

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 develop 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



You are here: [Home](#) / [About Us](#)

Project Women in Canoe Sport



[General Concept](#)

[Long term development of female athletes](#)

[Specific health diseases in the canoe women sport](#)

[Suitable material for women](#)

[Regeneration and Recovery](#)

[Warm - Up](#)

[Strength & Conditioning](#)



Funded by the
European Union

WWW.WOMENINCANOESPORT.CZ

EDUCATIONAL AND MOTIVATIONAL TRAINING CAMPS

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



CREATINE/ KREATIN

- enhance maximal muscle contraction
- muscle growth
- speed
- power
- regeneration



WOMEN
IN CANOE
SPORT



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 experience 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 YOU
FOR YOUR
ATTENTION!**



