ACCOMMODATION

CASA A TORRE
Campaña, Valga - Tel:+34 986 55 74 80 Fax: +34 986 55 66 84
info@casaruraldatorre.es

HOTEL CORONA DE GALICIA
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www.hotelcoronadegalicia.com

CAMPING RÍO ULLA - APARTAHOTELES
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info@campingrioulla.com

HOTEL PLAYA COMPOSTELA
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www.playacompostela.com

HOTEL CARRIL
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reservas@hotelcarril.com

EL MIRLO BLANCO
Devesa, 22 Abalo - Catoira
Telf: +34 667 649 643 - laespagnoleta@gmail.com

A LAXARETA
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coaxerl@gmail.com http://www.laxareta.es

HOTEL VILAGARCÍA
Avda de la Marina 16, 36600 - Vilagarcía
Telf: +34 604 029 362 / +34 886 215 612 - www.hotelvilagarcia.es

PRICES FROM 25€/PER NIGHT (BREAKFAST INCLUDED)

REGISTRATION FEES

3 profile types have been established:

A PROFILE

- **Students** from any university or education cycle (please attach university registration slip or student ID card)
- **Attendants of previous editions** (please attach a copy of the assistance certificate)
- **RFEP (Spanish Canoe Federation) licensed coaches** (please attach a copy of the 2018 license document)

B PROFILE

- **Other profiles**

C PROFILE

Groups of at least 4 people registering together, with any profile (please send the list to **info@congresocatoira.es**)

- **Researcher/research group** presenting oral communication or poster

	BEFORE 28 SEPTEMBER			FROM 29 SEPTEMBER TO 24 OCTOBER		
	A PROFILE	B PROFILE	C PROFILE	A PROFILE	B PROFILE	C PROFILE
CONGRESS (incl. meals)	80 €*	90 €*	75 €*	90 €*	100 €*	85 €*
CONGRESS AND CLOSING DINNER	95 €*	105 €*	90 €*	105 €*	115 €*	100 €*

Prices include meals from Friday to Saturday, coffee and commuting from concerted hotels to the Congress.
Commuting service from nearby airports costs 25 € per person.

BANK ACCOUNT DEPOSIT:

BIC: PSTRESMM IBAN: ES18 0238 8285 2306 6000 0369

Please send the payment receipt with full name to:

canoeingcongresscatoira@gmail.com

ORGANIZERS

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CONCELLO DE CATOIRA

Facultade de Ciencias da Educación e do Deporte Universidade Vigo

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VII INTERNATIONAL COACHES CONFERENCE OF SPRINT CANOEING

I INTERNATIONAL COACHES CONGRESS OF CANOE SLALOM

CATOIRA (Pontevedra)
SPAIN
26-27-28
OCTOBER
2018

SIMULTANEOUS TRANSLATION SERVICES
ENGLISH - SPANISH
SPANISH - ENGLISH

www.congresocatoira.es

CONGRESS JUSTIFICATION

The Royal Spanish Canoe Federation (RFEP), the Faculty of Educational Sciences and Sports (University of Vigo) and the Council of Catoira, in cooperation with the International, European and Galician Canoe Federation, are holding the VII INTERNATIONAL COACHES CONGRESS OF SPRINT CANOEING and the I INTERNATIONAL COACHES CONGRESS OF CANOE SLALOM, with the aim of preparing coaches and future professionals involved in this sporting discipline.

Overall objectives:

-Train the coaches of canoe clubs.
- Train the students of the Science Degree in Physical Activity and Sports.
-Provide the coaches with workshops that serve them as a link in order to spread scientific and sports knowledge, as well as in order to enable the attendants to update the technical and physical training developments

Specific objectives:

- Interrelate experiences and technical learning contents about canoeing with neuroscience.
- Promote participation, communication, experience and resources exchange in terms of canoeing training sessions and technique learning.
- Enable the experience exchange about different approaches and techniques towards the training sessions regarding gender division.
- Train the coaches in new techniques of working out in order for them to improve their professional skills.

COMMUNICATIONS/POSTER

This involves unpublished and original works (researches, innovation projects or document reviews on canoeing). The abstract submission deadline will be Friday, 30 September 2018.Communications/poster notification of acceptance or rejection will be transmitted to the main author on Wednesday, 3 October 2018.The Scientific Committee will award three prizes of 200, 150 and 75 euros to the best oral communications and three prizes of 100, 75 and 50 euros to the best poster communications.
Further information on the website: **congresocatoira.es**

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Dr. MARIAN FERNÁNDEZ VILARIÑO.. Faculty of Education and Sports Sciences. University of Vigo.

