



Coaches & Judges Development Seminar

Coaching level = A & B

A - Teaching up to Intermediate skiers

B - Developing Talent

Judging Level = up to National Level

**This seminar is open to coaches and judges
from outside the E&A Confederation**

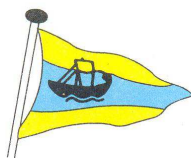
10th to 13th May 2012

Sharm El Sheikh, Egypt

Information & Registration Bulletin

Hosted by:

Egyptian Sailing & Water Ski Federation



1. General information

The Coaches Development Seminar targets all tournament and wakeboard coaches, trainers and, more generally, people involved in tournament skiing and wakeboarding wishing to improve their knowledge. Cable ski coaches and trainers are welcome as there is a good crossover of skills and techniques. This Seminar is geared towards beginner and intermediate coaching up to an early international skiing level. The coaches' seminar will be run 10^h to 13th of May in English.

At the same time, there will be a tournament judge's seminar which is aimed at developing people coming into the sport on the judging side. The course will cover the rules and the judge's role over the 3 events (slalom, trick and jump) with the aim to run and judge competitions up to National Level. The judges' seminar will be held 10th to 13th of May in English.

Please note that all participants attending the Seminar should read the IWWF Rule Book (<http://iwwfed.com>) prior to attending.

Coaches from Mediterranean Federations

A 200€ subsidy is available for coaches from Mediterranean countries to attend the coaches seminar. These coaches should be from the developing Mediterranean Countries (sorry we will have to exclude France, Italy, Spain, Greece and Egypt as the host country) and should be applied for by the Federation to ensure the coach is a recognized representative. There is a maximum of two coaches per country funded under the supported Mediterranean Games program. A Federation may send more coaches but at their own cost. The coach must attend ALL the presentations and must not already be funded to attend the seminar by another body (e.g. Government). Any coach wishing to apply for this funding should ask their Federation to contact Jean Michel Cau.

2. Seminar Agenda for Coaches Developing Talent & National Judges

Thursday, May 10 – 2012

09.00 – 09.15	Opening	
<u>09.15 – 10.45</u>	Tricks - Key Skills: Advancing towards the boat, Edging - Tricks description and learning principles	- JMC
11.00 - 13.00	Judges Introduction: - Judge duties : duties of a boat judge, duties of a tower judge. - Chief judges responsibilities and Homologation	- MW
11.00 - 13.00	Wakeboard - General Introduction to wakeboard - Competition format - Judge, calculator and driver's duties	- FB
13.00 - 14.30	Lunch	
<u>15.00 – 16.30</u>	Coaching Methodology (delivering coaching effectively)	- RC

15.00- 17.00 **Judges:** Jump judging: positions, timing, measuring, re-run, general rules -MW

17.15 – 18.45 **Mental** imagery & picture and movement analysis - JMC

Friday, May 11 – 2012

09.00 - 11.30 **Slalom** – Modern technique including basic principles up to short line skiing
with biomechanical and video explanation - JMC

09.00 - 11.30 **Wakeboard** - How to become a rider (part 1) - FB

11.45 – 13.00 **Wakeboard** - How to become a rider (part 2) - FB

11.45 – 13.00 **Driving** theory – skills, rules, Zero Off - RC

13.00 – 14.30 **Lunch**

15.00 – 16.00 **Slalom** – How to turn from old to new technique - JMC

15.00 – 16.00 **Wakeboard** - Mental and Physical training - FB

15.00 – 18.30 **Judges:** Slalom judging: positions, principles, scoring, re-runs, general - MW

16.30 - 18.30 Off Water Training – **Physical training** approach and programs - RC

Saturday, May 12 - 2012

09.00 – 10.30 **Tricks** descriptions - RC

10.45 – 12.00 Thinking outside the box - JMC

10.45 – 13.00 **Trick Judging:** Shorthand, scoring re-runs, general rules - MW

10.45 – 13.00 **Wakeboard** - Video analysis and run composition
- Understanding a competition result - FB

13.00 – 14.30	Lunch	
<u>15.00 – 16.00</u>	Team coaching	- RC
16.15 – 18.00	Tricks judging: details, practice on video	- MW
<u>16.15 – 17.15</u>	Programming	- RC
<u>17.30 – 18.30</u>	Video Analysis Practice – practice on 3 events	- JMC

Sunday, May 13th – 2012

<u>09.00 – 10.30</u>	Components of High Level performance	- RC
10.45 – 12.15	Jump Progression from beginners to $\frac{3}{4}$ cut: diagrams, videos, exercises	- JMC
10.45 – 12.15	Tricks judging: details, practice on video	- MW
10.45 – 12.15	Wakeboard - Wakeboard material and boat - Homologation and ranking - Conclusion and questions	- FB
12.30 – 13.00	Seminar closing	

16.00 – 19.00 WAKEBOARD NATIONAL EXAM

Program subject to change according to level and needs of participants

Lecturers:

Jean-Michel CAU (FRA): 21 years French team manager. Senior judge. Member of IWWF Development Commission.

