessons were aimed to provide coaches and athletes with basic knowledge, solid foundation of information and skills needed by coach the coach – the information were based on the ICF educational program coaching Manual Level 1 and Level 2

The practice sessions were aimed to provide coaches with information about the safety rescue, equipment, the technique of canoeing, planning of training, design a yearly training program, organisation of a competition, how to be a better coach, performance analysis as well as strength conditioning.

**Documents distributed for the participants:**

- I. DVD : “ ICF Educational Video and documents for coaches” Level 2 by Zakaria Mahmoudi
- II. The Slides courses
- III. Certification from the National Olypic committee
- IV. ICF Certification Level 1 and 2- ICF Educational Program
- V. National Certification issued by the Sudanese National Federation





2013 ICF Coach's course



Level 2 / TIMETABLE



## SUDAN/Khartoum - December 2 - 14, 2013

ICF Expert: Zakaria Mahmoudi

Location: Blue Nile River

	Monday Dec.2 <sup>nd</sup>	Tuesday Dec.3 <sup>rd</sup>	Wednesday Dec.4 <sup>th</sup>	Thursday Dec.5 <sup>th</sup>	Friday Dec.6 <sup>th</sup>
AM – Year 1 10h-12h	Arrival to Khartoum City Opening remarks Level 1/2 course administration and evaluation	Canoeing equipment Boats, selection of boats, boat maintenance, storage and handling the boats, parts of boats, paddles.	Technique of canoeing Technique introduction Balance, stroke, basic Kayak tech, basic Canoe tech, Technique check list	Basic training Methods Why training necessary? Training loads, frequency, and methods of training	Planning a training program Training program examples Program overview Questions /Answers
<b>National Level 1 course – Olympic Solidarity</b>					
PM Year 1 16h-19h	Introducing Canoeing Brief history The definition of canoeing Discipline of Canoeing Requirement of establishing canoe sprint Practice: Canoe Kayak Sudanese National team camp	Group Practice – Assistant coaches evaluation  Practice: Canoe Kayak Sudanese National team camp	Physical conditioning Endurance, endurance development -Strength, strength development Practice: Canoe Kayak Sudanese National team camp	Introduction to racing The goal of training Warm up, the start, the finish, environmental focus, race course Practice: Canoe Kayak Sudanese National team camp	<i>Boat Repairs and Club Cleaning</i> Leading by Yassine Ahmad  <i>Oral and Written Examination</i>
	Saturday Dec.7 <sup>th</sup>	Sunday Dec.8 <sup>th</sup>	Monday Dec.9 <sup>th</sup>	Tuesday Dec.10 <sup>th</sup>	Wednesday Dec.11 <sup>th</sup>
AM – Year 2 10h-13h	Level 2 coach's course introduction Opening remarks Coaches Leading effectively	Training Methods -Guideline for the Training of Athletic Abilities and Athlete Practice: Canoe Kayak Sudanese National team camp	Planning Training program YTP Example by Zak Mahmoudi concept, exercises and evaluation - group workshop	<i>Video Race Analysis Tactic, Race strategies Group workshop</i>	Technique Analyze : Coach Video Presentations and Evaluation 10min max per coach Examination part I
<b>ICF Level 2 course – Olympic Solidarity</b>					
PM Year 2 17h-19h	Leadership – Coach outcomes , role and criteria Managing a sport program -Club and recruitment -Talent identification -Monitoring athlete progress	The Training Concept in Canoe Sprint  Planning a Training Program	Canoe Sprint Technique part 2 - Individual C1/K1 - Team boat C1/C2 K2/K4	Core training and importance of weight training to perform in Canoe Sprint Practice: Canoe Kayak Sudanese National team camp	Technique Analysis : Coach Video Presentations and Evaluation 10min max per coach Examination part I Practice: Canoe Kayak Sudanese National team

	Thursday Dec.12 <sup>th</sup>	Friday Dec.13 <sup>th</sup>	Saturday Dec.14 <sup>th</sup>
AM – Year 2 10h-13h	YTP Caches Presentations And evaluation Examination part	Workshop – Elaborate a long term project for the Sudanese Association of Rowing and canoe kayak	Workshop – Elaborate a long term project for the Sudanese Association of Rowing and canoe kayak
PM Year 2 17h-19h	YTP Caches Presentations And evaluation Examination part Program overview Questions /Answers Written Examination part II	Meeting with the Sudanese Executive committee : Implementing strategies and establishing a long term Dev project 2014 -2020  Closing Ceremony Group Celebration	Departure