PROGRAM

THURSDAY, 25 October — Pre-Congress activity, participants and relatives

16:30-17:30 Viking Drakkar ship tour in the Ría de Arousa (Ulla River).

FRIDAY, 26 October

8:30 Accreditation and documents colletion.

9:20 Brief presentation.

9:30-10:30 INFISPORT Table:
THEORETICAL-PRACTICAL CONSIDERATIONS ON THE TECHNIQUE OF KAYAK IN QUIET WATERS.
Speaker:
DAVID CALVENTE (Spain)

9:30-10:30 LECTURE 1 SLALOM-NAUTICALIA **(ROOM 2)**
EVOLUTION AND ADAPTATION OF THE ANDER ELOSEGI TECHNIQUE FROM PEKIN 2008 TO RIO 2016
Speaker: **XABI TABERNA OTAÑO** (Spain).

10:30-11:30 CALICHE GROUP table
DIAGNOSIS FROM THE RACE-INERTIAL BALANCE-HOW TO IMPROVE.
Speaker:
ANDREAS PACE (Italy)

11:30-12:00 Coffee break.

12:00-13:00 ADRIO Table
COORDINATION AND STRENGHT DEVELOPMENT EXEMPLIFICATIONS.
Speaker:
ANDRAS SZABO (Hungary)

13:00-14:00 Conference LETTMAN-PADDLELITE
DOPING AND ITS THREATS: FROM THE PHARMACOLOGICAL TO THE GENETIC DOPING.
Presented by: Ana Bermejo (Faculty of Medicine and Dentistry, University of Santiago de Compostela).
Speaker:
Dr. **SABINA STRANO** (Italy)

14:00-15:30 LUNCH.

15:30-16:00 OFFICIAL OPENING.

16:00-16:40 OPENING LECTURE
Mr. JOSÉ RAMÓN LETE LASA. Secretary of State for Sport.

16:40-19:45 SIMULTANEOUS WORKSHOP
SPEED MEASUREMENT, STRENGHT AND POWER APPLIED TO CANOEING.

16:40-18:00 PACO&LOLA Table
WOMEN SPORTS TRAINING AND TEAM BOATS FORMATION
Speaker: **MIKLOS SIMON** (Hungary)

16:40-18:00 LECTURE 2 SLALOM-ROMÁN **(ROOM 2)**
AN APPROACH TOWARDS SLALOM FOR YOUNG PEOPLE: TECHNIQUE AND DEVELOPMENT OF THE PROPRIOCEPTIVE SKILLS
Speaker: **ETTORE IVALDI** (Italy)

18:00-18:45. PLASTEX Table.
Speaker: **YURI CHEBAN** (Ukraine)

19:30 CULTURAL ACTIVITIES (Attendants and companions)
Guided visit to the wineries **VERMÚ PETRONI** and/or **PACO & LOLA**

18:45-19:45 ORAL COMMUNICATIONS

SATURDAY, 27 October

9:30-11:30 SIMULTANEOUS WORKSHOP
CORRECT TECHNIQUE AND EXECUTION OF BODYBUILDING AND STRENGHT EXERCISES: INJURY PREVENTION

9:00-10:00 ZEDTECH Table
CREATING A TRAINING SYSTEM FROM THE OPTIMAL TECHNIQUE
Speaker: **JERNEJ ZUPANCIC** (Slovenia)

9:00-10:00 LECTURE 3 SLALOM - TERNERA GALLEGA **(ROOM 2)**
TECHNICAL EVOLUTION AND VIDEO ARBITRATION SYSTEM
Speaker: **JEAN-MICHEL PRONO** (FRA). Canoe Slalom Chair ICF

10:00-10:45 MARÍA JOSÉ JOVE FOUNDATION TABLE
PARACANOEING AND ADAPTED CANOEING
Speakers:
- ISMAEL UALI ROJO (Spain): Paralympic basis, working methods and intermediate options.

- JONATHAN MONTEAGUDO (Spain)

10:45-11:15 Coffee break.