Ricky CASILLI (ITA): Italian Water Ski International Coach.

Maureen WRIGHT (GBR). E&A judge.

Florian BUTTY (SUI): Chairman of E&A Wakeboard Boat Council and member of IWWF Wakeboard Boat Council

3. Accommodation and travel information

3.1. Accommodation

Hotel Laguna Vista Sharm El Sheikh
Nabq Bay, Sharm El Sheikh 12311

<http://www.lagunavistasharm.com>



Prices: Per room and per day on Half Board Basis (Bed, Breakfast and dinner).

Single Room: 65 \$ US

Double Room: 90 \$ US

Triple Room: 120 \$ US

3.2. Lunch

Coffee breaks during the **four days** of meeting will be available free of charge, courtesy of the Egyptian Sailing & Waterski Federation.

Price for Lunches: 15 \$ US per person.

3.3. Travel

Laguna Vista Beach Resort is a 20 minutes drive from the centre of Sharm el-Sheikh, and 10 km from Sharm El-Sheikh International Airport.

There is a taxi station outside the airport arrivals. Taxi fare to the hotel will cost 15 \$ US. Hotel Shuttle can be arranged at a set rate of 35 \$ US. For booking, refer to "Hotel Booking Form appendix".

3.4. Visas

Most European countries are granted an entry visa in the Airport. It is better for each federation to check with their travel agency or local Egyptian Embassy.

On request, ESWF will offer invitation letters for all applicants to submit to their local Egyptian Embassies to assist with the visa process (if a visa is needed).

For any assistance or Inquires please contact Karim Soliman ESWF representative.

4.4. Payment and currency

Currency is Egyptian Pound or American Dollars. All restaurants, hotels and activities can also be paid by major credit cards.

4. Certificates

All coaches participating in the seminar will receive a certificate of attendance from the E&A if they are present for all the sessions.

5. Entry forms & Hotel booking form

All participants should send their:

- Entry form for Seminar Attendance before 31st of march to Egyptian Federation and copy to Jean-Michel Cau (E&A Development Commission)
- Hotel booking forms before 31st of march to Hotel Laguna Vista Sharm El Sheikh.

For questions please contact:

Karim Soliman

Email: karimsoliman@hotmail.ca

Mobile: +201006533733

Coaches & Judges Seminar 2012

ENTRY FORM

The following person(s) will attend the Coaches & Judges Seminar 10-13 May 2012

First Name	Last Name	Address, phone, e-mail and Federation

Please note that all participants attending the Seminar should read the IWWF Rule Book (<http://iwwfed.com>) prior to attending.

Date: Signature:

Please send this form back, not later than 31st of March 2012 to:

Karim Soliman
Egyptian Sailing & Waterski Federation
karimsoliman@hotmail.ca

and copy to

Jean-Michel CAU
E&A Development Commission
jean-michelcau@wanadoo.fr

HOTEL RESERVATION FORM

Coaches & Judges Seminar 2012

(10-13 may 2012)

All Participants in the seminar must be guests of the Laguna Vista Beach Resort. Or will be charged the amount of 30 USD /per day

Please fill out the form below before the 31st of march and send it to res.lagunavista@balbaagroup.com and Karimsoliman@hotmail.ca please do put " ESWF Seminar " in the Subject of your email to be eligible for the group rate.

Your credit card will be taken just as guarantee and payment will be done directly to the hotel.

One night deposit will be deducted by Credit Card and the rest of payment will be done directly to the hotel.

In case of cancellation

Between 30-21 days before date of arrival 25% will be deducted as cancelation fees.

Between 21-14 days before date of arrival 50% will be deducted as cancelation fees.

Between 14 - 0 days before date of arrival 100% will be deducted as cancelation fees.

Please type or use BLOCK CAPITALS

Family name		
First name		
Federation		
Address		
Post code	City	Country
Telephone		Fax
E-mail		

I would like to book the following room

Arrival Date		
Departure Date		
Room Type	Single	
	Twin	

