

# My coaching experience

CARMEN COSTA SÁNCHEZ



# PRESENTATION



- Spanish K1 paddler (La Seu d'Urgell)
- COACH
- P.E Teacher

# HOW DID I START COACHING?



2019 World Championship in La Seu d'Urgell

Mariann Saether (NOR)

Siim Petris (EST)

2022

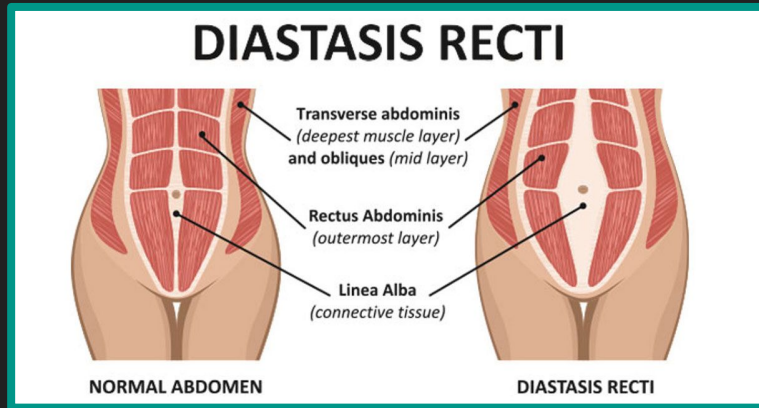


 EKSTREM  
SPORT  
VEKO

# EXTREME KAYAK CHAMPIONSHIP

26. June - 3. July 2022 ↘ Voss, Norway

# HOW TO DEAL WITH POSTPARTUM ATHLETES?



- Physiologist
- Kegel exercises
- Hypopressives

# SLALOM DEVELOPMENT IN NORWAY



# DEVELOPMENT COACH TIP

## World Championship Augsburg 2022



# U18/ U23 World Championship Krakow 2023





# 2023 EUROPEAN GAMES- KRAKOW



# Emotional Management

Canoe slalom involves constant short-term decision-making

Depending on the time available : conscious or unconscious decisions

We can also consider emotional aspects in this analysis

## MALES

- Use rational coping
- engage more emotion-expressive suppression styles

## FEMALES

- Use more emotional coping

**DEKUJI ZA POZORNOST!**