Autumn 2022 Coaching program

RSGYC
ILCA
Youth Squad

ROYAL ST GEORGE YACHT CLUB

ILCA 4

Senior Instructor: Toby Hudson Fowler

GROUPS: 2 coaches with ratios of approx. 7:1

Vets: 5 of the 7 Irish Sailing squad at the 2022 world champs are currently in our program. In addition, we have had a number of strong oppie sailors join who are expected to progress quickly.

Rookies: with many new entrants to our program this year, our focus for September/ October is to help new entrants establish in the fleet.

PROFILE: Typical Age 14 – 15 and weighing between 54 and 64 kg's

This program is aimed at sailors who intend to compete in national ILA events, and who aspire to competing in European and Word championship events.

ETHOS: Training is "sailor driven" with a strong focus on camaraderie and fun. The program provides a pathway from intermediate to high performance sailor. Our intention is to collaborate on and off the water with other waterfront clubs to build friendships

TARGET EVENTS: training will focus on preparation for specific events, both internationally and nationally
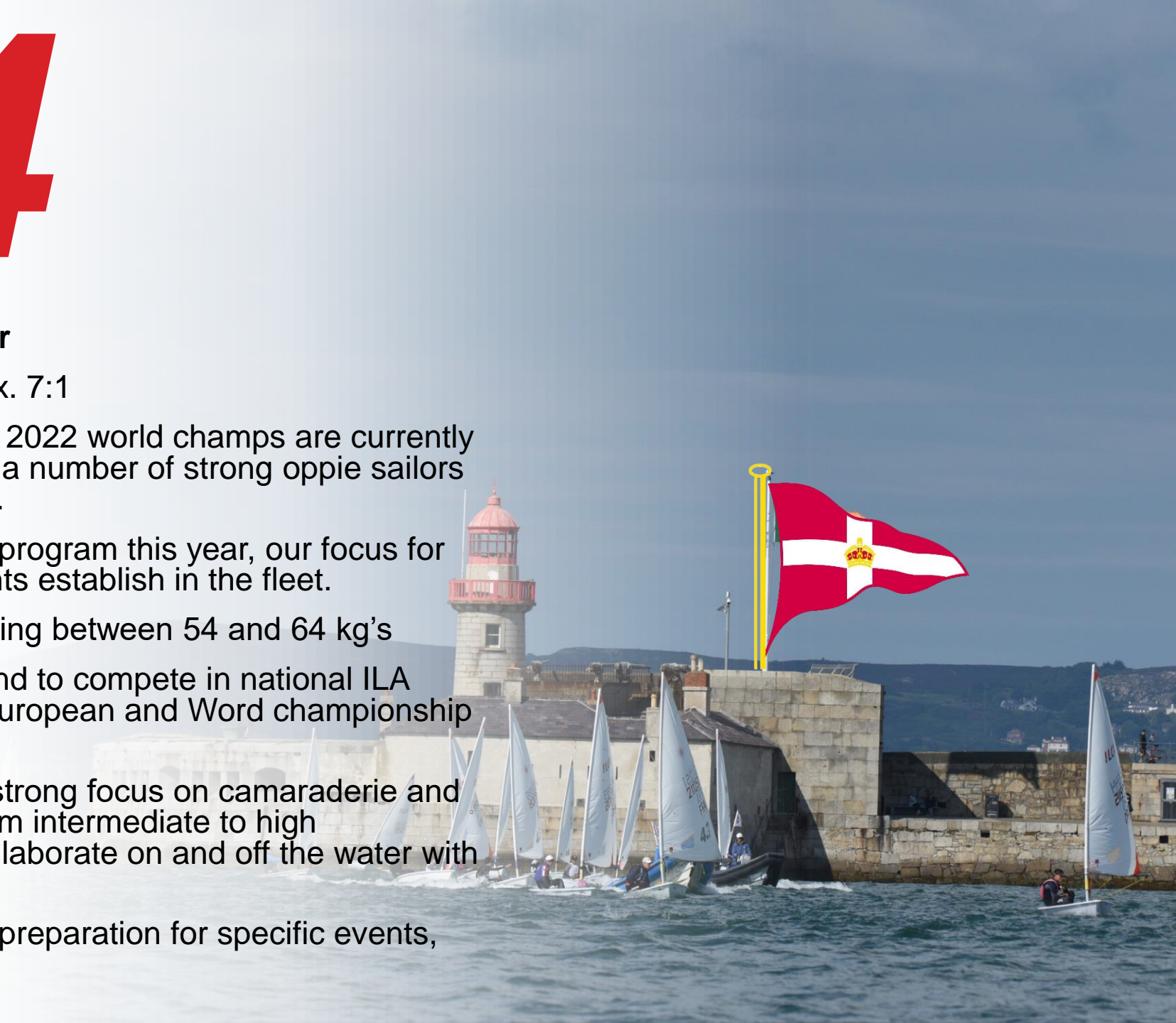
NEW TO LASERS:
We have some veterans from the program last year and some new joiners both experienced and less experienced from other fleets. All are welcome. To help integrate the new joiners we will:

Squad building Event in October - To get the kids mixing and getting to know each other

Buddy program – We will pair veterans with new joiners. Veterans will help with rigging and provide a welcome.
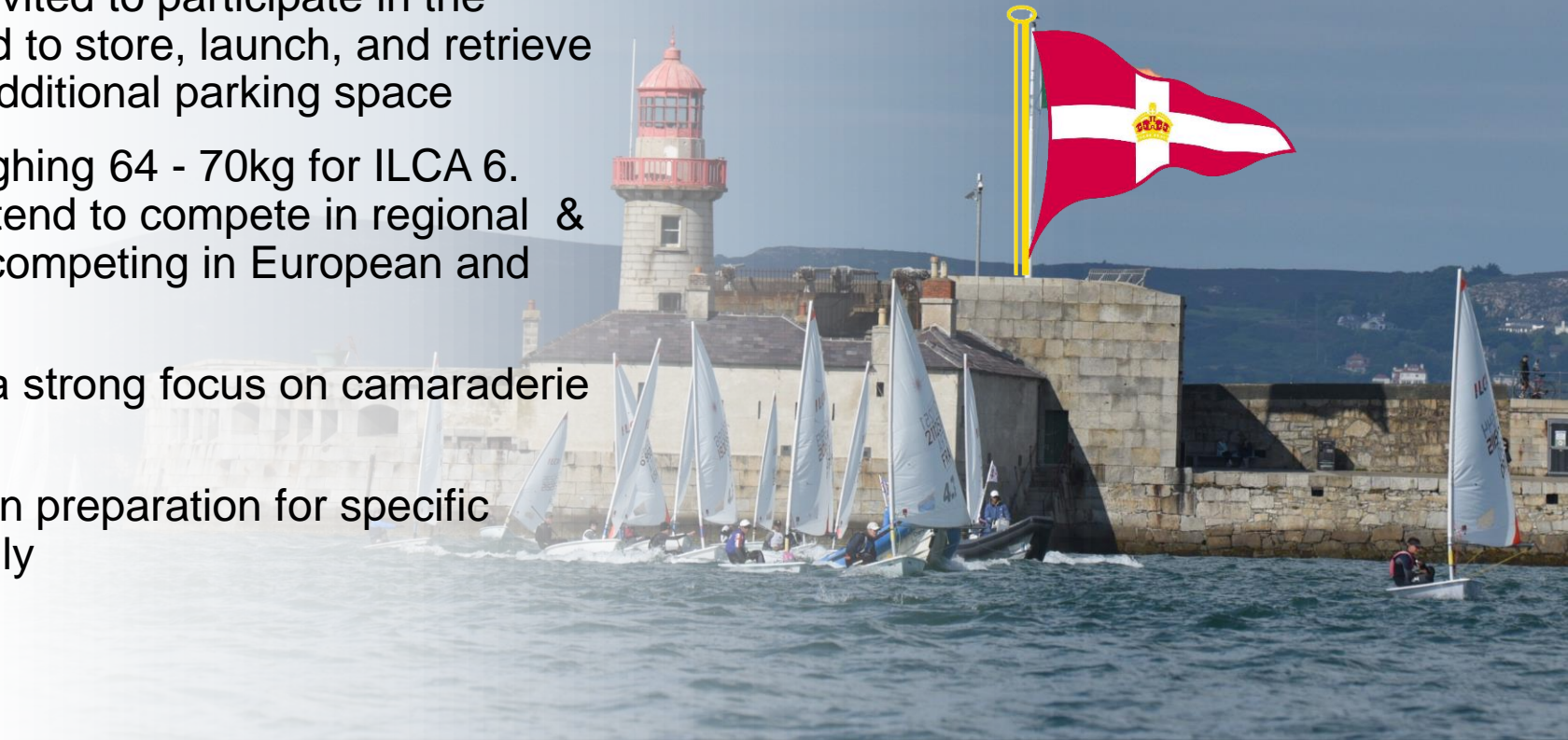
ILCA 6

