



IODAI DEVELOPMENT SQUAD 2020



OPPORTUNITY TO JOIN AN IODAI TRAINING SQUAD FOR
WINTER 2019 / 2020



IODAI DEVELOPMENT SQUAD 2020

*To DEVELOP AND SUPPORT OPTIMIST
SAILORS HAVING RECENTLY PROGRESSED
INTO THE IODAI MAIN FLEET*



PROGRAMME

- THREE TRAINING EVENTS RUN BY DINGHY PERFORMANCE, INCLUDING TWO WEEKENDS WITH TOP COACH ADAM DARCY
 - WEEKEND 23/24 Nov 2019. DUBLIN
 - SOFT SKILLS WORKSHOP FEB 2020. BALTIMORE (INCLUDING RACE PREP, FITNESS, NUTRITION, EVENT PROTOCOL)
 - WEEKEND 14/15 MAR 2020. CORK
- TROPHY AT END OF SEASON
- €250 PER SAILOR PAID PRIOR TO FIRST SESSION
- TEAM JACKET
- TEAM FOLDER



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IODAI IS COMMITTED TO TRAINING AND DEVELOPMENT AND HAS INITIATED A NEW SCHEME DESIGNED FOR OUR SILVER JUNIOR FLEET SAILORS, ALL ARE WELCOME TO APPLY, THE CRITERIA FOR APPLICATIONS ARE AS FOLLOWS;

1. SQUAD CONSISTING OF 12 SAILORS
2. JUNIOR FLEET SILVER FLEET (SELECTED BY RANKING 2019)
3. RANKING BELOW TOP 12, "U12 SQUAD".
4. PARTICIPATED IN 2018 OR 2019
 1. JUNIOR MAIN NATIONALS
 2. 2 X JUNIOR MAIN REGIONALS
5. ENTRY FOR BALTIMORE 2020 REQUIRED *(SEPARATE COST)
6. COMMITMENT TO ENTIRE PROGRAMME
7. ADDITIONAL 2 WILD CARDS AT DISCRETION OF IODAI COACH (BASED ON SAILORS' SUITABILITY AND ABILITY TO KEEP UP WITH THE CURRENT SELECTED PARTICIPANTS.)



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DETAILS REQUIRED

Sailor name

DOB

Sail No.

Ranking 2019

Nationals Result

No. of regionals completed (Junior Fleet)

1.	X
2.	X

Why would you like to join.

Parents Mobile No.

Parents Name

Parents Email address



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2019 IRISH OPTIMIST NATIONALS | HYC | @ 1 Minute 40

SUBMIT EXPRESSIONS OF INTEREST TO HONSEC@IODAI.COM
BY FRIDAY 1ST Nov 2019, 18.00