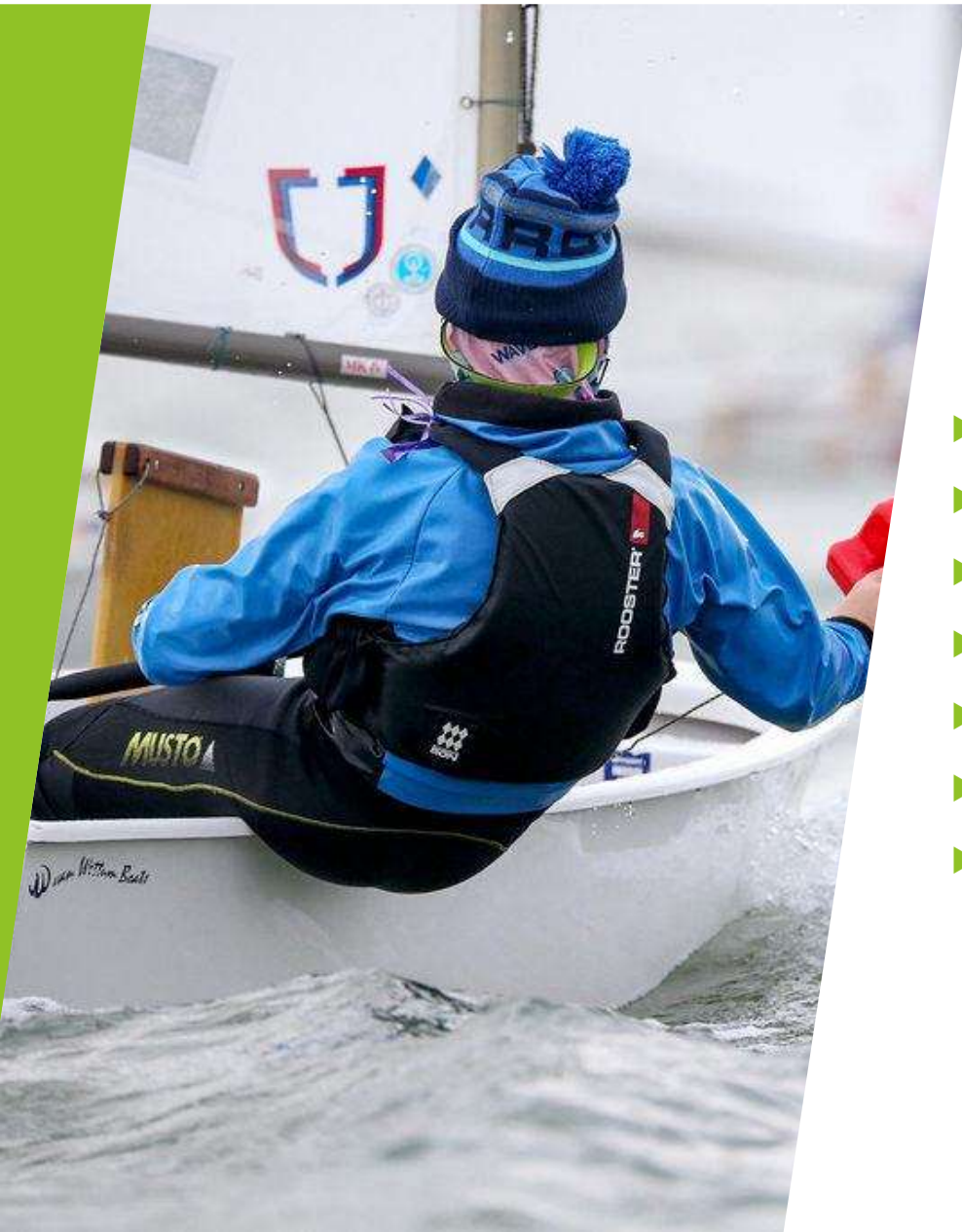




# **IODAI National Training Week 2025**



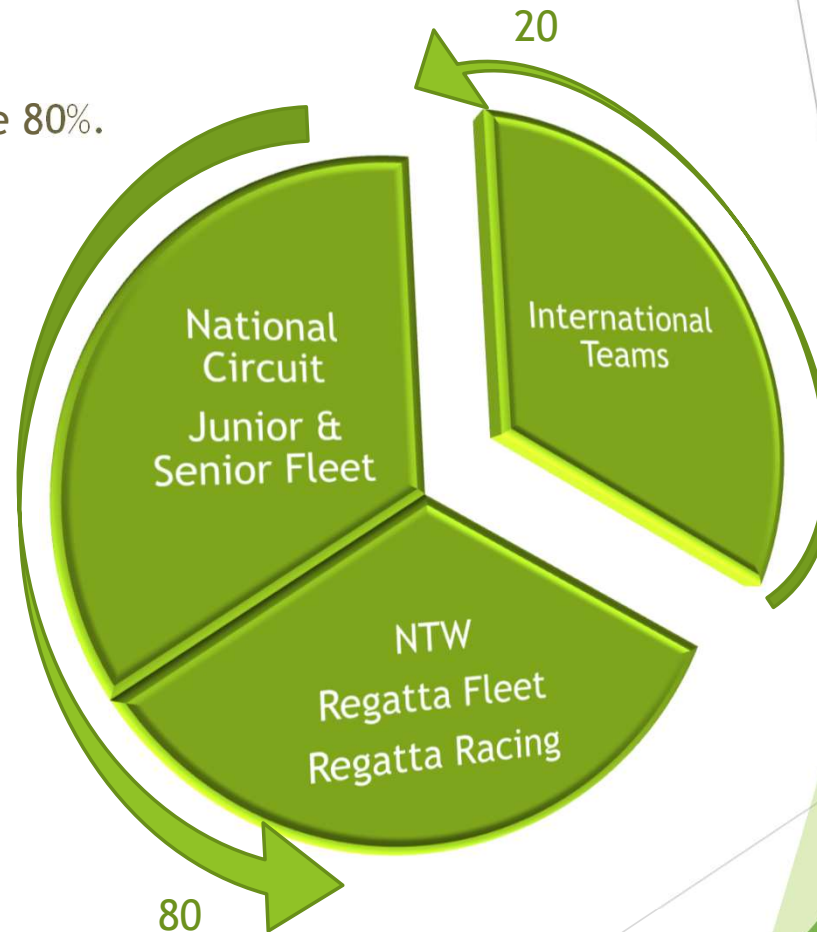


# Topics

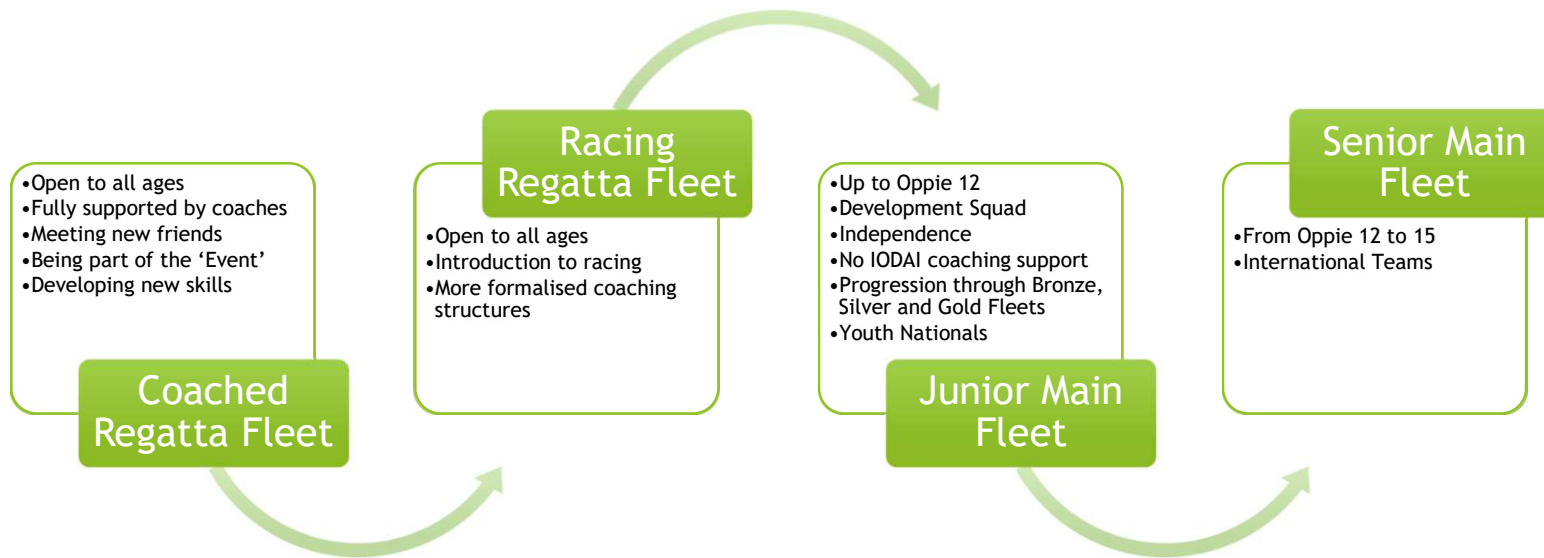
- ▶ IODAI 80/20 philosophy
- ▶ Oppie pathway
- ▶ Under 12 team stepping stones
- ▶ Youth Nationals - Team Selection
- ▶ 2026 Teams
- ▶ Regional Events for 2026
- ▶ Questions - Open session