Instructor: Jack Fahy

ELIGIBILITY: All waterfront clubs are invited to participate in the RSGYC program. Note that sailors need to store, launch, and retrieve boats from own club. RSGYC has no additional parking space

PROFILE: Typical Age 16 – 21 and weighing 64 - 70kg for ILCA 6. This program is aimed at sailors who intend to compete in regional & national ILA events, and who aspire to competing in European and Word championship events.

ETHOS: Training is "sailor driven" with a strong focus on camaraderie and fun.

TARGET EVENTS: training will focus on preparation for specific events, both internationally and nationally

ROYAL ST GEORGE YACHT CLUB

RSGYC AUTUMN 2022 TRAINING PROGRAM

DATE	DAY	ILCA 4 and ILCA 6
24 September 2022	Sat/ Sun	ILCA Ireland End-of-Season Regatta - RSGYC
25 September 2022	Sunday	Afternoon: September Series Racing
25 September 2022	Sunday	ILCA Ireland End-of-Season Regatta - RSGYC
28 September 2022	Wednesday	Wednesday Afternoon Club Coaching
02 October 2022	Sunday	Sunday Morning Club Coaching
05 October 2022	Wednesday	Wednesday Afternoon club Coaching
08 October 2022	Saturday	Grant Thornton Sprint Regatta
09 October 2022	Sunday	Sunday Morning Club Coaching
09 October 2022	Sunday	RSGYC: Remove All boats from the deck for liftout
19 October 2022	Wednesday	Wednesday Afternoon Club Coaching
22 October 2022	Saturday	JUNIOR DINNER
23 October 2022	Sunday	Sunday Morning Club Coaching
26 October 2022	Wednesday	Wednesday Afternoon Club Coaching
30 October 2022	Sunday	Sunday Morning Club Coaching
31 October 2022	Monday	Midterm clinic
	… to Friday	Midterm clinic
06 November 2022	Sunday	Sunday Morning Club Coaching
06 November 2022	Sunday	DMYC Frostbite Regatta
13 November 2022	Sunday	Sunday Morning Club Coaching
13 November 2022	Sunday	DMYC Frostbite Regatta
20 November 2022	Sunday	Sunday Morning Club Coaching
20 November 2022	Sunday	DMYC Frostbite Regatta
27 November 2022	Sunday	Sunday Morning Club Coaching
27 November 2022	Sunday	DMYC Frostbite Regatta
04 December 2022	Sunday	Sunday Morning Club Coaching
04 December 2022	Sunday	DMYC Frostbite Regatta
18 December 2022	Sunday	DMYC Frostbite Regatta

EVENTS
OCTOBER WEDNESDAY COACHING
MIDTERM CLINIC - HALF DAYS - Details to Be announced
NOVEMBER SUNDAY MORNING COACHING

SESSION TIMING

AFTERNOON

12:30	Arrive & Rig
13:00	Briefing
13:30	Launch
16:30	Return to Slip
17:00	Debrief
17:30	Depart

WEDNESDAY AFTERNOON

14:30	Arrive & Rig
15:00	Launch
17:00	Return to Slip
17:30	Debrief
18:00	Depart

MORNING

9:00	Arrive & Rig
9:30	Briefing
10:00	Launch
13:00	Return to Slip
13:30	Debrief
14:00	Depart