

# International Youth Rafting Camp-2015



## Program «International Rafting Youth Camp – 2015»

Country: Russia

Region: Altayskiy Kray, Republic of Altai

City: Ust-Kan

River: Kumir

Dates: July 2 – 15, 2015



**Tomsk, Russia  
2015**

## **Why?**

It's becoming evident that youth sport contributes considerably to International rafting. Youth teams participating in International competitions look well-prepared and youth events are demonstrating their increased competitive activity. As they grow older, young sportsmen are becoming part of their National teams thus forming continuity of the sport process. Positive tendencies, occurred in the World rafting after 2008, need to be developed further.

## **How?**

One of the possible methods of this development could be International youth workshops in the form of Rafting camps, where coaches can exchange views on important issues of training the teenagers like maximum allowed loads, paddle technique, athletes' placement in the boat, motivation, risks on the water, safety and much more.

Coaches would be able to share their techniques of training as well as to demonstrate the skills their crews received using unique training methods.

As a result coaches will get new experience that could help them further in their work.

## **Who?**

Event manager - **Alexey Shirokov** (coach of Russian Rafting Youth team in 2011-2015 in U-19, President of youth rafting club "Odisei" based in Tomsk, Siberia, holder of many National awards. Among them "Best Children's coach in 2008", Master of Sport of Russian Federation etc.

Contacts: [odisei85@mail2000.ru](mailto:odisei85@mail2000.ru)

In the course of the last six years he organized summer rafting camp for children and teenagers in the Altay Region. His rafters are the leaders of the top Russian events and have repeatedly won World and European rafting Champs.

As Alex put it: "We are ready to share our techniques of training and principles of motivation of young sportsmen with our colleagues. After all, it is our favourite sport, and your success is our success!"

## **Where?**

The amazing crystal-clear Kumir river in the unique mountainous region of the world – Altay. The closest town is Ust-Kun.

The international sports camp is a powerful means to strengthen international friendship and tolerance and represent Russia as a hospitable country – a country of various outdoor activities and natural wonders.

## **Other objectives of the Program:**

- Developing of sport and outdoor self-service skills for children and teenagers. Culmination of the workshop will be a possibility for a crew to participate in All-Russia R6 youth rafting Championships for U-19;
- Recreational health –strengthening activities, where children and teenagers get knowledge about the body, its potential and limits;

- Formation of a nature protection mentality and skills of careful attitude towards nature;
- Socialization by means of participation in collective creative activities. Development of collective-creative thinking, initiative and independence;
- Acquaintance with the culture of Russia in the form of seminars, films etc;
- Seminars on the history of rafting in Russia, present situation in World sport, its position in the family of extreme sports, possible development of the World rafting;
- Seminars on whitewater rivers, variety of rivers, safety on the rivers

**Age of the participants of the program:**

«International Youth Camp–Rafting-2015» is held for children and teenagers from 13 to 18 years of age. They could be divided into two age groups - U16 and U18.

**Dates :** July, 2- July 15, 2015

**Venue location:**

The venue chosen for the camp is situated in a unique part of Russia, on the border of the Altay Republic and Altayskiy Kray on the river Kumir, not far from the village of Ust-Kumir . The major town of the area is Ust-Kun which is 50 kilometers distance from the venue.

The nearest international airports are: Novosibirsk and Barnaul.



**Meals:**

Four times a day, balanced meals are prepared by professional cook at the camp site.



**Accommodation:**

All participants will be accommodated in triple- quadruple tents at the lawn equipped with toilets, showers, and a camp bath.

**Entry fee:**

Entry fee for International teams - USD 100 per person. That covers: Transfer to and from one of International airports (Barnaul or Novosibirsk), full board in the days of the Event, camping, sport and recreational programs, raft rent.

A crew (or crews guided by a coach) will be exempted from Entry fee if the coach presents a training course that complements the Event program, or conducts master-classes that suit any objective of the Youth Camp program.

