

IOCA (UK) 2024/25 Regional Winter Training Sessions

1. Introduction

This document sets out the:

- Policy for regional training
- Application process
- Regional differences

2. Document purpose

Given the changes in the RYA approach to junior sailing (the reduction in RTG in 2024 and removal in 2025), the Class wanted to outline how the regional policy will work for Optimist members.

3. Regional differences

There are differences in the number of sailors, number of clubs and travel distances in each region and to that end, each region will be offering a slightly different approach. These approaches have been discussed at length by the regional leads.

1. North East & North West Regions

RTG Lite

- RYA will run a RTG lite programme consisting of four weekends
- This programme will be delivered by the RYA
- Selection process for the North will be based on IOCA North Late Summers Champs, Northern Junior Champs and Rolling Ranking
- The number of sailors within the programme will be eight
- Please contact northwest@optimist.org.uk

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Open Training

- IOCA North will run open training in parallel with RTG lite and 2 additional weekends
- These will be open to all who can sail a triangle
- Up to 20 sailors can attend
- Please contact northwest@optimist.org.uk

2. East Region

- The East will offer a multi club programme run by Bryan and Anna Ormond with additional coaches including Nick Evans and Anna Watkins
- This programme will consist of six weekends, organised on a similar basis to that of the RTG. Sailors selected for Team East will sign up for the whole winter coaching programme but there will be an option for those new to IOCA East to pay per sail (may be dependent on demand and venue)
- This programme will be delivered by the region
- Selection process for the East will be based on results of the 'Beastie' Event at Royal Harwich Yacht Club on 7th September and a weekend of racing and coaching at Blackwater Sailing Club on 21st and 22nd September
- The number of selected sailors for Team East will be 24, with an option for less experienced sailors to join in on a pay per sail basis
- Please contact east@optimist.org.uk

3. Midlands Region

- Midland Region training will be delivered by the Draycote Academy <https://draycotewater.co.uk/draycote-academy/>
- There will be five weekends of training at Draycote
- Please contact midlands@optimist.org.uk or training@optimist.org.uk

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4. ThamesValley Region

- The ThamesValley will offer a programme based at Burghfield Sailing Club in conjunction with the Andrew Simpson Performance Academy which is co-located at the club
- This programme will consist of 6 x 1 day Saturday only events, these will run from before the Winter Championships and complete before the Springs
- The target number of sailors within the programme will be 12 aimed at Main fleet and Regatta fleet sailors.
- Please contact thamesvalley@optimist.org.uk

5. South Region

- The South will offer a multi club level programme
- This programme will consist of five weekends that can be booked as individual weekends or if all five are booked, you will receive a discount.
- This programme will run as an Open format with the following caveats;
 - Sailors must have completed at least two IOCA level events in the main fleet or emerging from racing regatta fleet (applicants will be reviewed to ensure they have met this).
 - Training days will be long and sailors need to be comfortable being out on the water for extended periods of time in winter. If in doubt, please speak to the IOCA South Representative.
 - The number of sailors within the programme will be up to 40. But we will have a waiting list beyond this and if we receive another 8 candidates beyond the 40, we will seek to find another coach. A closing date will be set to, so ensure you have applied for the dates you can attend by then (so we can arrange the correct number of coaches/ribs etc).
- Dates/venues will be listed on the IOCA admin page from which sailors can enter
- Please contact south@optimist.org.uk

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6. Scotland

RTG Lite

- RYA will run an academy programme consisting of four weekends
- This programme will be delivered by the RYA
- Please contact scotland@optimist.org.uk.

Open Training

- IOCA Scotland will also run two open training sessions
- Please contact scotland@optimist.org.uk for more information.

5. Overlap to Winter Performance Training

The Winter Performance training will work in parallel with the regional training , noting that dates will not clash.

6. 2025 and beyond

The Class will continue to develop its training programme based on the feedback of the 24/25 approach, the changes within the RYA (move away from RTG) and overall committee direction.

IOCA (UK) July 2024