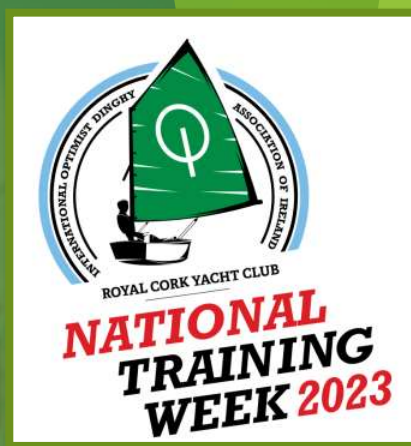


IODAI Optimist National Training Week

2023 - Event Information Pack





Event Info

❖ OVERVIEW

- Fun, and family centered training week with 140+ sailors expected.
- Hosted for 2023 by the Royal Cork Yacht Club.
- 1st to 4th of November - mid term break.
- Mixed levels from new entrants to seasoned campaigners.
- Celebration / end of season event for sailors and Parents
- Motivational guest speakers & sportsmanship clinics.
- Parents Information Sessions with IS and IODAI.
- IODAI Halloween Regatta

❖ TECHNICAL

- Highly specialist, top international & national coaches
- Focused coaching according to skill level
- Special attention to Junior and Regatta Fleets.
- Big fleet practice & experience in a controlled training environment.
- Understanding and application of Racing Rules of Sailing





Event Info

❖ CULTURAL

- Enhance and build personal relations in the fleet and off the water.
- Implementation of Sportsmanship Program
- Promotion of sailing as a lifetime adventure and nurturing sailors for life
- Holistic approach to the overall growth of the fleet

❖ AHEAD TO 2024

- Introduction of the 2024 Under 12 Team
- Introduction of the 2024 Development Squad





Coaching Team

- **Head Coach: Gonzalo 'Bocha' Pollitze**
 - Co-owner, founder and Sailing Director of the highly successful Dinghy Coach training centre in Lanzarote.
 - International coach to high performing sailors, teams and classes across the world.
 - Lead coach for national teams from Optimists to Olympics for nations such as Ireland, Norway, Netherlands, Argentina, Malaysia, Puerto Rica & Mexico.
- **Lead Coaches:**
 - Harry Durcan – Optimist National Champion, international coach.
 - Soren Laugesen – International Optimist Coach.
 - Thomas Chaix – International Optimist Coach.
 - Cxema Pico – International Juror
 - Adam Walsh – Head IODAI Coach 2023
 - Sophie Gorman – Assistant IODAI Coach 2023
 - 20+ National and International Coaches in support





NTW Format



Wednesday 1st Coaching Day

Registration
Safety Briefing
10.00 Welcome meeting
10.30 Briefing in groups
11.30 Snack
12.00 Ramp Open – Go sailing
16.00 Back to Shore
16.30 Debriefing
17:00 Games - Social
In it to win it!



Thursday 2nd Coaching Day

09.30 Briefing in groups
11.00 Snack
11.30 Ramp Open – Go sailing
Parents workshops (IODAI)
16.00 Back to Shore
16.30 Debriefing
17:00 Games - Social
In it to win it!
NTW Dinner



Friday 3rd Coaching Day

09.30 Briefing in groups
11.00 Snack
11.30 Ramp Open – Go sailing
Parents workshops (IS)
16.00 Back to Shore
16.30 Debriefing
17:00 NTW Prizegiving
In it to win it!
Food vans: 16:00 to 19:00



Saturday 4th Regatta Day

Halloween Regatta & IODAI Crosbie Cup
T Flags & D Flags 10:00
11:00 FG Snr & Jnr Fleet (80)
12:00 FG Regatta Fleet (60)
4 x Races
Prizegiving – 16:00

3 Coaching Days = Starts, Speed, Sail Trim, Boat Control, Posture, Acceleration, Tactics, Course & Fleet Management

Apply skills in 4 fleet races



Questions ?



ROYAL CORK YACHT CLUB
**NATIONAL
TRAINING
WEEK 2023**

We look forward to seeing you there !