

HOTELS

SEARCH IN THE WEB
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ACCOMMODATION SECTION

PRICES
FROM 45€/NIGHT

INSCRIPTION PRICES

PROFILE A

- Students
- Other congress edition visitors
- Coaches with RFEP license

PROFILE B

- Other profiles

PROFILE C

- Groups of at least 4 people of any profile who register together (send list by mail)
- Researcher/Research group presenting oral communication or poster

	UNTIL 28/09/2022	FROM 29/09/2022 TO 26/10/2022
PROFILE A	118 €	138 €
PROFILE B	138 €	158 €
PROFILE C	110 €	130 €

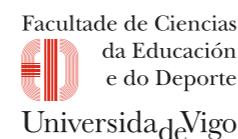
Prices included attendance to all presentations, attendance to workshops 1 y 2, lunch on Saturday and Sunday, coffee and closure dinner

Pick up and transfer from the airports of Porto (Portugal), Santiago de Compostela, Vigo and A Coruña, 30 euros

ONLINE REGISTRATION

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ORGANIZATION



SPONSOR



SIMULTANEOUS TRANSLATION SPANISH-ENGLISH

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JUSTIFICATION OF THE CONGRESS

The Royal Spanish Canoeing Federation (RFEP), the Faculty of Education and Sports Sciences (University of Vigo), in collaboration with the General Secretary for Sport of the Xunta de Galicia, the Galician Canoeing Federation, the International Canoeing Federation (ICF) and the City Council of Pontevedra organizes the VIII INTERNATIONAL CONGRESS OF COACHES ON SPRINT CANOEING and II INTERNATIONAL coaches Congress of SLALOM and I INTERNATIONAL Congress of KAYAK POLO with the main purpose of increasing coaching preparation and future professionals who are dedicated to this sport.

Sports performance development is the result of a close relationship between coaches and scientific knowledge. The dissemination of technical and scientific knowledge located in the same context of sports activity is essential for coaches' education, which will allow them to understand both technical and tactical fundamentals. This congress makes possible to cover a gap in coaches and students' education who, for various reasons, do not have access to this particular information and thus, improve their training methods and systems with their athletes.

As speakers and given the specialization and preparation required to transmit this information, professionals with high qualifications and preparation are needed. For this we will have recognized coaches of national and international prestige, with the advice and support of the ICF (International Canoe Federation). As in previous editions, in the COMMUNICATIONS section, we hope to capture coaches and researchers' interest and count with contributions were they can expose experiences and the results of their research.

General objectives:

- Educate canoeing club coaches.
- Educate students of the Degree in Physical Activities and Sports Sciences.
- Provide canoeing coaches with conferences that serve as a link for the dissemination of scientific and sports knowledge, as well as providing attendees with updating on the technical and tactical advances that have appeared in canoeing at the Tokyo Olympics of 2020.

Specific objectives:

- Analyze the technical aspects of the finalists in the different modalities and boats of Flatwater and Slalom Tokyo 2020 Olympic Games.
- Bring together the best coaches from Spain, Europe, Asia and Latin America to publicize the different ways of working both tactics and technique in canoeing.
- Educate club coaches as well as students coursing the Degree in Physical Activity and Sports Sciences.
- Strengthen relations between the university academic environment with national teams and canoeing clubs.
- In addition, it is intended, given the character and content that it will be largely about the Tokyo 2020 Olympic Games and highlight the main objectives of the Spanish Olympic Committee:
- Ensure the acquisition, preservation, description and dissemination of Olympic heritage.
- Promote and facilitate access to written and audiovisual Olympic collections.
- Provide research, analysis and content creation services.
- Promote academic activities related to Olympism and stimulate synergies and collaboration between Olympic study centers and researchers.
- Encourage and promote collaboration with the Olympic Movement to ensure that the global Olympic heritage is preserved and made available to everyone.

COMMUNICATIONS /POSTER

These are original and unpublished works (research, innovation projects, canoeing documentaries). Deadline for abstracts submission is September 30th, 2022. The notification of acceptance or rejection of communications/poster will be made to the corresponding author on October 5th, 2022.

The Scientific Committee will award three economic prizes of 200 euros, 150 and 75 to the best oral communications of the congress and 100, 75 and 50 euros for the three best posters.

More information: www.congresorfep.es

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Dr. JOSÉ ALBERTO RAMOS DUARTE, Professor of the Faculty of Sports, University of Porto (Portugal).

SPRINT CANOEING PROGRAM

FRIDAY 28

9:30-10:30, HANNAH BROWN (GB): PARACANOING EN TOKIO 2020 ROAD TO PARIS 2024

10:30-11:30, BEATRIZ BRANQUINHO GOMES (PORTUGAL), Professor of the Faculty of Sport Sciences and Physical Education, University of Coimbra.

PROPULSIVE AND RESISTIVE FORCES IN SPRINT KAYAK TECHNIQUE

11:30-12:00, COFFEE BREAK

12:00-13:30 STEPHEN SEILER, Professor in Sport Science at University of Agder, Kristiansand, Norway
INVERSE PLANNING: INTERVALS, THRESHOLDS, ROLE OF INTENSITY AND DURATION OF TRAINING.

13:30-14:30 OFFICIAL INAUGURATION

14:30-16:00 LUNCH

16:00-17:00, DR. VICENTE JAVIER CLEMENTE SUÁREZ, NEW MODELS FOR CANOEING TRAINING PLANNING

17:00-18:00 KATALÍN SZILARDI (HUNGRIA) Coach of National Team of Hungary (Hungria).
THE ROLE OF WOMEN IN CANOE-KAYAK: HAVE WE EVOLVED? WE HAVE IMPROVED?

