

## IOCA (UK) 2025/26 Winter Performance Training Policy V2.0

### 1. Introduction

This document sets out the

- Policy for 2025/26 Winter Performance Training sessions
- Selection considerations and policy
- Dates/Venues of training weekends
- Application for discretionary places

### 2. Purpose of the Selection Process

Identify the children who have performed consistently at the highest level in the UK, and extend their knowledge and skills in preparation for the 2026 season. We will support 3 squads; National, Intermediate and Development.

National Training over the winter will be complemented by high quality regional training, allowing all sailors who wish to train over the winter to have access to coaching within their region. Our aim is to ensure those wishing to sail are able to access the same standard of coaching as the National squads, but regionally.

We aim to support all 3 squads on a 6:1 ratio, ensuring they can have the maximum time with their coach, and where possible, each cohort will stay with the same coach for the entire program. We therefore request you sign up to the entire program (4 weekends), in order to receive the maximum benefit from the coach, and allow the group progression to be consistent across the cohort.

# International Optimist Class Association (UK) Ltd



## 3. IOCA (UK) Performance Training Sessions

### 2025–26 Winter Performance Training Programme

The 2025–26 Winter Performance Training Programme will include up to 54 sailors, divided across three squads:

- **National Squad:** 18 sailors (*minimum of 3 girls*)
- **Intermediate Squad:** 18 sailors (*minimum of 6 girls*)
- **Development Squad:** 18 sailors

To support balanced representation and encourage broader participation, National and Intermediate Squads will include a minimum number of female sailors. This approach is intended to promote equitable opportunities across all levels of the programme.

We will look to have some all female cohorts across Intermediate and Development Squads, and will be asking for your feedback on this. We feel it can develop friendships and help support girls to stay in the class. Please contact Nigel Evans privately if you wish to discuss this.

## 4. Qualification and Eligibility for Squad Selection

In order to be eligible for a 2025-26 Performance Training Sessions place, sailors should:

- Have an IOCA UK Rolling Ranking position
- Be a member of IOCA (UK)
- Be Oppie age 15 or under in 2026
- Intend to actively sail your Optimist and compete in IOCA (UK) events in 2026
- Be eligible to sail and race an Optimist, in accordance with the IOCA (UK) Rules of the Association, and the IODA Conditions of Entry for World and Continental Championships (as contained in the IODA Handbook).

# International Optimist Class Association (UK) Ltd



## 5. Selection Process

- The National & Intermediate Squads will be based on the Rolling Ranking after the Nationals 2025. In the case where a sailor does not accept the offer we will offer to the next sailor in ranking order.
- Once all 36 places have been accepted for the National and Intermediate Squads, we'll invite the remaining qualifying sailors to take part in the Development Squad.

## 6. Dates & Venues

Programme dates:

Training Type	Date	Venue
<b>Training 1</b>	<b>20/21 Sept</b>	<b>HISC</b>
<b>Training 2</b>	<b>18/19 Oct</b>	<b>Grafham</b>
<b>Training 3</b>	<b>29/30 Nov</b>	<b>WPNSA</b>
<b>Training 4</b>	<b>7/8 Feb</b>	<b>WPNSA</b>
Training 5	28/1 Feb/March	Draycote

Training events 1-4 constitute the WPT program, which we ask you sign up to a complete package. Training event 5 does clash with OpitOrange but we understand this may not be relevant to all sailors, therefore we wish to provide a 'Pre Springs Clinic' Open Training event, where all 3 squads may continue their winter program, with their coaches, and we will have additional coaches available for sailors to allow this to be a National offering for all Main Fleet sailors, and the option to leave your boat at Draycote ahead of the Spring Championships.

Our aim will be to include Open Training at this event for Racing and Coached Regatta Fleets, additional details will follow on this.

# International Optimist Class Association (UK) Ltd



## 7. Pricing & Booking

- Selected sailors will be invited to enter online via the IOCA booking system.
- Entry will go live in mid August. Sailors will receive an email inviting them to accept their offer.
- Sailors are expected to accept/reject their offer within a 72 hour period. This is simply because it's been left late this year and we need to finalise the coaches and venues. We apologise for the need to reply so quickly, and we'll work with anyone who needs additional time, if you communicate with us directly we'll do what we can to assist.
- We anticipate pricing to be in the region of £75 a day, meaning £600 for the 4 weekends.

## 8. Selection, Suspension and Termination

Continued membership of the Training Squad will normally be dependent upon:

- Conformance with the relevant IOCA policies, codes of conduct / ethics that are or may be laid down or recognised by the sport/class from time to time,
- Conformance with programme requirements, policies and procedures and reasonable IOCA (UK) and RYA requests,
- Attendance at designated training sessions, fitness tests, and preparation regattas as part of the programme. We also hope to provide a session with a Sport Psychologist, Nutritionist and Professional/Olympic Sailor Q&A sessions,
- Notwithstanding the above, IOCA (UK) follows British Sailing/Sport England's guidelines and expects all sailors, coaches and parents to act in the best interests of the sport and we expect respect, kindness and cooperation from all participants, please.

## 9. Applications for discretionary places

In exceptional circumstances a sailor may apply to the Selectors to be considered for a discretionary place in the 2025-26 Winter Performance Training Sessions.

Applications for discretionary places must be made by email to [campbelljames@btinternet.com](mailto:campbelljames@btinternet.com)

**IOCA (UK) August 2025**