

# IODAI National Training Week 2025





## **Topics**

- ► IODAI 80/20 philosophy
- Oppie pathway
- ▶ Under 12 team stepping stones
- ► Youth Nationals Team Selection
- ▶ 2026 Teams
- ▶ Regional Events for 2026
- ▶ Questions Open session

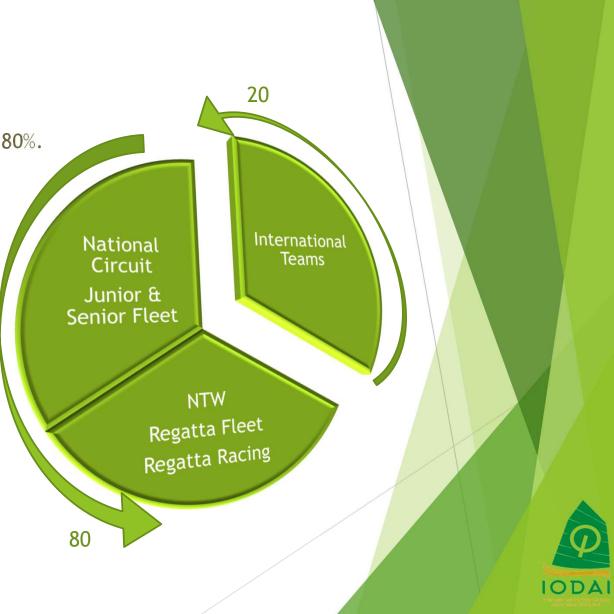


#### IODAI 80:20

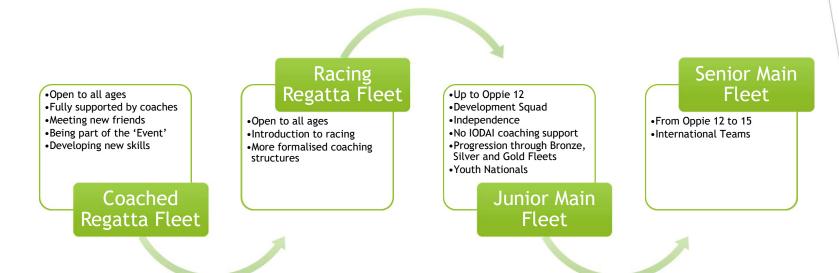
▶ IODAI focuses nearly all resources on the 80%.

▶ Delivering national events for all.

- ► Encouraging the Bronze Fleet
- ► Coaching for developing young fleets.
- National Training Week.
- Building an organisation focused on families, sailors and inclusion.
- ➤ YN are a chance to turn the focus towards the 20% of the fleet.



#### Oppie sailor progression



Oppie age is your age on the last day of the year. It is not unusual for a sailor to sail a full season as Oppie 10 even though thy are only 9.

#### Oppie age stepping stones to U12 Qualification

- •From 8 yrs old
- •Fully supported by coaches
- Meeting new friends
- ·Being part of the 'Event'
- Developing sailing skills

Coached Regatta Fleet

#### Racing Regatta Fleet

- Progress to Racing regatta by age Oppie 10
- •Ideally move to Racing Regatta fleet by 3<sup>rd</sup> regional
- •Attend 2 regionals + Nationals
- •Apply for Junior development squad

- Progress to JM fleet
- Attend Nationals
- Age 11 or younger
- •All 4 regionals advised for experience and discard option

Junior Main Fleet age 11

#### Under 12 Qualification

- •Aged 12 on the year of event
- •Still in Junior fleet
- Has sailed 2 regionals + Nationals the previous year (oppie age 11)
- •Ranked top 12 at oppie age 11 or younger
- •HAVE NOT BEEN ON THE TEAM PREVIOUSLY

Senior Development Squad

Oppie age is your age on the last day of the year. It is not unusual for a sailor to sail a full season as Oppie 10 even though thy are only 9.

### Youth Nationals - Qualification Process

- ▶ Entry based on previous years effort and results.
- ▶ Irish Nationals + two regional events.
- ▶ Oppie age 12 and up.
- ▶ U12 Team sailors are not required to attend.
- ► Criteria posted on IODAI website
- ▶ Reflected in IS Youth Nationals NOR.
- ► Target group is top 50 sailors, Gold and Silver fleets. (Senior bronze if capable)
- Sailors and families recommended to plan ahead with winter training, this is not to be treated as first event of the year

2025 Results

2026 Youth Nationals 2026 IODAI Teams

(Nationals + 2 x Regionals)



### **Worlds Team**

- ► Top 5 sailors (no gender split)
- ▶ Royal Yacht Club, Tangier, Morocco
- ▶ June 18<sup>th</sup> to 28<sup>th</sup>
- ► Coach
- ▶ Training weekends



## **Europeans Team**

- ► Top 7 sailors (max 4 any one gender)
- ► Gdynia, Poland
- ▶ July 24<sup>th</sup> to July 31st



## International Development Team

- ▶ Next 7\* sailors (max 3 from one gender)
- Quiberon, France
- ▶ 4<sup>th</sup> to 10<sup>th</sup> of July
- ► French Open Nationals ~400 sailors.
- ► Coach
- ► Training clinics
- ▶ \*8 only in the case of gender knock on
- MAY ONLY GO ON THIS TEAM ONCE





## Regional Events in 2026

Sprint Series

February- March 3 single day events. 4 races 1<sup>st</sup> gun 11:55 No Coaches on the water!!

- ▶ IS Youth Nationals Ballyholme 9<sup>th</sup>-12 April
- ▶ Development Squad and U12 Training LRYC 2-3<sup>rd</sup> May
- ▶ Ulsters SLYC 16-17<sup>th</sup> May
- ▶ Munsters WHSC 13-14<sup>th</sup> June
- ► Leinsters HYC 18-19<sup>th</sup> July
- ▶ National Team Racing Champs RCYC 12<sup>th</sup> August
- ▶ National Champs RCYC 13-16th August
- ► Connaughts GBSC 12-13<sup>th</sup> September

## Q&A Open Session