**Insurance:**

All campers must be insured against accidents. The insurance policy must cover accident costs of up to 50 000 €

**Registration:**

Letter of interest in the Event should be sent to the Organizer by April, 15 Final date of registration is May, 15 2015

Contacts: [rusraftfed@inbox.ru](mailto:rusraftfed@inbox.ru), [odissei85@mail2000.ru](mailto:odissei85@mail2000.ru)

**Organizing committee:**

- Event manager – **Alexey Shirokov**, Contacts: [odissei85@mail2000.ru](mailto:odissei85@mail2000.ru)



- Race Director - **Anton Sergeev**(Head of the Association for Children's and Youth tourism), [adimtur22@yandex.ru](mailto:adimtur22@yandex.ru)
- Coordinator – **Oleg Grigoriev**, [rusraftfed@inbox.ru](mailto:rusraftfed@inbox.ru)
- Safety Director – **Victor Krechetov**, Master of Sport of Russia in rafting, rafting instructor [krechetovv@inbox.ru](mailto:krechetovv@inbox.ru)
- Senior rafting instructor – **Alexey Yershov**, Master of Sport of Russia in rafting.
- -Secretary of the program, logistics, accommodation – **Ekaterina Geyvas** [odissei85@mail2000.ru](mailto:odissei85@mail2000.ru)

**Supporting organizations:**

- International Rafting Federation (IRF) <http://www.internationalrafting.com/>
- Russian Rafting Federation <http://www.rusraftfed.ru/>

- Department of Youth Policy and Physical Culture and Sports of the Tomsk region <http://www.depms.ru/>
- Administration of Altayskiy Kray on physical culture and sport <http://www.altaisport.ru/>
- Federation of rafting and canoe slalom of Tomsk region <http://slalom-tomsk.ru/>
- Association of Children's and youth tourism <http://adimtur.altu.ru/>
- Department of Education Administration of Tomsk region [uoatr.tomsk.ru](http://uoatr.tomsk.ru)
- Sports club of Kopylovo, Tomsk region «Odysseus» [tom-odisey.dou.tomsk.ru](http://tom-odisey.dou.tomsk.ru)
- Training and Sports Aquatics Center Sports School named after Shevelev, Tomsk <http://usct.ru/>

### **Sport program includes:**

- morning exercises;
- on land training and practice on the water;
- multisport hour (football, volleyball, etc);
- participation in All-Russia Youth Rafting Championships ;
- Physical work, including self-service (preparation and splitting of firewood, assistance in the kitchen, etc.);
- participation in All-Russia Youth Champs

### **Cultural and recreational programs include:**

- lectures on culture of Russia and Siberia;
- concerts;
- parties;
- horseback riding in the Altay Mountains;
- friendship float on the Chuya and Katun rivers



## Schedule

### Day One - July, 2

Time	Activity	Place of activity
12 .00 AM – 6.00 PM	Arrival of participants, transfer from the airport to the camping site	Meeting arrangements in the airports of Novosibirsk and Barnaul. Transfer to the camping site
8.00 PM – 09.30 PM	Dinner	Dining room.
10.00 PM	Bed time	Tents
11.00 PM	Staff and coaches meeting Winding up day results. Views exchange on methods of training paddling techniques – the first issue of the program. Briefing on the next day.	Camp headquarters.

### Day Two – July, 3

Time	Activity	Place of activity
8.00 AM-10.00 AM	Wake-up time, morning exercises	Central Lawn
9.15 AM.- 10.00 PM.	Breakfast	Dining pavilion
11.00 AM-1.00 PM	<b>Training No1</b> General raft paddling techniques. Techniques. Brief inspection of paddling skills. Demonstration of standard techniques	River
1.00 PM-2.00 PM	Multisport hour - Football tournament	Playground
2.00 PM-3.00 PM	Lunch	Dining pavilion.
4.00 PM-6.00 PM	<b>Training No2</b> Paddling patterns during start, spurt, overtaking, racing mode	River
7.00 PM-8.00 PM	Dinner	Dining pavilion.
8.00 PM-9.30 PM	Opening ceremony of International youth rafting camp. Cultural program.	Central Lawn
10.00 PM	Bed time	Tents
10.30 PM	Staff and coaches meeting. Winding up the training day results. Views exchange. Briefing on the next day	.Camp headquarters.

### Day Three - July, 4

Time	Activity	Place of activity
8.00 AM – 9.00 AM	Wake up time, morning exercises	Central Lawn
9.15 AM.- 10 AM.	Breakfast	Dining pavilion
11.00 AM – 1.00 PM	<b>Training No3</b> Speeding up techniques. Test runs in Sprint and H2H. Typical errors, detection of mistakes during speeding, other comments on speeding up.	River
1.00 PM – 2.00 PM	Multisport hour - Volleyball tournament	Playground
2.00 PM – 3.00 PM	Lunch	Dining pavilion.
4.00 PM – 7.00 PM	Back horse riding. Horse trail through Kumir river valley/gorge in the direction of river source, in vicinity of Mongolia-Russia border	Kumir river valley
7.00 PM – 8.00 PM	Dinner	Dining pavilion.
8.00 PM – 9.30 PM	Entertaining event	Concert Lawn
10.00 PM	Bed time	Tents
10.30 PM	Staff and coaches meeting. Winding up the training day results. Exchange of opinion on the Issue of the day. Briefing on the next day	Headquarters

