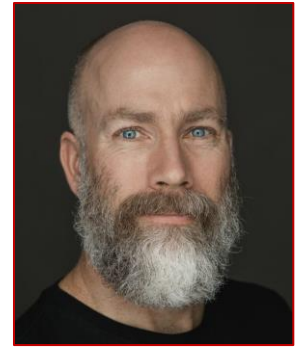




# CANADIAN OUTRIGGER HALL OF FAME

## Alan Carlsson



### Summary

Alan Carlsson has coached high-performance athletes in a broad spectrum of disciplines including dragon boat, canoe / kayak, outrigger, surfski, running, cycling, swimming, and triathlon for over two decades since graduating from University of Calgary in 1996 with degrees in sports science. Alan volunteered many years with CORA as President, IVF as General Secretary, and Canoe Kayak Canada as author of several publications. Alan operated Engineered Athlete Services where he offered private coaching services and authored countless blog articles on technical aspects of training. Alan was employed by various organizations in a lead coach capacity including False Creek Racing Canoe Club, Canadian Blind Sports Association, Leading Edge Triathlon Club, Triathlon Canada, and High-Performance Sport New Zealand.

### Early Career

Alan has a background as a high-performance athlete for 20+ years as a top triathlon (swimming, cycling, running) competitor since 1992 [01] with impressive showings at the 1992 Kelowna PATCO Triathlon Pan American Cup, [02] 2001 Squamish Triathlon, [03] 2002 Investors Group Peach Classic Triathlon Champs, [04] as well as additional endeavours in cross country skiing, flatwater kayaking, outrigger canoeing, and surfski such as the 2007 Molokai World Challenge. [05] Alan would graduate from University of Calgary with a Bachelors in Exercise Physiology in 1994 and a Masters in Kinesiology and Exercise Science in 1996. [06] Over the next decade, Alan would acquire a notable set of coaching credentials including Coaches of Canada Chartered Professional Coach, Triathlon Canada Entry Level Competitive Coach, and Canoe Kayak Canada Level 3 Coach.

### Coach-Builder Achievements

Alan would land a job at age 25 as Canoe-Kayak Head Coach with False Creek Racing Canoe Club from 2000-2004, just 4 years after graduating from University of Calgary. [07] One of his first accomplishments, in collaboration with Rick Nu'u, was publication of the False Creek Racing Canoe Club 2000 Technical Coaching Manual for Dragon Boat paddling. [08] Alan released the third edition of the Technical Coaching Manual for Dragon Boat paddling in 2003 with a focus on building a Dragon Boat Canada Coaching Certification Program to dovetail into the NCCP certification process. [09] During his time as head coach of the False Creek Racing Canoe Club, Alan and Dr. Don McKenzie (founder of the Abreast in a Boat team) and Jackie Webber collaborated on a SportMedBC article on "*Dragon Boating: Injury Prevention*", where Alan discussed the Western Region Dragonboat Coaching Certification program that he and his colleagues were working on to integrate into the National Coaching Certification Program (NCCP). [10] John Puakea would conduct a Portland OR Paddling Clinic for DragonSportsUSA in 2005 where it was noted that John put forward advice on seat selection that differed only slightly from that of former False Creek Racing Canoe Club head coach Alan Carlsson. [11] Alan while at FCRCC would be Lead Coach for Kamini Jain from 1996-2006 in preparation for her competing at Sydney 2000 and Athens 2004 Olympics. [12] While with Engineered Athlete Services (EAS), Alan would provide individualized training for Kathryn Ginther of Penticton BC [13] who would race with Canadian teams at 2008 Sacramento IVF World Sprints that would take Bronze in V6 500M, V6 1000M, and V12 500M Golden Master Women. [14]

Alan represented Canada as the CORA IVF Delegate at the International Va'a Federation (IVF) and served as General Secretary from 2002-2006 for the 2002 Tahiti IVF World Sprints, 2004 Hilo IVF World Sprints, and 2006 New Zealand IVF World Sprints. [15]

Andrea Dillon shared a first-hand account of Alan contributing technical coaching to help the Canadian team take Gold in V6 Master Women at 2002 Tahiti IVF World Sprints.

*"The best story out of this World Sprints is about the course and what Alan Carlsson, our coach, did during the practise week. Alan saw some unusual things when we were training on the course, with certain lanes. The middle 3 lanes saw the boat's speed stalling somewhat at race pace. Alan then swam the entire course underwater and saw the middle lanes, about half way through the 500 metres had a berm which impacted the run of our boat when following our race plan. I believe it was by adjusting our "race plan" we managed to beat a very strong and talented Australian Master's team."*

Alan represented False Creek Racing Canoe Club with CORA and served as CORA President from 2004-2006. [16] Alan advocated during his tenure for timely filing of corporate paperwork for audits as part of accountability to the membership, emphasizing safety and insurance to improve event sanctioning processes, promoting the CORA Distance Championships to raise the profile of outrigger canoe racing, encouraging individual members and clubs to get involved with IVF to raise CORA's profile at international events, working with CCA on a coaching certification document to align with the National Coaching Certification Plan (NCCP), and streamlining membership processes to attract / retain more CORA members. Brent Bagnall, Neda Jos, Dave Del Rizzo and Alan worked on the 2010 IVF World Sprints bid proposal and then on the 2012 IVF (Penticton) World Sprints Organizing Committee. [17]

