

## Report of the TIP training camp preceding the slalom championship Ilinden Kayak Slalom 55<sup>th</sup> IKAS 2024 Skopje, Macedonia from 30<sup>th</sup> of March – 7<sup>th</sup> of April 2024



### A. Accommodation, venue and participants.

ECA development training camp took place in Skopje, Macedonia, a course which was a little bit hard for young and inexperienced athletes, but throughout the days the athletes were able to adapt and overcome every obstacles. Accommodation, breakfast, lunch and dinner were made in a Hotel Pine in the city of Skopje, 15km of the venue. The people from the hotel were kind and helpful, provide us with good food and service and, for the days when we stay on the course including the race days, they provide us with lunch box.

The group was made of 12 athletes, from 6 different countries. Me and Aleksandar Zlatarov made a good team, we were working with the beginners on the easiest part of the course made by group of 4 athletes spread in groups of 2 by 2 athletes, and Aleksandar did a great job because he was covering and helping them in boat.

For some of the athletes this was first TIP camp, but they find it really interesting and started to work as a team really quickly.

Athletes were able to paddle twice a day on the course, some days (before the race) they paddle on flat water with us, just to learn some basic technique. As I say at the start we have made two slots on training in one slot we have worked with 2 athletes from Bosnia and 2 from Serbia as a beginners and we were working on the basic things on flat water, and elements which is suitable for their canoe slalom knowledge. For the second slot of athletes we have separated in two groups one working with me one with Aleksandar working on more difficult elements on water, preparing them for the race and also on some elements which they have to work on when they come back home.

Down under we have the list of competitors and coaches which are part of this training camp, held in Skopje.

BIH	Elliot	Filipović
BIH	David	Knežević
ROM	Alexander	Olar Matteo
ROM	Patrick	Kozma
GRE	Zachos	Ioannis
GRE	Dermatis	Kyriakos
TUR	Hasan	Mert Taşkıran
TUR	Serkan	Özcan Yılmaz
SRB	David	Zeli
SRB	Stevan	Ristic
MKD	Angel	Petrusev
MKD	Stefan	Ribarski
Coach	Atanas	Nikolovski
Coach	Aleksandar	Zlatarov

## **B. Coaching and equipment**

Some of the athletes have experience working on different TIP camps, and I already know what and how to do with them. Aleksandar is experienced coach and also still competing, and was a pleasure working with him.

## **C. Results of the 55<sup>th</sup> Ilinden kayak Slalom - IKAS 2024**

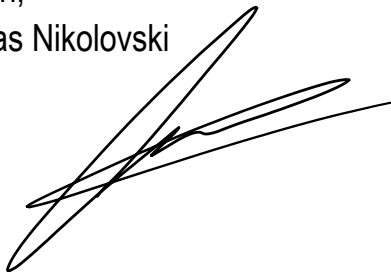
As a coach i can say that i saw great improvement in athletes during this 9 days of training and competition, and I'm really satisfied with the results. two of our athletes in different disciplines have won the championship. Here is the link of the results from the competition.

<https://www.canoe.mk/результати-икас-2024/>

## **D. Global development of canoe slalom around the World**

Still a lot of job to do to compete against the biggest nations, but I can see great progression even for months and we are definitely on the right way, helping with TIP camps. For some of the athletes this was first international competition, for some of them second or more, but it was a great experience for them to compete at this level. All athletes expressed their gratitude and are aware of the great support they were given – especially by ECA in preparation of this TIP camp and throughout the Ilinden Kayak Slalom 55<sup>th</sup> IKAS 2024 Open Championship.

Coach,  
Atanas Nikolovski



Skopje, Macedonia

24<sup>th</sup> April 2024