

## Location & Dates

San Marcos (Texas). November 23<sup>rd</sup> - 30<sup>th</sup>

## Athletes

-Development paddlers: Oran Huff, Katie Frankhouser, Teagan Johnson, Sage Donnelly, Chase Ganim, James Deboise

-High Performance athletes: Spencer Huff, Will Coggan, Ethan Putnam, Chelsea Easley, Charlie Kieft.

## Coaches

Jordi Domenjó Cadefau

## Volunteers

Russ Huff, Amy Johnson, Stephanie Viselly, James Stuart

## Others

Merrylinn Artmann, John Putnam (cooks)

## Objectives

<b><i>Technical Objectives</i></b>  <b><i>(High Performance and Development groups)</i></b>	<ul style="list-style-type: none"><li>-Internal factors evaluation (posture / strokes / core linking / gliding,...) and development of the weakest ones.</li><li>-Review and development of basic slalom manouvers: offsets, all sorts of upstream gates, reverse gates, merano, dives, back ferry)</li><li>-Development of directional balance in moving water.</li><li>-Cross class training: C1/K1/C2</li><li>-Increase technical investigation work. Experiment, play as much as you can.</li><li>-Increase consistency in easy maneuvers.</li><li>-Increase dynamic balance work, in and out of the boat.</li><li>-Increase gliding ability (important work with regard to the research of uniform speed)</li></ul>
<b><i>Physiological Objectives</i></b>  <b><i>(High Performance group + Teagan, and Sage )</i></b>	<ul style="list-style-type: none"><li>-Development of aerobic power -in the boat and out of the boat-</li><li>-Maintenance of aerobic endurance -in the boat and out of the boat-</li><li>-Strength development – calisthenics and functional strenght program.</li><li>-Flexibility and mobility development – stretching and self-massage lessons (Stephanie)</li><li>-Active and passive recovery: realization of the importance of it with regard of getting the best possible benefits out of our workouts.</li><li>-Nutrition: be on top of it to get performance results and optimal recovery.</li></ul>
<b><i>Mental Objectives</i></b>  <b><i>(High Performance and Development groups)</i></b>	<ul style="list-style-type: none"><li>-Set-up of clear, specific goals with regard to this training camp and organize yourself to get them.</li><li>-Awareness, motivation, positive approach to physical training.</li><li>-Optimize all water specific sessions: set clear objectives and evaluate them.</li><li>-Development of an important practice of consistency in the water specific sessions regardless of the weather.</li><li>-Research of quality and fun in each specific water session.</li><li>-Maintenance of an important research practice in white water in various maneuvers.</li><li>-Work on your protocol for competition: preparation and execution. Find the best state of mind to face competition: active, relaxed, motivated, focused, prepared, self-confident and eager to have fun.</li></ul>

## Highlights/ Successes

- The kids learned the work system really quickly and this allowed high quality sessions from the very beginning.
- The fact of being all of us under the same roof and the house location, 5 minutes paddling to the slalom course, was a huge success because this allowed the athletes to stay focused throughout the camp, minimize the time losses and increase the training time, not only in the water but also at the house: video review, stretching, functional fitness workouts,...
- Excellent work of the chaperones: airport rides, cooking, video shooting and downloading all the footage to the Team Hard Drive, timing and scoring, physical therapy,... allowing the coach to spend a lot of quality time to work with the athletes.
- The kids loved taking the wednesday afternoon off to go play Kayak Polo with the Austin Aquabats and to go out for dinner. This allowed them to take a deep breath and re-focus for the last 4 water practices of the camp.

## Challenges

During the morning sessions, in which all the athletes paddled at the same time, the challenge was to make all the necessary adaptations in terms of communication, alternative courses, volume and intensity, so the practice was significant, enjoyable, fun and worthwhile for every individual regardless of their age / skill level.

## Key Learning Points/ Future Improvements

The first couple of morning workouts, where all the athletes trained at the same time, turned out to be not properly organized with regard to everyone understanding what they were supposed to do. There was not enough clarity in the initial briefings, the feedback from the coach wasn't correctly structured (specially with regard to the development athletes) and the adaptations were not well calibrated.