**Modules Level 1:**

1- Introducing Canoeing	2- Equipment
3- Safety and rescue	4- Technique of canoeing
5- Physical conditioning	6- Basic training Methods
7- The role of the coach	8- Introduction to racing

**Modules Level 2:**

9- Design a Yearly Training Plan	11- Training Methods
10- Developing Athletic Abilities	13- Manage a competition
12- Leadership – Coach outcomes and criteria	15- Technique Analysis : coach presentations
14- Physical Conditioning part 2	17- Managing Sport Program
16- Prevention and Recovery	
18- YTP Presentation and evaluation : coach presentation	

## Evaluation of the Pedagogical Aspects of the Course

Language	Arabic – English
Was interpreting necessary?	No
If so, give evaluation:	Good <input type="checkbox"/> Medium <input type="checkbox"/> Poor <input type="checkbox"/>

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"/>

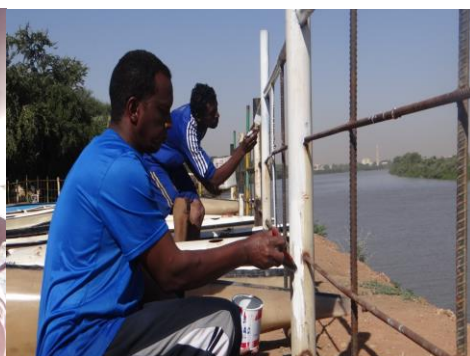
**Comments:**

The majority of the coaches had an academic study level, some were sport teachers, and active coaches what facilitated the task of communication. The coaches who have attended the Level 2 course were certified as level 1 beginner coach in 2009 and 2005. The coaches gained a lot of useful knowledge from the course. The athletes were very talented; they have been very enthusiastic and willing to learn a good technique.



**Type of evaluation conducted and results of the participants**

written examination were conducted in order to assess the basic skills of the coaches – 38 coaches passed the examination only 29 have succeeded to pass to the level 1 and 2



## Evaluation of the Logistical Aspects of the Course

<b>Venue</b>	Nile street – city of Khartoum		
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
- Overhead projector
- Video recorder



**Comments:**

the conditions of work and communication with the participants were pedagogically good

### Accommodation

- Hotel Good  Medium  Poor
- Food Good  Medium  Poor



### Local transport

**Comments:** The transportation was ensured by the National Olympic committee and national federation

Official representatives present during the course  
(of the National Federation, from the NOC)

Yes  No

- Sudanese Canoe Kayak Federation
- Sudanese national Olympic committee
- Sudanese Youth and Sport Ministry

**Media**

**Mr.Zakaria Mahmoudi – ICF lecturer**

**Mr Abdel Rahim Hadj Ahmad - President**





**Boat Repair session**



**Level 2 Written Examination**



**Technical session with Sudan National Team athletes**

## List of the coaches who have succeeded at the Level 1 examination

	<b>Name /Given name</b>	<b>Gender</b>
1	Musab Taha yousef Taha	M
2	Saad Mohammed Alhassan yousif Ahmed	M
3	Rana Maawia	F
4	Awad Al kareem Abdulrahim Abdulsamad	M
5	Kihder Hassan Slama	F
6	Hashim yousif Kalil Mohammed	M
7	Ismael Makey Ibrahim	M
8	Zoubida Maaz Yakoub	F
9	Raafet Mohammed Ismail	M
10	Abdalla Mhammed Ali Husein	M
11	Awatef Sdeeq	F
12	Mahammed Idreis Mohammed	M
13	Elash Al daw Mohammed Al treafy	M
14	Zakaria Mohammed Adam	M
15	Lateefa Saed Hamed	F
16	Mohammed Jebreel Mohammed Mousa	M
17	Ezaldeen Osman Mohammed	M
18	Idreis Abdalla Ibrahim	M
19	Salma Mohammed	F
20	Abdulmajeed Ahmed Mohammed	M
21	Abdalla Taha Mohammed Ahmed	M
22	Ibtissem Zakaria Idreis	F