# 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.

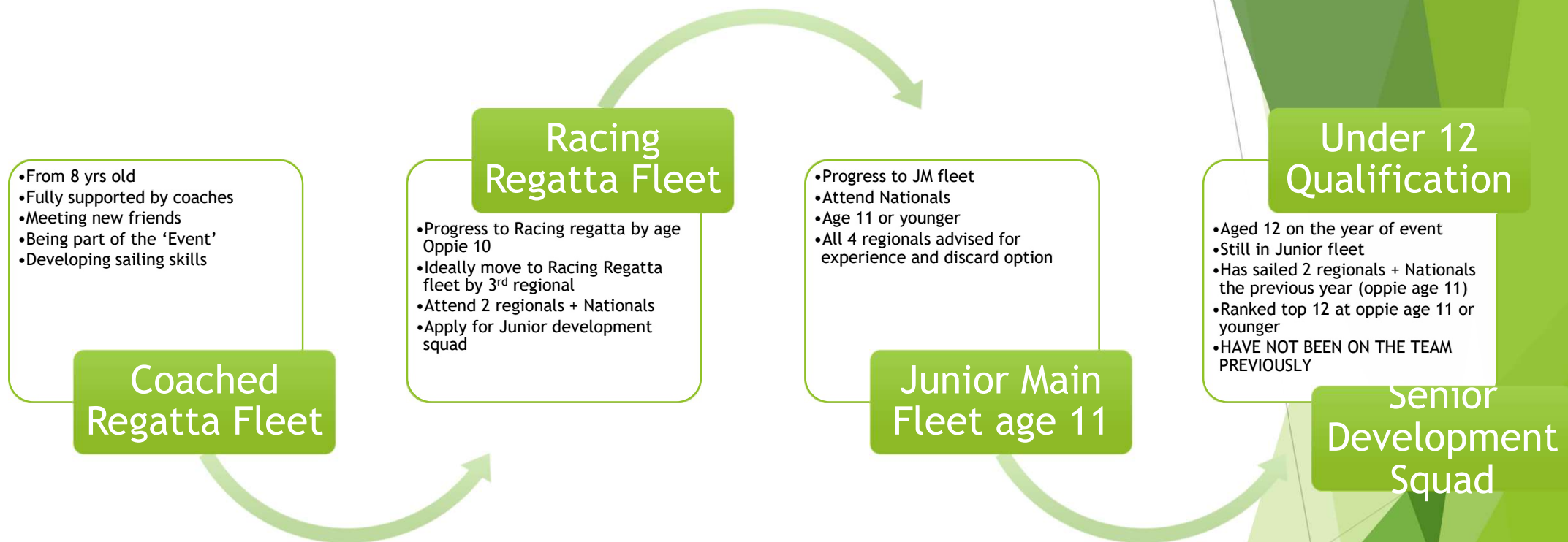


## Oppie sailor progression



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 they are only 9.

## Oppie age stepping stones to U12 Qualification



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 they 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**

(Nationals + 2 x Regionals)

**2026 Youth  
Nationals**

**2026 IODAI  
Teams**

# 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 13-16<sup>th</sup> August
- ▶ Connaughts GBSC 12-13<sup>th</sup> September

# Q&A Open Session