## Budget / Expenses estimation

Name	Van	Housing Nights	Housing Share	Food Share	Trans. Share	Boat Transport	Total Cost	Deposit	Owe	per diem	Committed	Waiver	MPA	Paid	Age	Adult	Chaperone
Chase Gentry	0	6	\$200.35	\$136.38		\$0.00	\$336.73	325	\$0.73		\$64.79	x	x	x	167		
Sage Donnelly	0	7	\$233.75	\$161.44	\$0.00		\$395.19	423.06	-87.87		\$56.46	x	x		14		
Stephanie Vialli	0	0	\$0.00	\$0.00	\$0.00		\$0.00	\$0.00	\$0.00		x				x	x	
Spencer Huff	1	7	\$233.75	\$161.44	\$106.51	\$0.00	\$501.69	500	\$01.69	-\$1206.54	\$78.81	x			18		
Oran Huff	0.5	6	\$200.35	\$136.38	\$63.25	\$0.00	\$461.98	500	-38.02		\$73.68	x	x	x	10		
Russ Huff	0	0	\$0.00	\$0.00	\$0.00		\$0.00	1313.13	-1313.13		x	x	x		x	x	
Merrilyn Atman	0	2	\$68.78	\$45.13	\$0.00		\$113.91		\$113.91						x	x	
Will Cogan	0	3	\$100.18	\$69.19	\$0.00	\$0.00	\$169.37		\$169.37		\$56.46	Thru Wind			18		
Ethan Putnam	0	4	\$133.57	\$92.25	\$0.00	\$0.00	\$225.82		\$225.82		\$68.96	Thru Wind			18		
John Putnam	0	0	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00			Thru Wind			x	x	
Teagan Johnson	0	5	\$166.96	\$115.31	\$0.00	\$0.00	\$282.28	600	-317.72		\$56.46	x			15		
Amy Johnson	0	0	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00			Turn on			x	x	
Charlie Klatt	0.5	4	\$133.57	\$92.25	\$63.25	\$0.00	\$289.07		\$289.07		\$82.27	x			20		
Katie Fuschesser	1	7	\$233.75	\$161.44	\$106.51	\$0.00	\$501.69		\$501.69		\$78.81	x			11		
Jared Domenjo	0	0	\$0.00	\$0.00	\$0.00		\$0.00	\$0.00	\$0.00		x				x	x	
Chasea	0	0	\$0.00	\$0.00	\$0.00		\$0.00	\$0.00	\$0.00		x				16		
James Dubose	0	0	\$0.00	\$0.00	\$0.00		\$0.00	\$0.00	\$0.00		x				15		
<b>Total</b>	<b>3</b>	<b>51</b>	<b>\$1700.00</b>	<b>1176.21</b>	<b>\$319.52</b>	<b>\$300.00</b>	<b>\$2496.73</b>	<b>\$3691.19</b>	<b>-192.48</b>						<b>13</b>		<b>5</b>

## Schedule

-TCWR training plan, November 18<sup>th</sup> to 24<sup>th</sup> (only the weekend is part of the camp)



Sun Nov 17	Mon Nov 18	Tue Nov 19	Wed Nov 20	Thu Nov 21	Fri Nov 22	Sat Nov 23
52° F	57° F	61° F	55° F	43° F	37° F	43° F
30° F	34° F	36° F	36° F	30° F	27° F	0° F
W 6 MPH	WSW 5 MPH	W 7 MPH	S 4 MPH	E 4 MPH	NNE 3 MPH	W 3 MPH
Averages 53° F/28° F	Averages 52° F/28° F	Averages 52° F/27° F	POP 20% Averages 52° F/27° F	POP 30% Averages 51° F/26° F	POP 30% Averages 51° F/26° F	Averages 50° F/26° F