18:00-19:00 MIGUEL GARCÍA (Spain): Spanish National Team Coach RFEP
TECHNIQUE AND TACTICS OF THE K-4 500M MODE OF THE DIFFERENT ATHLETES AND EQUIPMENT IN TOKYO 2020

19:00-20:00 SCIENTIFIC ORAL COMMUNICATION

SATURDAY 29

9:00-10:00 FERNANDO ALACID, University of Almería (ESPAÑA).
ADAMS PROJECT - GROUPINGS IN ADOLESCENT SPORT BY SOMATIC MATURATION. EXHIBITION OF RESULTS IN CANOEING.

10:00-11:30 MANUEL MATZKA (GER)
HETEROGENEOUS METABOLIC RESPONSES BETWEEN INDIVIDUALS TO DIFFERENT METHODS OF INTENSITY DESCRIPTION (VO2 VS. LACTATE) IN KAYAK SPRINT ATHLETES.*

11:30-12:00 COFFEE BREAK

12:00-13:30 FERNANDO OLIVA (Belgium). Licentiaat Lichamelijk Opvoeding, Halle-Booienhoven, Flandes.
THE PHYSICAL AND PSYCHOLOGICAL PREPARATION OF OLYMPIC ATHLETES

13:30-15:30 LUNCH

15:30-17:00 DANIELA CAPRA (Italy):
FOOD FOR THE FASTESTS: NUTRITION APPLIED TO CANOE SLALOM.

17:00-18:30
-ALBERTO GARCÍA BATALLER (Spain) Polytechnic University of Madrid, Faculty of Education and Sport Sciences.
-ANA BURGOS ACUÑA, Olympic triathlete

MENSTRUAL CYCLE AND PERFORMANCE IN ELITE SPORTS WOMEN

18:30-19:30 Oral scientific communications

20:30 CLOSING DINNER

SUNDAY 30

9:30-10:30 JESÚS RAMOS CAMPO (SPAIN).
Polytechnic University of Madrid, Faculty of Education and Sport Sciences.

APPLICATION OF SIMULATED ALTITUDE TRAINING ON THE PERFORMANCE OF CANOEISTS.

10:30-11:30, TIM BRABANTS (GBR) COACH, DOCTOR AND OLYMPIC CHAMPION

PODIUM, PATIENTS AND PERFORMANCE - LESSONS LEARNT AND WAYS TO APPLY THEM IN COACHING*

11:30-12:00 COFFEE BREAK

12:00-13:00 HELIO - LUCAS FERNADES ARAUJO (Portugal):
THE PREPARATION AND PLANNING OF FERNANDO PEMENTA FOR TOKYO 2020

13:00-14:00 THOMAS KONIETZKO, President of International Canoe Federation (ICF).
PRESENT AND FUTURE OF CANOEING IN THE OLYMPIC GAMES

SLALOM PROGRAM

FRIDAY 28

9:30-10:30, XABIER ETXANIZ (SPAIN)
AUGSBURG 2022 WK1 AND MK1 ANALYSIS AND EVOLUTION SINCE 2019.

10:30-11:30 NICK PERRY: More with each stroke, and more strokes,
physical preparation for canoe slalom.

11:30-12:00, COFFEE BREAK

SATURDAY 29

9:00-10:30 TELMO OLAZABAL (SPAIN)

Motor preferences and individualization in canoe slalom.

10:30-12:00 CHRISTIAN KÄDING (GERMANY)
Statistical and performance analysis in canoe slalom.

SUNDAY 30

09:30-11:00 JÚLIA CUCHÍ (ESPAÑA)

Mental flow in canoe slalom.

11:00-12:30 IÑAKI GÓMEZ (SLOVENIA). Procedures and importance
of video analysis.

KAYAK POLO PROGRAM

FRIDAY 28

9:30-11:30, BJORK (Germany):
HIGH PERFORMANCE PLANNING AND MANAGEMENT OF NATIONAL KAYAK POLO TEAMS.

12:00-14:00 JORGE BLASCO (Spain).
STRENGTH TRAINING IN PHYSICAL PREPARATION (GYM), NEW TRENDS APPLYING THE VARIABLE SPEED.

SATURDAY 29

9:00-11:00 LAURA SALMERÓN (Spain).
WOMEN, KAYAK POLO AND HIGH PERFORMANCE

SUNDAY 30

JOHAN DRIESSEN (Germany).
KAYAK POLO TECHNIQUE FROM INITIATION TO HIGH PERFORMANCE.

9:30-11:00 THEORETICAL SESSION
11:30-13:00, PRACTICAL WORKSHOP (SWIMMING POOL)

SIMULTANEOUS WORKSHOPS

FRIDAY 28

18:00-20:00 WORKSHOP 1: NATALIA SANMARTÍN (RFEP Coach)

SPECIFIC EXERCISES IN THE GYM FOR THE IMPROVEMENT OF THE TECHNICAL GESTURE.

SATURDAY 29

18:30-20:30 WORKSHOP 2: DOMINGO JESÚS RAMOS CAMPO, Polytechnic University of Madrid, Faculty of Education and Sport Sciences.

MONITORING OF TRAINING ADAPTATION THROUGH HEART RATE VARIABILITY.

PLACE AND DATE

Pontevedra, Palacio de Congresos, October 28, 29 and 30, 2022
The town of Pontevedra is located 70 km from the airport of Santiago de Compostela, 22 km from Vigo airport, 150 km from A Coruña airport and 120 km from Porto (Portugal)

PONTEVEDRA, 28/29 and 30 in October 2022

MORE INFORMATION

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