



IODAI DEVELOPMENT SQUAD 2023



OPPORTUNITY TO JOIN AN IODAI TRAINING SQUAD



IODAI DEVELOPMENT SQUAD 2023

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



PROGRAMME

- IODAI NATIONAL TRAINING WEEK COACHING
- WITH TOP COACHES IN LOUGH DERG YACHT CLUB

- SPRING TRAINING WEEKEND IN
- LOUGH REE YACHT CLUB 13TH & 14TH 2023

- FOCUSED TWO DAY PRE-NATIONAL CHAMPIONSHIP
- COACHING

- €250 PER SAILOR PAID BY 1ST FEBRUARY 2023
- TEAM JACKET
- TEAM FOLDER



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IODAI CONTINUES ITS COMMITMENT TO TRAINING AND
DEVELOPMENT WITHIN THE FLEET



THE DEVELOPMENT SQUAD PROGRAMME IS DESIGNED FOR ALL OF
OUR CURRENT SILVER AND BRONZE JUNIOR FLEET SAILORS AS WELL
AS THOSE TRANSITIONING FROM THE REGATTA FLEET

THE CRITERIA FOR APPLICATIONS ARE AS FOLLOWS:-

1. SQUAD CONSISTING OF 15 SAILORS
2. PRIORITY WILL BE GIVEN TO JUNIOR FLEET SILVER AND BRONZE FLEET SAILORS (BASED ON 2022 RANKING) BUT TRANSITIONING RACING REGATTA FLEET SAILORS ARE ENCOURAGED TO APPLY TOO
3. RANKING BELOW TOP 12 - "U12 SQUAD"
4. PARTICIPATED IN 2022;
 - NATIONAL CHAMPIONSHIPS
 - 2 X REGIONAL CHAMPIONSHIPS
5. PARTICIPATION AT THE NATIONAL TRAINING WEEK REQUIRED *(SEPARATE COST)
6. COMMITMENT TO ENTIRE PROGRAMME
7. ADDITIONAL WILD CARDS AT DISCRETION OF IODAI COACH (BASED ON SAILORS SUITABILITY AND ABILITY)



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DETAILS REQUIRED

Sailor name

DOB

Sail No.

Ranking 2021

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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The 2020 Squad @ MYC!



SUBMIT EXPRESSIONS OF INTEREST TO TRAINING@IODAI.COM
BY FRIDAY 6TH OCTOBER 2022, 18.00