#### NOVEMBER 4, 2023 PRAGUE - TROJA

www.womenincanoesport.com



## CONFERENCE

# PROJECT WOMEN IN CANOE SPORT



- Project name: Inclusion and Empowerment of Women in Canoe Sport Disciplines
- Granting authority: European
   Education and Culture Executive
   Agency
- Project duration: 12 months (1. 1.
   2023 31. 12. 2023)
- Erasmus+ Sport, Call: ERASMUS-SPORT-2022-SSCP
- Small Collaborative Partnership:
   CZE (UK FTVS, ČSK), SVK (Slovan Canoeing), SWE (Falu Kanot Klubb)



### Objectives

- 1.attract and recruit more girls to the paddle sports
- 2.to motivate and connect girls and women in canoeing
- 3.to improve the quality of training for female athletes through science and education leading to more evidence—based approach
- 4. contribute to the professional growth of female coaches
- 5. to bring female scientific voice to the canoeing
- 6.to bring and develope canoe slalom to less traditional countries





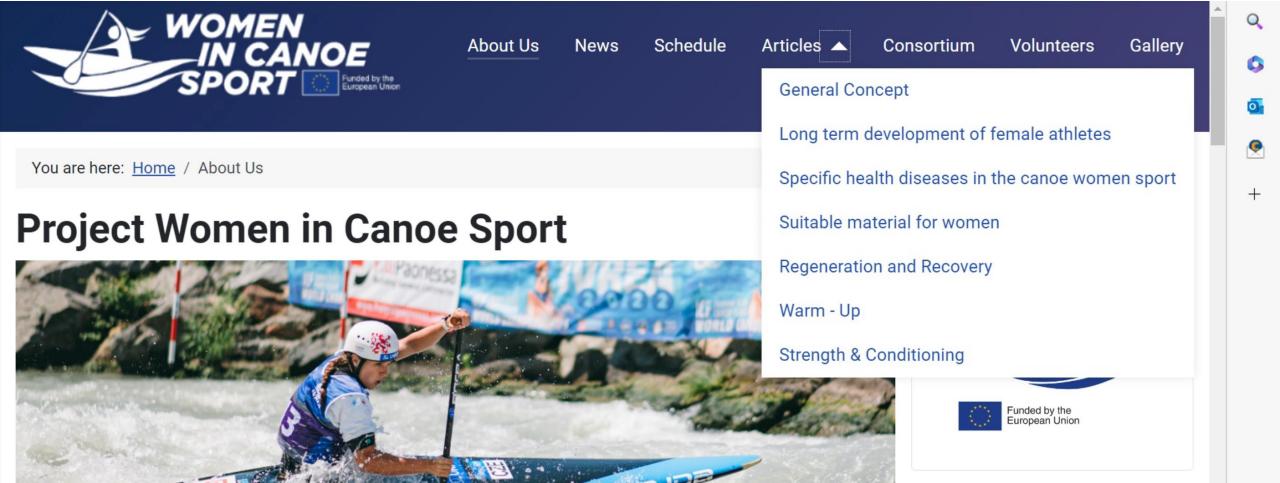
### **ACTIVITIES**

- Training & racing methodology website: www.womenincanoesport.com
- Educational and motivational training camps
- Science & publications
- Conferences sharing of ideas and activities









### WWW.WOMENINCANOESPORT.CZ

# EDUCATIONAL AND MOTIVATIONAL TRAINING CAMPS

- Training, seminars, workshops
- Education: How to become a professional?







# SCIENCE AND PUBLICATIONS



- Research in Prague Troja during ICF Canoe Slalom World Cup and World Ranking Competition
- Publications at the conferences and in the journals



#### PROGRAMME OF THE CONFERENCE

#### **CONFERENCE BLOCK I. (13:00 - 16:00)**

Opening (Jan Busta)

Introduction of the project Women in Canoe Sport and its impact (Jan Busta)

Specifics of women's sports training and performance (Jan Busta)

Long-term development of female athletes and their fitness training (Matej Vajda)

Compensatory exercise and strength training (Jáchym Kolář)

#### Coffee break

**CONFERENCE BLOCK II. (16:30 - 18:00)** 

Nutrition, supplementation and nutritional disorders (Andrea Duchoňová)

Menstrual cycle and its influence on the performance (Tereza Hybská)

Mental training (Jana Dukátová)



#### PROGRAMME OF THE CONFERENCE

#### Coffee break, sandwiches

**CONFERENCE BLOCK III. (18:30 - 19:30)** 

In practice: Training process of high performance female athletes (Ondřej Cvikl)

My nutrition (Lucie Nesnídalová)

My epxerience as a coach (Carmen Costa Sanchéz)

**CONFERENCE BLOCK IV. (19:45 - 21:00)** 

My year with the project Women in Canoe Sport (Anna Barosso)
Other contributions & discussion

Closing



#### **FUTURE ACTIVITIES**

- Countries: Latvia, Slovenia, Spain
- Institutions: ICF, ECA
- Others...?





# THANK YOUR FOR YOUR ATTENTION!