## List of the coaches who have succeeded at the Level 2 examination

	<b>Name /Given name</b>	<b>Gender</b>
1	OMKALTHOM ABDEEN	F
2	MOHAMED BABIKER AHMED OMER	M
3	HASHIM GASIM OMER YOUSIF	M
4	MOHAMED ALI AHMED	M
5	MUSAB YOUSIF BADAWI	M
6	MUTWAKIL TAHA MOHAMED	M
7	MOHAMED ABDELRAHEEM HAMED	M



## General comments

This is the 3rd Canoe Sprint coach's course organized under the leadership of the Olympic Solidarity and the International Canoe Federation with the cooperation of the Sudanese canoe kayak Federation. Canoeing development in the African continent is a priority of the ICF Development Program since 2006.

The entire course and national team training camp was very well hosted and organized by the Sudanese NF, 35 coaches have attended the Level 1 and Level 2 program.

Several meetings have been held with the Sudanese executive committee in order to set up projects to develop canoeing activities in the region.

- The Main goal was to appoint a technical committee to run the technical activities of the federation leading by a technical director as well as national coaches

The main future development projects 2012-2016 are as follows:

- Implementing the local Boat construction (ICF boat construction project)
- Increase the number of paddlers
- Increase the number of qualified coaches
- Increase the number of women participation in kayak as for canoe in the future
- Increase continuously the number of affiliated clubs and focus on quality not quantity
- Organizing regional events (Arab and African canoe kayak championship)

The Sudanese rowing and Canoe Federation set up a training course for first- and second-level coaches, in collaboration with the Sudan Olympic Committee. The Olympic Solidarity Course for canoe coaches was held in Khartoum from the 2nd to the 14th of December 2013, led by the international expert of the International Canoe Federation, Zakaria Mahmoudi, a Tunisian living in Canada.

He started his training camp and set up at the headquarters of the Sudanese rowing Canoe and Kayak Federation in Sharee Al Neel Khartoum city.

At first, Zakaria started by creating a good atmosphere among the athletes and improving their ability. He introduced canoeing to the coaches in a very professional way. This comprehensive 14-day course provides canoe and kayak trainers with an intensive and rewarding introduction to the most important outgoing activities with an expert of canoeing sport in Sudan.

Zakaria spent days exploring and paddling the bold and beautiful waters activities in the River Nile. Among the Sudan national rowing for kayak and canoe federation, it was a dream for many coaches and athletes to have such opportunity.

One day had been freed for all athletes and volunteers for introducing to the brief history of canoeing and kayaking.

The international expert opened the training course with administrative evaluation so that coaches of athletes of both sexes can improve their athletic performance in this sport. An optional Commission was formed. The sport is seen as an entertainment in the Sudanese community in historical treasures of moral progress, in a country where the longest river, the Nile, crosses its fertile territory, not only because water sports are part of Sudan's legacy, but also because it is represented in its traditional forms as in Sailboat in Sudan history. The training methods help the coaches prepare for good performance in canoe and kayak.

***Sudanese people are very loving and tolerant people greet foreigners with warm welcome, said Zakaria Mahmoudi***. This is an opportunity granted to them successfully. The expert did a very remarkable task in day and night and gave them valuable guidance. Overall, there were two distinct first- and second-level courses.

These aim to introduce both genders to various paddle sports and currently allows them to specialise in whatever kayaking and canoeing race takes place, taking into account that female canoers will be officially part of the Olympic Program in Tokyo 2020. " I have been working hard since many years in order to introduce and help developing WomenCanoe all around Africa and all Arab countries to support gender equity with the collaboration of the ICF, I was extremely happy to see WomenCanoe racing for the first time at the 7<sup>th</sup> African Championship held in Tunisia on November 2013. ***I would like to profit from this occasion to call all the African National Federations, clubs, coaches and athletes attention for establish and develop this class on national level urgently. The Continental Association and host national federations should consider to organise Women Canoe events in various competitions. I also want to Thank the great effort of Pam Boteler President of WomenCAN International for her great job in fostering the global voice for women and sport***" said Mr.Zakaria Mahoudi. The practice sessions took place in the River Nile and allowed participants to develop key skills to benefit from the support of the International Kayaking and Canoe Federation to develop and upgrade the role of the training activity. This would complete the task, including professional and technical activities in continuous training received by the Sudanese Federation of rowing, canoe, and kayaking. A skill course covered all part and tailored skills courses do not have to be taken in a successive order.

