

Summer 2025 Coaching programme.

Oisin Hughes

***RSGYC* ILCA Youth Squad**



ROYAL ST GEORGE YACHT CLUB





- **Experienced:** Our aim with the sailors who are experienced in the ILCA and have trained with us consistently is to bring them to a level where they can be competitive abroad.
- **New to ILCA:** With many sailors transitioning into the 4, our focus for the winter is to help our new entrants establish themselves in the Irish fleet.

PROFILE: Typical Age 14 – 16 and weighing between 54 and 64 kg's.

This programme is aimed at sailors who intend to compete in national ILCA events, and who aspire to be competing in European and World championship events in the coming years. All Dun Laoghaire sailors are welcome to join our programme, as long as they launch from the club they pay storage in.

ETHOS: Training is “sailor driven” with a strong focus on camaraderie and fun, while maintaining high performance standards..

TARGET EVENTS: Training will focus on preparation for specific events, both internationally and nationally including Irish nationals.



6

ASPIRATION: Create a summer development plan to allow sailors to make the jump into the 2025 Irish nationals and U21 World Championships in Dun Laoghaire.

Consistent sailor development with an **individual focus for each sailor** – each of them has different priorities or aspects to improve/develop.

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

PROFILE: Typical Age 16 – 18 and weighing 64 - 74 kg for ILCA 6. This programme is aimed at sailors who intend to compete in regional & national ILCA events, and who aspire to competing in European and World championship events.

ETHOS: Training is “sailor driven” with a strong focus on camaraderie and fun while maintaining high performance standards.

TARGET EVENTS: Youth Nationals 2024, ILCA 6 European Championships, U21 World Championships. Europa Cups and UK events can be organised if demanded by sailors



ASPIRATION: Create a winter development plan to allow sailors to make the jump into the ILCA 7 for the World Championships in Dun Laoghaire 2025

Consistent sailor development with an **individual focus for each sailor** – each of them has different priorities or aspects to improve/develop.

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

PROFILE: Typical Age 18 – 21 and weighing 75 - 85 kg for ILCA 7. This programme is aimed at sailors who intend to compete in regional & national ILCA events, and who aspire to competing in European and World championship events.

ETHOS: Training is “sailor driven” with a strong focus on camaraderie and fun while maintaining high performance standards.

TARGET EVENTS: U21 World Championships, Irish nationals

U21 Worlds



This years U21 Worlds will be hosted in Dun Laoghaire, offering a huge opportunity for **all** our sailors to represent Ireland on an international stage and gain huge amounts of racing experience.

We will be placing a large focus on transitioning female ILCA 4 sailors into the 6 in order to compete at this years U21 Worlds. As well as this we will be running an ILCA 7 programme for the boys who wish to transition into the 7. I would strongly recommend **all our sailors (no matter the weight) to target this event** as it's an amazing opportunity to learn and gain experience.

Expect **fast-paced, high-intensity** sessions combined with attention to certain aspects such as fleet management, tactics, strategy and mindset.