## **Exemplary Achievements**

Alan has made numerous and continual contributions to the development of a myriad of high-performance sports for 20+ years. Alan started a small business dedicated to high-performance sports science called Engineered Athlete Services (EAS) and simultaneously launched a Wordpress blog in November 2004 that was active through March 2012. [18] The EAS blog was a running commentary and repository for almost 8 years on everything related to high-performance sports including the Jericho Oceanman triathlon, Vancouver Ocean Sports adaptive paddling, 2006 New Zealand IVF World Sprints planning, [19] V1 / OC1 / OC6 / sprints / distance / change-outs / fitness training, cold weather paddling, [20] surfski / kayak paddle setup, dehydration / overheating, GPS advice, aerobic power / weight balance, training zones, wind / waves / tides / currents paddling tactics, and triathlon / swimming / running / cycling / surfski technical training guidance. [21]

Alan worked with Canadian Blind Sports Association as High Performance Director from 2005-2009, [22] where he contributed to the Goalball Long-Term Athlete Development model. [23] Alan collaborated with the Sprint Canoe/Kayak Coaching Advisory Group in 2011 to create the first edition of the Sprint Canoe/Kayak Entry Level Competitive Dragon Boat Coach (ELCC) Workbook and Reference Material as part of the Kayak Entry National Coaching Certification Plan. [24] Alan worked with Leading Edge Triathlon Club as Endurance Coach from 2006-2012, [25] where he put together an in-depth training plan [26] for anyone looking to complete their first 100K bike ride. [27] Alan worked with Triathlon Canada as Regional Training Centre (RTC) Director from 2010-2019, [28] where he was instrumental in launching Canada's paratriathlon program as the original head coach, designing and leading Triathlon Canada's Gold Medal Profile and associated talent development strategy, and as coach with World Triathlon, World Championships and World Cup athletes. [29] Alan relocated to New Zealand where he has worked with High Performance Sport New Zealand as Athlete Monitoring System Lead since March 2019, [30] working directly with athletes and their coaches to help more New Zealand athletes win on the world stage. [31]

## References

Note	Article	Link
[01]	Alan Carlsson LinkedIn	<a href="https://www.linkedin.com/in/alan-carlsson-1b4545114/?originalSubdomain=nz">https://www.linkedin.com/in/alan-carlsson-1b4545114/?originalSubdomain=nz</a>
[02]	1992 Kelowna PATCO Triathlon Pan American Cup	<a href="https://triathlon-statistics.com/race/50449/result/m">https://triathlon-statistics.com/race/50449/result/m</a>
[03]	2001 Fourth Annual Squamish Triathlon	<a href="https://www.piquenewsmagazine.com/local-sports/squamish-triathlon-draws-record-turnout-2460139">https://www.piquenewsmagazine.com/local-sports/squamish-triathlon-draws-record-turnout-2460139</a>
[04]	2002 Investors Group Peach Classic Triathlon Champs	<a href="http://www.wi.ca/peach/peach2002.htm">http://www.wi.ca/peach/peach2002.htm</a>
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[06]	Triathlon Canada Regional Training Centre Director	<a href="https://triathlonrtcvancouver.wordpress.com/coaching/">https://triathlonrtcvancouver.wordpress.com/coaching/</a>
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[08]	2000 FCRC Dragon Boat Coaching Manual	<a href="https://www.sporty.co.nz/asset/downloadasset?id=38b45526-119e-4aec-9ecc-51511cd87a71">https://www.sporty.co.nz/asset/downloadasset?id=38b45526-119e-4aec-9ecc-51511cd87a71</a>
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[10]	2003 SportMedBC Dragon Boating: Injury Prevention	<a href="https://sportmedbc.com/article/dragonboating-injury-prevention">https://sportmedbc.com/article/dragonboating-injury-prevention</a>
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[21]	2007-2008 EAS Long Term Athlete Development	<a href="http://eascoaching.blogspot.com/">http://eascoaching.blogspot.com/</a>
[22]	Canadian Blind Sports Association (CBSA) & Alan	<a href="https://www.apollo.io/people/Alan/Carlsson/57d94733a6da98727a8509c4">https://www.apollo.io/people/Alan/Carlsson/57d94733a6da98727a8509c4</a>
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[25]	Canadian Cycling Magazine 100K Training Plan	<a href="https://cyclingmagazine.ca/sections/news/train-for-a-century/">https://cyclingmagazine.ca/sections/news/train-for-a-century/</a>
[26]	Alan Carlsson 100K Cycling Training Plan	<a href="http://www.mediafire.com/file/q622c4j0yfn1d50/EAS_MedioFondo_100_k_Training_Plan.pdf/file">http://www.mediafire.com/file/q622c4j0yfn1d50/EAS_MedioFondo_100_k_Training_Plan.pdf/file</a>
[27]	Leading Edge Triathlon Club & Alan	<a href="https://www.slowlitch.com/triclubs/individual.php?triclub_id=103">https://www.slowlitch.com/triclubs/individual.php?triclub_id=103</a>
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