MONDAY 11/18	16:15 – East Boulder Rec Center -R2 8 x (4'30" @ 85% to 90% of your race pace + 3'30" off) -R1 swimming 10' + active recovery.
TUESDAY 11/19	16:00 – Dawson School Gym -Strength – Hypertrophy: session 2 -Balance games.
WEDNESDAY 11/20	16:15 – East Boulder Rec Center -R2 20 x (1' @ 90% of your race pace + 1' @ 65%) -Mini strenght workout -R1 swimming 10' + active recovery.
THURSDAY 11/21	16:00 – Dawson School Weight Lifting Room -Strength – Hypertrophy: session 3 -Balance games.
FRIDAY 11/22	16:15 – East Boulder Rec Center -R3 Friday Race. -Trailer loading, final Pow wow before Thanksgiving training camp.
SATURDAY 11/23	7:00 – East Boulder Rec Center -Trip to San Marcos (Texas).
SUNDAY 11/24	All day – San Marcos -Thanksgiving training camp – day 1 (more comprehensive plan to come)

### QUOTE OF THE WEEK

"Perseverance is not a long race; it is many short races one after the other"  
(Walter Elliot)

-TCWR training plan, November 25<sup>th</sup> to December 1<sup>st</sup>



Mon Nov 25	Tue Nov 26	Wed Nov 27	Thu Nov 28	Fri Nov 29	Sat Nov 30	Sun Dec 1
39°F	46°F	52°F	54°F	61°F	64°F	66°F
34°F	30°F	27°F	30°F	41°F	52°F	61°F
N 9 MPH POP 95%	NNW 16 MPH	N 11 MPH	ESE 4 MPH	ESE 4 MPH	SSE 5 MPH	SE 7 MPH
Averages 68°F/46°F	Averages 68°F/45°F	Averages 68°F/45°F	Averages 67°F/45°F	Averages 67°F/44°F	Averages 67°F/44°F	Averages 66°F/44°F

\*Meals during the training camp:  
Breakfast: everyday at 8am // Lunch: everyday at 12:30pm

MONDAY 11/25	San Marcos	-7am: morning run / muscular reinforcement -10am: R2 Full Runs / Course adaptation -3pm: R3 Technique (Oran, Teagan, James, Katie, Sage, Chase) -4pm: R3 Technique (Chelsea, Charlie, Ethan, Spencer, Will) -After dinner: Video review (2 groups)
TUESDAY 11/26	San Marcos	-7am: morning run / muscular reinforcement (optional for Katie and Oran) -10am: R3 Half Runs (T+P+V) -3pm: R3 Technique (Charlie, Will, James, Spencer, Ethan, Chase) -4pm: R3 Technique (Oran, Teagan, Sage, Katie, Chelsea) -After dinner: Video review (2 groups)
WEDNESDAY 11/27	San Marcos	-7am: morning run / muscular reinforcement -10am: R3 Race day n°1 – *3 courses, 2 runs per course -3pm: Kayak polo
THURSDAY 11/28	San Marcos	-7am: morning run / muscular reinforcement (optional for Katie and Oran) -10am: R2 Full Runs – *King of San Marcos -3pm: R3 Technique (Sage, Chelsea, Spencer, Ethan) -4pm: R3 Technique (Teagan, Oran, Katie, James, Chase) -After dinner: Video review (2 groups)
FRIDAY 11/29	San Marcos	-7am: morning run / muscular reinforcement -10am: R3 Race day n°2 – *3 courses, 2 runs per course -3pm: Video Review, end of camp Team meeting -Evening: Personal Interviews, free paddling. -After dinner: Free night paddling
SATURDAY 11/30	San Marcos	-Trip back home
SUNDAY 12/01	Wherever you are	-Rest day / school stuff preparation day

QUOTE OF THE WEEK  
*"An object that is at rest will tend to remain at rest.  
 An object that is in motion will tend to remain in motion."*  
 Isaac Newton



## Results

-R3 Full Runs (Race simulation), November 27<sup>th</sup>

RACE!	COURSE 1			COURSE 2		
	1	2	3	1	2	3
ORAN	151+204	146+100	✓	✓	✓	✓
KATIE	183+252	123+4	✓	172+4	✓	✓
TEAGAN	129+4	121+2	✓	119+2	128+6	✓
SAGE	141+52	129+4	✓	121+52	115+6	✓
CHAESE	144+4	136+52	✓	153+8	145+0	✓
JAM	141+102	142+102	✓	140+6	146+4	✓
RUSS	165+6	160+4	✓	142+50	162+4	✓
ETHAN	165+4	184+8	✓	173+9	✓	✓
WILL	121+2	120+6	✓	✓	✓	✓
CAROLIE	112+8	114+6	✓	117+52	114+2	✓
SPENCER	111+2	105+52	✓	111+4	113+258	✓
JORDI	102+0	101+0	✓	102+4	103+2	✓

