

## Elite Female Slalom Athlete – Evy Leibfarth Grant Report 2

### Community Service Project

Date: Oct. 24, 2018

For my community service project, I decided to coach a session with five kids from NRC who are interested in training slalom. In the first part of my session, I led a stretch/warm up where all the kids shared one stretch they like to do with the rest of the group.

Next, I demonstrated how to paddle on a kayak erg and showed the kids how they could see how much power they got with each of their strokes. The kids took turns trying out the erg and I had each of them come up with something to work on in their stroke each time. After everyone had a chance to try it out, I recorded each of their maximum wattages and calculated their strength to weight ratio from that number.

After this, we got on the water and did some timed courses. The first was a downstream sprint, followed by courses with upstreams and offsets. I did a competition where the person who was fastest on the water and had the highest strength to weight ratio won – this was to try to motivate the kids to paddle harder and be more aware of their technique. I feel the kids were able to discover how their technique affects the power in their strokes and how important it is to work on good stroke technique.





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**2018 Competition Log**

<b>Event Name</b>	<b>Event Date</b>	<b>Place</b>
Australian Open	16-18 February	3 <sup>rd</sup> in U18 C1W
U.S. Open	24-25 March	1 <sup>st</sup> in K1W & C1W
U.S. Junior National Team Trials	6-8 April	1 <sup>st</sup> in K1W and 2 <sup>nd</sup> in C1W
U.S. Senior National Team Trials	6-8 April	1 <sup>st</sup> in K1W and 2 <sup>nd</sup> in C1W
ECA Junior Cup #1 & 2, Valstagna, Italy	16-17 June	1 <sup>st</sup> in K1W & C1W
ECA Junior Cup #3 & 4, Augsburg, Germany	23-24 June	1 <sup>st</sup> in K1W & C1W
ECA Junior Cup #5, Flattach, Austria	26-27 June	1 <sup>st</sup> in K1W & C1W
ECA Junior Cup #7 & 8, Solkan, Slovenia	7-8 July	1 <sup>st</sup> in K1W & C1W
Young Danubia Cup, Bratislava, Slovakia	30 June – 1 July	1 <sup>st</sup> in K1W and 2 <sup>nd</sup> and C1W
2018 ECA Junior Cup Overall Champion	5 August	1 <sup>st</sup> in K1W & C1W
U.S. Age Group Nationals	11-12 August	1 <sup>st</sup> in K1W, C1W & C2 mixed
Ocoee River Championships	25-27 August	1 <sup>st</sup> in K1W, C1W & boater X
U.S. National Championships	6-7 October	1 <sup>st</sup> in K1W and 2 <sup>nd</sup> C1W



