

ICF FREESTYLE DEVELOPMENT CAMP

Millau, France | June 20–27, 2026



WHO IS THIS FOR?

Athletes

- Age: **15–25 years**
- From **emerging Canoe Freestyle nations**
- Competing at **World Cup 1 (Millau)**
- Motivated to **develop the sport in their country**

Coaches / Organizers

- Whitewater kayaking coaches or future event organizers
- Experience in **coaching and/or event organization**
- Interested in **mentorship and event development**

ABOUT THE CAMP

The ICF Freestyle Development Camp provides:

- High-level coaching and mentoring
- Support before and during competition
- On-water and off-water sessions
- Introduction to:
 - Mental preparation
 - Physical preparation
- Opportunity to:
 - Build an international network
 - Develop Canoe Freestyle in your country

Lead Coach:

- Valérie Bertrand (Canadian–Norwegian)

TRAINING FEATURES

- Main hole (Millau feature)
- Lower hole
- Large flatwater areas (upstream & downstream)
- Riverside park

BASE CAMP

- Shared mobile homes at nearby campsite
- Fully equipped kitchen
- Access to:
 - Showers
 - Toilets

TRAVEL INFORMATION

- Valid passport required
- Visa may be required (apply early)

Closest airports:

- Lyon
- Montpellier
- Rodez
- Béziers

Transport:

- Train (RER / TGV) to Millau

LOCAL INFO

- Currency: **Euro (€)**
- Cards widely accepted
- ATMs available
- Small town: everything within walking distance

WHAT TO BRING

- **Kayaking equipment**
- Training clothes (shorts, t-shirt, running shoes)
- Warm layer (windproof jacket / hoodie)
- Swimsuit
- Country uniform (flag, t-shirt, etc.)

WHAT IS INCLUDED

Free for selected participants (June 19–28):

8 days

of coaching & mentoring



Accommodation



Breakfast (campground)

3

Social Dinners

World Cup 1

Accreditation

NOT INCLUDED

- Travel to Millau
- Costs for accompanying persons (if under 18)
- Equipment rental
- Lunches and dinners (except 3 socials)

EQUIPMENT RENTAL

- Kayak gear available: **€10/day**
- **Very limited availability**
- Must request **early reservation**



PROGRAMME

- **June 19** – Arrival
- **June 20–24** – Full training schedule
- **June 25–27** – Training + World Cup support
- **June 28** – Departure

HOW TO APPLY

- **Apply via form:** <https://forms.gle/hihLD1shLZ27Xind7>
- **Deadline:** May 10, 2026
- Early applications encouraged



Contact:

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SELECTION PROCESS

- **10 spots available**
 - Priority based on eligibility criteria
 - All applicants will be notified after the deadline
- Under 18:**
- Must be accompanied by a responsible adult (outside camp activities)