-R2 Anaerobic Threshold fulls, November 28<sup>th</sup>

KATIE <sup>10</sup>	128	130+2	125+2	133	133+2	130	136	120+2	122	113!!
ORAN <sup>8</sup>	123	108+2	111+50	104	105+2	116	✓	✓	✓	✓
SAGE <sup>5</sup>	150+2	154	157	158	157+2	153	155	150	154	150!
TEAGAN <sup>7</sup>	169	180+2	130+2	165	164+2	157	157	163+52	162+2	157+4
CHAESEA <sup>6</sup>	153	150	151+2	✓	✓	✓	✓	✓	✓	✓
JAMES <sup>10</sup>	161+2	155	152+2	152	156+52	162+4	154+4	116	142	147
RUSS <sup>4</sup>	154	147	144	155	152	158	154	152	153	✓
SPENCER <sup>4</sup>	139	147	140+2	139	143	141	139	137	136	133+2

*Thanks GIACONE PHOTOGRAPHY*

-R3 Confrontational Five by Five, November 28<sup>th</sup>

SPENCER 13.4	6	SPENCER 20.0	6	SPENCER 20.4	6
RUSS 21.8	5	RUSS 31.1+59	1	RUSS 25.7	5
JAMES 22.7	4	JAMES 27.3	5	JAMES 30.5+4	4
KATIE 22.8	3	KATIE 46.8	2	KATIE 34.6	2
ORAN 23.4+2	2	ORAN 34.4+2	4	ORAN 35.5+2	3
SAGE 27.3+2	1	SAGE 31.1+4	3	SAGE 44.7+2	1

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SPENCER 24.08+3	6	SPENCER 23.1+50	1	SPENCER 20.8	6
RUSS 34.2+2	4	RUSS 26.7	6	RUSS 31.6	5
JAMES 30.2	5	JAMES 27.5+2	5	JAMES 30.9+2	4
KATIE 43.9	1	KATIE 44.1	2	KATIE 38.4+2	1
ORAN 37.4+2	2	ORAN 30.7+2	4	ORAN 34.1	3
SAGE 38.4	3	SAGE 33.7+2	3	SAGE 34.2+2	2

SPENCER → 6+6+6+6+1+6 = 31 + (0) = 31 → 1st  
 RUSS → 5+1+5+4+6+5 = 26 + (3) = 29 → 3rd  
 JAMES → 4+5+4+5+5+4 = 27 + (4) = 31 → 1st  
 KATIE → 3+2+2+1+2+1 = 11 + (6) = 17 → 5th  
 ORAN → 2+4+3+2+4+3 = 17 + (5) = 22 → 4th  
 SAGE → 1+3+1+3+3+2 = 13 + (4) = 17 → 5th

-R3 Full Runs (Race simulation), November 29<sup>th</sup>

COURSE 1	RUN 1	RUN 2	TOTAL
JAMES	149.2 + 50	129.2 + 2	330.4
CHASE	126.6 + 58	130.3 + 54	368.9
RUSS	148.1 + 0	138.9 + 2	289
SPENCER	99.9 + 100	102.6 + 2	304.5
SAGE	127.3 + 8	123.6 + 2	260.9
TEAGAN	144.9 + 2	141.6 + 2	290.5
ORAN	152.1 + 0	148.3 + 2	302.4
KATIE	162.3 + 2	184.8 + 52	401.1
COURSE 2	RUN 1	RUN 2	TOTAL
JAMES	145.5 + 0	132.9 + 2	280.4
CHASE	130.0 + 54	123.6 + 110	417.6
RUSS	132.4 + 4	131.4 + 0	267.8
SPENCER	101.3 + 6	101.3 + 2	210.6
SAGE	135.3 + 2	138.1 + 4	279.4
TEAGAN	155.3 + 0	154.2 + 4	313.5
ORAN	161.3 + 0	177.5 + 0	338.8
KATIE	211.5 + 102	205.9 + 54	573.4