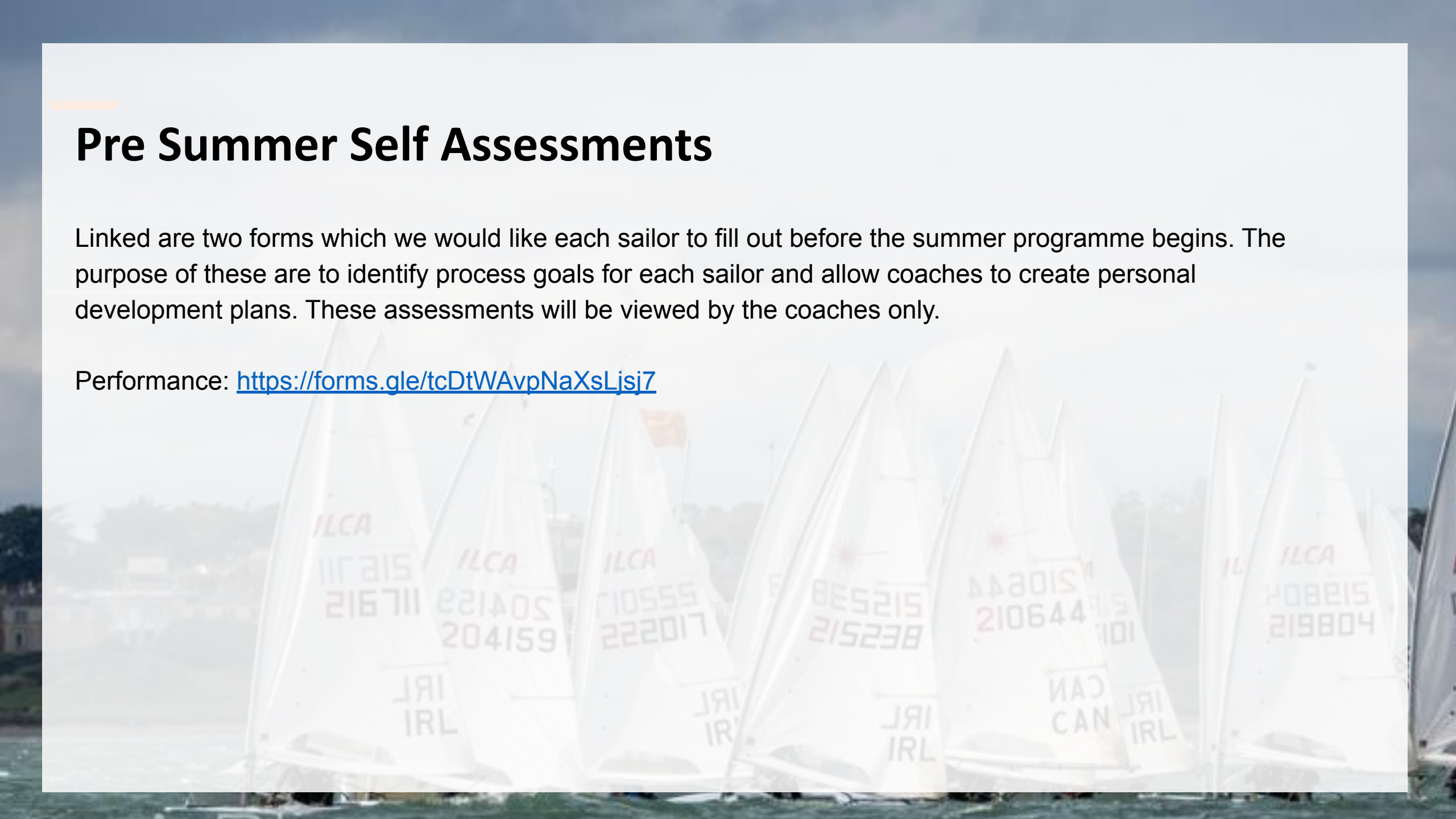
Attention to **strength and fitness**. Team rides will be organised if demanded to give the group an opportunity to get comfortable using bikes as a main form of fitness. These rides will be supervised by a coach.

Sessions with high performance international squads are being planned which will be ran in preparation.

Pre Summer Self Assessments

Linked are two forms which we would like each sailor to fill out before the summer programme begins. The purpose of these are to identify process goals for each sailor and allow coaches to create personal development plans. These assessments will be viewed by the coaches only.

Performance: <https://forms.gle/tcDtWAvpNaXsLjsj7>



Calendar

2025 SUMMER CALENDAR																																					
																														Last update:			01/06/2025				
	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE
June							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
															Clinic							Clinic							Westerns precamp						Westerns		
July		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					
								Clinic							Clinic							Leinsters precamp						Leinsters									
August					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			
								Clinic							Nationals precamp				Nationals					Worlds pre-camp						U21 Worlds							

- Notes:
1. The calendar will be updated throughout the year with: a) international events suitable for ILCA sailors and b) other clinic options that sailors may want to pursue individually.
 2. We are considering bringing in an international coach at selected clinics. More details to follow.
 3. Calendar can be opened [here](#)

Preliminary Session Timings

Monday - Friday

09:00 Arrive & Rig & Change

09:30 Briefing

09:45 Launch

12:30 Return to Slip

12:45 Debrief

13:00 Depart

The overall plan may change as per squad needs or external circumstances, such as avoiding frostbites in the harbour, weather, and potential link-up opportunities with ISA. Any changes will be communicated in advance.