

Canoe Sprint Technical Coach Course – Level I

Dushanbe, Tajikistan – November 24
-30, 2025



ICF Expert Coach
Mr. Nichita Sergan

I. PROJECT IDENTIFICATION

1. **Program:** Olympic Solidarity Plan 2025 – Technical Courses for Coaches.
2. **National Olympic Committee (NOC):** Tajikistan.
3. **Host National Federation:** Canoe Federation of Tajikistan (TJK).
4. **Sport / Discipline:** Canoe Sprint.
5. **Course Location:** National Olympic Committee of the Republic of Tajikistan
6. **Course Dates:** November 24 to 30, 2025.
7. **Expert Quest Period:** November 23 to December 01, 2025.
8. **Designated Expert:** Mr Nichita Sergan - ICF Expert Coach

2. OBJECTIVES OF THE COACH'S COURSE

As established in the contract with the International Canoe Federation - ICF and in the guidelines of Olympic Solidarity, the course had the following central objectives:

- **Technical Training:** Teach the Level I Coaches Course, focusing on increasing the technical and methodological knowledge of the coaches of the Canoe Federation of Tajikistan (TJK).
 - **Certification:** Supervise the final exam for official certification of the eligible coaches.
- **Long-Term Development:** Provide tools for career planning and continuous improvement of athletes' performance.
- **Learning Environment:** Foster a positive environment, exchange of experiences and update on ethics and sports management.

3. INTRODUCTION



This Level I Canoe Coach Training Course was conducted under the auspices of Olympic Solidarity, in collaboration with the International Canoe Federation (ICF) and the Canoe Federation of Tajikistan (TJK). It took place at the National Olympic Committee of the Republic of Tajikistan, in Dushanbe. The main goal was to enhance the technical and methodological skills of 22 participants, forming a diverse group of coaches capable of effectively supporting the development of Tajik athletes.

The Training Center is adequate but not fit for high performance athletes to be trained

4. SYLLABUS OF ACTIVITIES OF THE LEVEL I CANOE SPRINT COACHES COURSE

The syllabus was completed over 6 days, combining classroom theory in the first 4 days and practical application in the last 2.

The classroom theory contained the following:

History of Canoe:

History of how the sport started, examples of outstanding athletes throughout the history of the sport. Serves to understand where the sport started and how we got to the current state of canoe sprint.

Foundations and Coaching techniques:

Methodology of coaching athletes, this includes things such as:

- creating a training schedule with the yearly competition schedule in mind, athlete performance peak and troughs.
- How to be a good pedagogue, exuding trust and being there for the athlete so that they have full confidence in the training schedule proposed by the coach.

Health and Safety:

What health and safety protocols need to be in place so that the training sessions can take place safely. These include things like having a backup boat following in case of emergency, carrying a life jacket, medical kit, etc.

Yearly Youth and SUB 23 training regime:



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How to prepare a yearly training regimen for your and SUB 23 athletes, a sample was provided and the best practices and considerations were discussed.

The practical application sessions contained the following:

Rowing Simulator & dockside rowing for technique assessment and correction:

This was also accompanied by a classroom session on proper rowing techniques before going to a practical session.

Video recording of rowing technique on both a simulator and dockside, with further analysis of the recording pinpointing flaws in the technique, followed by discussion on how to improve the technique and prevent further errors in the future.





strength circuit training and theory:

This was also accompanied by a classroom session on strength conditioning before going to a practical session.

Explanations and practical demonstrations of how to do strength circuit training. Different types of strength circuits depending on preparation stage, how to rest properly in between gym sessions, health and safety while doing strength training.

5. INFRASTRUCTURE AND LOGISTICS ASSESSMENT

It is essential to document the outstanding quality of the infrastructure provided during the course, both for the invited expert and for all the coaches and athletes involved.

- **The course facilities** were great. The classroom setup at the National Olympic Committee of the Republic of Tajikistan met all expectations, delivering a quality experience to all participants.

- **The training and competition lane** was adequate in conducting practical classes and observation sessions by coaches, with adjustments to the boats and corrections to the athletes' techniques.
- **Equipment:** The organization provided high-quality equipment, including an effective sound system, projectors and screens (all essential to the course's success). All the specific canoeing equipment such as paddles, boats, benches, knee pads, poles, ergometers, and everything else requested to meet the course requirements and the needs of the trainers. However, they need to acquire some more boats.

6. CONCLUSIONS AND RECOMMENDATIONS

The course was completed successfully, with no negative issues before, during, or after the event. Participants were highly engaged, eager to learn as much as possible, and very motivated by the new information shared.

Recommendations to the National Federation (TJK):

- **Continued Investment:** Maintain and expand investment in ongoing training of coaches, and equipment, as they were adequate, but they need more boats and equipment
- **Focus on the base:** To continue, prioritizing the technical quality of training for young athletes (base categories), as has been done, and to increase the number of base athletes with access to the Training Center.
- The Canoe Sprint Coaches Course was completed with complete success, fulfilling all objectives by transmitting the highest level of knowledge established by the ICF.



Bucharest, December 5, 2025.


Nichita Seragn
ICF Expert Coach

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