11:15-12:30 PESCA DE RÍAS Table
PLANNING PROCESS OF SAUL CRAVIOTO: FROM BEIJING TO RIO, FROM 500M TO 200M.
Speaker: **MIGUEL GARCÍA** (Spain)

11:15-13:00 LECTURE 4 SLALOM -NATURLAR **(ROOM 2)**
STATISTICS PROGRESSION IN COMPETITION
Speaker: **GUILLERMO DIEZ-CANEDO FERNÁNDEZ** (Spain)

12:30-14:00 GUIDEBOW Table
SPORT PERFORMANCE DIAGNOSTICS, ARGUSTRESS TECHNOLOGY FOR CANOEISTS
Speaker: **VIKTOR HÜVÖS** (Hungary)

14:00-15:30 LUNCH

16:30-18:30 SIMULTANEOUS WORKSHOP.

15:30-16:30 GERIMEDICAL TABLE
EPIDEMIOLOGY, TYPES, PREVENTION AND TREATMENT OF CANOEING INJURIES
Speaker: **JOSÉ LUÍS GARCÍA SOIDÁN** (Spain)

16:45-18:00 AGARIMO Table
BIOMECHANICAL KEYS FOR IMPROVING VELOCITY
Speaker: **JON SCHOFIELD** (UK)

18:00-18:30 Coffee break.

18:30-19:30 ELIO Table
HOW TO USE MINDFULNESS IN CANOEING
Speaker: **KATALÍN SZILARDI** (Hungary)

19:30-20:30 ORAL COMMUNICATIONS.

21:00 CLOSING DINNER.

SUNDAY, 28 October

9:15-10:30 EMAC Table
DEVELOPMENT OF THE ATHLETIC POTENTIAL CONCERNING WOMEN AND CANOE TALENT TRANSFER
Speaker: **JAMES TRAIN** (UK)

9:15-10:30 LECTURE 5 SLALOM - AMURA **(ROOM 2):**
SLALOM TECHNICAL WORK DEVELOPMENT
Speaker: **XABI ETXANIZ** (Spain)

10:30-11:00 Coffee break.

11:00-12:30 THUNE EUREKA Table
IMPROVEMENT OF SPEED IN THE CANOE KAYAK
Speaker: **ALEXANDER NIKONOROV** (Ukraine)

12:30-14:00 NELO Table
LEARNING FROM THE OLYMPLIC MEDALLISTS
Speakers:
SAÚL CRAVIOTO (Spain)
MAIALEN CHOURRAUT (Spain)

14:00 CLOSING DIPLOMAS CEREMONY
Speaker: **JOSÉ PERURENA LÓPEZ**
President of the International Canoe Federation (ICF President)

Table
Slalom lecture
Simultaneous workshop
Activities

SIMULTANEOUS WORKSHOPS

FRIDAY, 26 October

16:40-19:45 SIMULTANEOUS WORKSHOP- JUNQUERA GROUP
SPEED MEASUREMENT, STRENGHT AND POWER APPLIED TO CANOEING.
Speakers:
-Dr. JOSEP Mª PADULLÉS -Dr. XAVIER DE BLAS -Mr. XAVIER PADULLÉS.
- Automatic speed measurement and control, strength and power concerning gym activities.
- Automatic canoe strength measurement against a resistance.
- Automatic strength measurement applied to canoe paddles in the water.

SATURDAY, 27 October

9:30-12:00 SIMULTANEOUS WORKSHOP - VERMÚ PETRONI
CORRECT TECHNIQUE AND EXECUTION OF BODYBUILDING AND STRENGHT EXERCISES: INJURY PREVENTION (targeted at athletes and coaches)
Speakers:
Dr. PEDRO MIÑARRO (University of Murcia)
Dr. JOSÉ LUÍS GARCÍA SOIDÁN (University of Vigo)
During this workshop the execution of diverse strength training and muscle extensibility exercises will be analysed, according to criteria for security and efficiency, performance maximization and injury prevention.

16:30-19:00 SIMULTANEOUS WORKSHOP – ROTULARAMA

KINANTHROPOMETRY WORKSHOP
Speakers:

-FERNANDO ALACID CÁRCELES. Anthropometrist level 3 ISAK. UCAM Professor
-DANIEL LÓPEZ-PLAZA PALOMO UCAM Professor
- Kinanthropometry applications.
- Technique and methodology to be followed for obtaining the correct anthropometric variables.
- Training coaches and athletes on anthropometric techniques.

DATE AND PLACE OF THE CONGRESS

Catoira, Municipal Auditorium, 26-27-28 OCTOBER 2018. Catoira is a municipality located 30 km from Santiago de Compostela Airport, 35 km from Vigo Airport, 100 km from A Coruña Airport and 140 km from Porto (Portugal).

FURTHER INFORMATION

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