

“Getting to the next  
stage” squad

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youth sailing



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### “The next stage” squad : program 2010

1. The *next stage* program is aiming at youth sailors (U18) in the laser radial class not ISA academy members eligible to compete at the ISAF youth worlds and who can potentially qualify to Laser Europeans or worlds 2010 (see criteria on ILA and ILCA websites). Exception may be made after discussion with coach.
2. The program is designed as a high performance program to work alongside ISA official provincial training providing extra time afloat, extra training tools and advising sailors on a personal and ongoing base.
3. The objective of the program is to prepare young sailors to international racing and bridge the gap with the ISA academy increasing chances to be considered in the future and push the overall standard of the radial fleet even higher.
4. The process of qualifying for the program is described below:
  - Express of interest by the sailors
  - Application by the sailors
  - Confirmation by the program organiser (6 places max)
  - Payment of program coaching fee.
5. The main coach/advisor is Thomas Chaix, former international laser sailor/coach and junior national coach. Guest coaches may be invited (at extra cost) after consultation with all members of the squad.
6. The program is privately funded by the sailors or their sponsors as it does not qualify for any official funding. However cost of each activities will be worked out to maximise value for money.

7. squad specific schedule ( venues tbc with sailors to suit majority)

**SCHEDULE**

| <b>EVENT</b>                   | <b>DATE</b>  | <b>coach</b> | <b>Topic</b>  |
|--------------------------------|--------------|--------------|---|
| <b>Christmas intro clinic.</b> | 19-22 Dec 09 | Thomas Chaix | Introduction to the program, time afloat, assessment, fitness intro-program, goals... |
| <b>Winter weekend</b>          | 9-10 Jan     | Thomas Chaix | Time afloat   |
| <b>UK qualifier Stokes Bay</b> | 13-14 mar    | Thomas Chaix | Racing (achieving ISA 1 <sup>st</sup> ISAF criteria)                                  |
| <b>UK clinic*</b>              | 15-19 mar    | Thomas Chaix | Time afloat / residential ( team aspects)   |
| <b>UK qualifyer Plymouth</b>   | 20-21 mar    | Thomas Chaix | Racing (achieving ISA 1 <sup>st</sup> ISAF criteria)                                  |
| <b>ITA E cup Garda</b>         | 15-18 Apr    | Thomas Chaix | Racing, international scene.  |
| <b>Spring weekend</b>          | TBC          | Thomas Chaix | Review program, prep summer   |

\* this week requires missing school. If this is probably not a problem for transition year students, other sailors may need to prepare themselves for the week in advance of it.

8. ISA official program

**SCHEDULE**

| <b>EVENT</b>               | <b>DATE</b> | <b>coach</b>                                  | <b>Topic</b> |
|----------------------------|-------------|---|--------------|
| <b>Provincial training</b> | ISA         | Leinster : tba by ISA<br>Munster : tba by ISA | ISA          |
| <b>ISA youth nationals</b> | 6-9 April   | none  | ISA          |

9. The two programs are complementing each other and ISA program must be used to maximise winter progress.

10. Cost

- coaching cost : 650EUR/sailor
- UK events & clinic. Travel (towing) + accom. To be advised but a strong effort will be made to keep cost low
- E-Cup. Flights + charter + accom to be advised but a strong effort will be made to keep cost low.
- At weekends, sailors must host each other to keep cost low
- ISA program subsidized and cost to be advised by the ISA

11. Tcsailingcoach (Thomas Chaix) reserves the right to cancel the program before its start if under-subscribed.

22/11/09

Thomas Chaix