

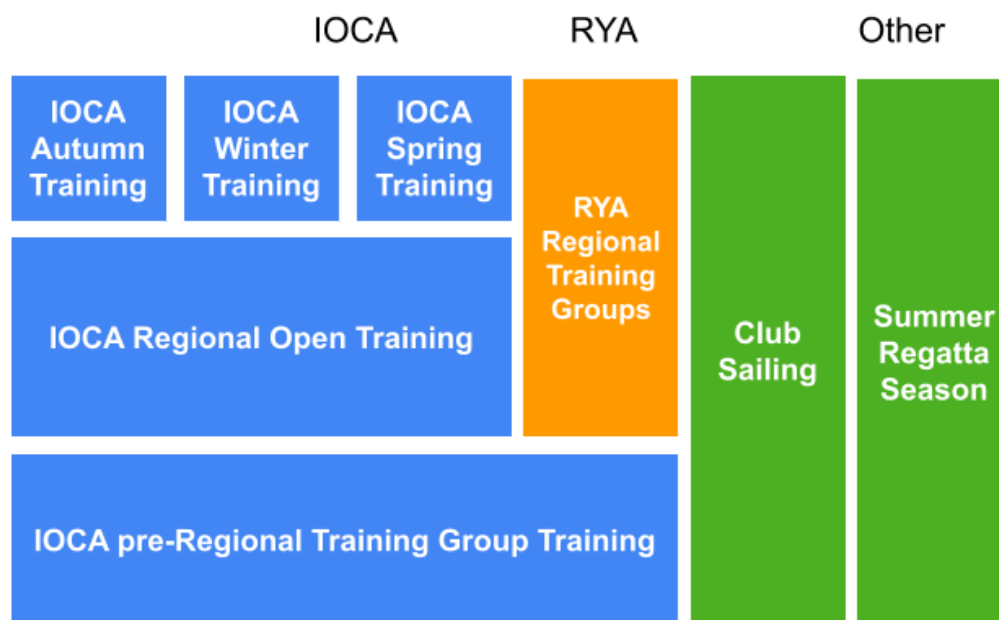


IOCA Winter Training 2022/2023

Overview

The winter may feel like it has only just finished but we are already looking towards next winter's training programme. This will be a mix of IOCA winter training opportunities, RYA RTG's and IOCA Regional Training. The aim is to provide a mix of training opportunities for sailors of all levels across the winter.

I wanted to set our plans out so everyone in the class is aware of what will be available for your sailors to participate in - there is something available for everyone to get out on the water and hone their skills ready for the next season. A diagram is attached below, which is hopefully helpful to show how this all sits together. Don't forget we also hold IOCA National Events over the winter - the End of Seasons in October, the Winters in December and the Springs in March. Watch the IOCA website and OurClubAdmin for further details.



IOCA invitational quarterly training - **new for 2022/23**

We have identified a need for training to allow the most experienced UK sailors to train and develop together, and to give the top end of our class a focus over the winter.

The format for the invitational quarterly training will be as follows – there will be three blocks of training, Autumn, Winter and Spring, each consisting of two weekends of training, starting in September and running up to Selections. These will be bookable per block (two weekends payable at a time). The selection for this training will be based upon the IOCA Rolling Ranking (excluding those IOCA aged 15 in 2022), including the results of the forthcoming Early Summers event this weekend. Our aim is to invite c.32 sailors to participate each quarter. The Selection Policy and dates for this training will be published separately.

Girls Training

Following some successful trial events during the 2021/22 winter season, we are looking at opportunities to run some training weekends focussed on our female sailors, with the goal of building friendships and to increase the participation and retention of our fantastic girl sailors in Main Fleet and beyond. Once the winter calendar is complete, we will publish further details on this.

RYA Regional Training Groups

Now entering their third year, the RYA Regional Training Groups ("RTGs") will hopefully be familiar to most sailors. These operate around England (Wales and Scotland run a different system) and their goal is to provide good quality regional training without the need for sailors (and parents!) to have to travel long distances. It is expected that sailors participating in the winter invitational training programme will also participate in the RYA RTG programme and winter sailing/ training at their home clubs. To be considered for a place in your regional RTG, your sailor should participate in the RYA Regional Junior Championship in your region on 18-19 June 2022.

Further information on the RYA Regional Junior Championships and how to enter can be found here (entry is now open!):

<https://www.rya.org.uk/racing/british-youth-sailing/events/british-youth-sailing-regional-junior-championships>

Information on the RYA Regional Training Groups and how to enter can be found here:

<https://www.rya.org.uk/racing/british-youth-sailing/regional-training-groups/selections>

Regional Training

Each region has an IOCA representative who is responsible for setting up training within your region aimed at sailors of all levels. Not only does this training provide a great opportunity for sailors to get on the water closer to home to supplement their club, IOCA and RTG winter training, but it also provides an environment for sailors to further develop friendship groups, which will stay with them during their time in the class and beyond.

In the larger regions, pre RYA Regional Training Group training may also be available, aimed at those sailors who are taking their first steps out of their home clubs and will be participating in Regatta fleet during 2023.

Details of how to contact your local IOCA representative are below:

IOCA Scotland - scotland@optimist.org.uk

Midlands - midlands@optimist.org.uk

North East - northeast@optimist.org.uk

Thames Valley - thamesvalley@optimist.org.uk

East - east@optimist.org.uk

South - south@optimist.org.uk

South East - southeast@optimist.org.uk

South West - southwest@optimist.org.uk

For sailors based in Wales and the North West please get in touch with training@optimist.org.uk and we'll put you in contact with the right person.