### Day Four – July, 5

Time	Activity	Place of activity
8.00 AM – 9.00 AM	Wake up time, morning exercises	Central Lawn
9.15 AM.- 10.00 AM.	Breakfast	Dining pavilion
11.00 AM – 2.00 PM	Lecture on white-water rivers: rivers' classification, river hazards, accident free paddling.	Lectures pavilion
2.00 PM – 3.00 PM	Lunch	Dining pavilion.
4.00 PM – 6.00 PM	<b>Training No4</b> Practical classes on river safety	River
7.00 PM – 8.00 PM	Dinner	Dining pavilion
8.00 PM – 9.30 PM	Entertaining event	Concert lawn
10.00 PM	Bed time	Tents
10.30 PM	Staff and coaches meeting.	Headquarters

	Winding up the training day results. Exchange of opinions on the Issue of the day (River and safety on the river). Briefing on the next day	
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### Day Five - July, 6

Time	Activity	Place of activity
8.00 AM – 9.00 AM	Wake up time, morning exercises	Central Lawn
9.15AM.- 10 AM.	Breakfast	Dining pavilion
11.00 AM – 2.00 PM	<b>Training No 5</b> Rescue on water, rescue techniques	River
2.00 PM – 3.00 PM	Lunch	Dining pavilion.
4.00 PM – 6.00 PM	Multisport hour Russian outdoor games “Tsepi kovanye”, “Kazaki-razboyniki”	Playground
7.00 PM – 8.00 PM	Dinner	Dining pavilion.
8.00 PM – 9.30 PM	Entertaining program	Concert lawn
10 .00 PM	Bed time	Tents
10.30 PM	Staff and coaches meeting. Winding up the training day results. Exchange of opinions on the Issue of the day (Rescue on the water). Briefing on the next day	Headquarters

### Day Six - July, 7

Time	Activity	Place of activity
8.00 AM – 9.00 AM	Wake up time, morning exercises	Central Lawn
9.15 AM.- 10.00 AM.	Breakfast	Dining pavilion
11.00 AM – 2.00 PM	<b>Training No 6</b> Self-rescue competitions.	River
2.00 PM – 3.00 PM	Lunch	Dining pavilion.
4.00 PM – 6.00 PM	Multisport hour – Russian Lapta tournament(version of baseball)	Playground
7.00 PM – 8.00 PM	Dinner	Dining pavilion
8.00 PM – 9.30 PM	Cultural program	Concert lawn
10.00 PM	Bed time	Tents
10.30 PM	Staff and coaches meeting. Winding up the training day results. Exchange of opinions on the Issue of the day (Self -	Headquarters



	rescue on the water). Briefing on the next day	
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**Day Seven – July, 8**  
**“Leisure Day”**

<b>Time</b>	<b>Activity</b>	<b>Place of activity</b>
8.00 AM – 9.00 AM	Wake up time, morning exercises	Playground
9.15 AM.- 10.00 AM.	Breakfast	Dining pavilion.
10.00 AM – 1.00 PM	Teams choice for kayaking, rafting, hiking	River, Kumir valley
2.00 PM – 3.00 PM	Lunch	Dining pavilion.
3.00 PM – 6.00 PM	Time of arts (still-life master-class) or optional excursion to local apiary (taste local honey products).	Central lawn/ apiary
6.00 PM – 7.00 PM	Cultural program.	Concert lawn
7.00 PM – 8.00 PM	Dinner	Dining pavilion.
10.00 PM	Bed time	Tents
10.30 PM	Staff and coaches meeting. Exchange of opinions on methods of training of young rafters. Briefing on the next day	Headquarters

**Day Eight – July, 9**

<b>Time</b>	<b>Activity</b>	<b>Place of activity</b>
8.00 AM – 9.00 AM	Wake up time, morning exercises	Playground
9.15 AM.- 10.00 AM.	Breakfast	Dining pavilion
11.00 AM – 1.00 PM	Competitions in Sprint Participation in All-Russia Youth Championships in R6.	Sprint river section.
2 .00 PM – 3.00 PM	Lunch	Dining pavilion
4.00 PM – 6.00 PM	Competitions in Head to Head. Participation in All-Russia Youth Championships in R6.	Sprint river section.
7.00 PM – 8.00 PM	Dinner	Dining pavilion.
7.30 PM -8.00 PM.	Captains and coaches meeting	Headquarters
8.00 PM – 9.30 PM	Cultural program	Concert lawn
10.00 PM	Bed time	Tents
10.30 PM	Staff and coaches meeting. Briefing on the next day	Headquarters