Forming a joint collective activity, the Sudanese youth activity advocate finds interest in sports. A new creek design to the course been given. Physical conditioning, endurance development, practicing strength in the national team camp within levels one and two, video analysis and athlete evaluation, coaches outcomes, endurance and managing sport program, talent identification monitoring and athlete progress, organizing canoe sprint event, developing athletic abilities and physical conditioning: those are the topics covered by the ICF expert's program. Many of the athletes who will compete in the World Championships in coming competitions were been given a high technical methods of Canoe and Kayak . These athletes have a busy competition schedule in the 2014 season – racing for their country so near, their province and will conclude their competitive season by racing for their National team. Note that the Sudan has won several medals at the continental level. "We've been training so long for this and now made myself as the I am more fortunate person among my teammates I learned training course plan for a year and one month and a day Making plan is very important, I deserved the certificate giving by the International Canoe Federation since I passed the level 2 exam, I'm coming down off a pretty big high I still want to perform at my best and I'm really excited said : Mtwakil Taha, athlete of the national team. The success of the training course was behind figures struggled for reviving the spirit of sport in the Sudan.

In a farewell and on *ceremonial* occasions distribution of certificates for trainees coaches in Khartoum-Toti Island Coaches , the teammates affectionately lined up in a row to take pictures. In an innocuous moment with the expert of ICF and with the presence of various politicians and sports figures, headed by Minister of Youth envoy deputy Khartoum city, and deputy head of the Sudan Olympic Committee Al Sheelawy and the President of the Sudan Rowing and Canoe and Kayak federation , Central And Eastern Africa for Canoe and Kayak Abdulraim Hamed ,he gratefully thanked the expert of international Canoe Federation Mr.Zakaria Mahmoudi for his high quality and the great effort made to Sudan National team for Canoe and Kayak . The Sudan National team for Rowing Canoe and Kayak Federation is considered one of the active federations in the region. On our part we thank the ICF because ICF is constantly working on coordination in the training sessions campsites inside and outside Sudan, said Abdulrahim; in addition we thank the efforts of the Olympic Solidarity Course for coaches which have been made in Khartoum with coordination of Sudan Olympic Committee.

The Sudanese leaders and all athletes, believe the future of Sudan athletes will be bright in the coming years, and noted that the implicit form of flat water and tracts owned by Sudan's big and bulky compared with other countries make it the most qualified to host the next tournament. With good distinction at the same ceremony, the expert offered a valuable gift to the President of The Sudan for Rowing Canoe and kayak federation and head of east and central Africa for Canoe and Kayak Abdulrahim Hamed, The role played by the ongoing coordination. ***We have many ways of getting you out on the water but one of the best ways is doing a canoeing education courses. Our courses are designed to give you the skills and confidence you need to have fun and be safe on the water, whatever your interest and whatever you wish to achieve. For many, the courses also help guide them as to which kayak may be suitable for them***

*before buying and exposes them to world of kayaking and am very happy that coaches, athletes and officials were showing great interest in this course said ICF expert Zakaria Mahoumdi.*

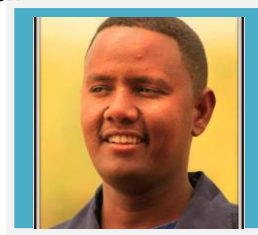
*Reported by Jamal Al Deen Al Agraby  
President of Media and Canoeing promotion Committee  
at the Sudanese National Federation*

*Khartoum –Sudan*

*[alagraby24@mail.com](mailto:alagraby24@mail.com)*

*Video Report*

*<http://www.youtube.com/watch?v=qYeTvho296U&feature=youtu.be>*



### The Expert

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

Zakaria Mahmoudi

A handwritten signature in blue ink, appearing to read 'Zakaria Mahmoudi'.

Tuesday, January 14<sup>th</sup> 2014.