### Day Nine – July, 10

Time	Activity	Place of activity
8.00 AM-9.00 AM	Wake up time, morning exercises	Central Lawn
9.15 AM.- 10.00 AM.	Breakfast	Dining pavilion
11.00 AM-1.00 PM	Competitions in slalom. First run. All-Russia Youth Champs	Slalom river section
2.00 PM-3.00 PM	Lunch	Dining pavilion.
4.00 PM-5.30 PM.	Competitions in slalom. Second run. All-Russia Youth Champs	Slalom river section
7.00 PM – 8.00 PM	Dinner	Dining pavilion.
7.30 PM -8.00 PM	Captains and coaches meeting	Headquarters
8.00 PM – 9.30 PM	Cultural program	Concert lawn
10.00 PM	Bed time	Tents
10.30 PM	Staff and coaches meeting. Briefing on the next day	. Headquarters

### Day Ten – July,11

Time	Activity	Place of activity
8.00 AM – 9.00 AM	Wake up, morning exercises	Playground
9.15 PM.- 10.00 PM.	Breakfast	Dining pavilion
11.00 AM – 2.00 AM	Downriver. All-Russia Youth Champs.	DR river section
2.00 PM – 3.00 PM	Lunch	Dining pavilion.
7.00 PM – 8.00 PM	Dinner	Dining pavilion.
8.00 PM – 9.30 PM	Cultural program	Concert lawn
10 PM	Bed time.	Tents
10.30 PM	Staff and coaches meeting. Winding up the training day results. Exchange of opinions on the Issue - Youth competitions. Briefing on the next day	Headquarters

### Day Eleven – July,12

Time	Activity	Place of activity
8.00 AM – 9.00 AM	Wake up, morning exercises	Central Lawn
9.15 PM.- 10 PM.	Breakfast	Dining pavilion
11.00 AM – 2.00 PM	Scenic tour to Chuya tribute Mazhoy and its 6 grade rapids, to legendary Chelushman river valley via mountain pass “Devil’s Gates”.	Altay mountains
2.00 PM – 3.00 PM	Lunch	Movable dining pavilion.

3.00 PM – 7.00 PM	Tracking to rapids «Malysh», «Kovarnyj» etc.	
7.00 PM – 8.00 PM	Dinner	Movable dining pavilion.
10.00 PM	Bed time	Tents
10.30 pm	Staff meeting	.

### Day Twelve – July, 13

Time	Activity	Place of activity
8.00 AM – 9.00 AM	Wake up, morning exercises	
9.15 AM.- 10.00AM.	Breakfast	Dining pavilion
11.00 AM – 2.00 PM	Friendship float on Chuya river, first part	River section. Rapids “Sumrachnyy”, “Burevestnik”, “Begemot”
2.00 PM – 3.00 PM	Lunch	Dining pavilion
4.00 PM – 7.00 PM	Friendship float on Chuya river, continuation	River section. Rapids “Turbina”, “Gorizont” etc.
7.00 PM – 8.00 PM	Dinner	Dinner pavilion
10.00 PM	Bed time	Tents
10.30 PM	Staff meeting	

### Day Thirteen – July, 14

Time	Activity	Place of activity
8.00 AM – 9.00 AM	Wake up, morning exercises	
9.15 PM.- 10.00 PM.	Breakfast	Dining pavilion
11 AM – 2.00 PM	Friendship float on the Katun river	River section, rapids “Ilgumen”, “Kadrinskaya truba”, “Poganki”
2.00 PM – 3.00 PM	Lunch	Dining pavilion
4.00 PM – 7.00 PM	Continuation of a friendship float on Katun river	River section, rapids “Shabash” etc.
7.00PM – 8.00 PM	Dinner	Dining pavilion.
10.00 PM – 10.30 PM	Bed time	Tents
10.30 PM	Final staff meeting	

### Day Fourteen – 15<sup>th</sup> of July

Time	Activity	Place of activity
8.00 AM – 9.00 AM	Wake up, morning exercises	
9.15 PM.- 10.00 PM.	Breakfast	Dining pavilion
10.00 AM – 10.30 AM	Closing ceremony	Central Lawn
11.00 AM – 6.00 PM	Teams depart, transfer to International airports(Barnaul, Novosibirsk)	

**Have a nice trip back home!**