



Junior sailing

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**POLICY DOCUMENT  
GUIDELINES FOR SELECTION  
OF THE  
ISA Optimist Squad 2009-2010**

*The objective of the **ISA Optimist Squad 2009-2010** is to teach Irish junior sailors to train efficiently in their major sport, expose them to international racing, increase their experience and enjoyment of the sport and prepare them for the next stage of their sailing career and life challenges in general.*

**1. Training Programme**

The ISA will support the training programme through the use of quality coaches, sport scientists and specialists to advise the selected sailors.

**2. Age Eligibility**

For the ISA Optimist Squad 2009-2010, members shall be born in 1996, 1997 and 1998. Sailors born in 1995 shall show **exceptional** potential for the coming season.

**3. Nomination ISA Optimist Squad 2009-2010 – Process**

As a basis for nomination for the squad described above, the Irish Sailing Association will use the following indicator regattas in 2009:

- The IODAI Irish nationals
- The Easter Regatta in Brassemermeer (HOL)
- The European championship in Slovenia
- The UK nationals in Largs
- The CIE in France

These regattas will form the basis for nomination and selection to the ISA Optimist Squad 2009-2010. The IODAI ranking may also be looked at in order to see progress throughout the season.

**4. Selection**

a. In order to ensure the competitive standard of the sailors the ISA Selectors will consider sailors who have completed 2009 IODAI regatta program.



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- b. Only sailors having completed the "ISA Optimist Squad 2009-2010 Application form" will be considered in the selection process.
- c. Selection of squad members to the ISA Optimist Squad 2009-2010 will be subject to a full commitment to all squad training requirements.
- d. The ISA reserves the right to select or not select an Athlete. Any decision on the selection or non – selection of Athletes will be made at the discretion of the ISA.
- e. Selectors may choose entries to the squad for various reasons (i.e. legitimate absence from indicator events, etc..) at their absolute discretion.
- f. Selection of the ISA Optimist Squad 2009-2010 will be made as soon as possible following the closing date for applications.

#### **5. Selection Practice**

- a. ISA Optimist Squad 2009-2010 Selectors may use their discretion to apportion any factors they may feel appropriate in making their decisions.
- b. Selectors therefore have the discretion to determine:
  - The size of the squad.
  - Which criteria to take into account
  - Who they select
  - Weighting afforded to indicator regattas
- c. In making their decisions with regard to selection Selectors will be expected to use their own expertise and experience. Selectors may also rely on their own observations of the competitors, together with the observations made by other individuals, such as class coaches and class representatives.
- d. By engaging in the selection process the competitors agree that the selectors have such discretions.

#### **6. Application process**

- a. Sailors wishing to be considered for selection must apply to the ISA no later than September 2nd 2009 along with a 500EUR refundable deposit.
- b. Application will be seen by the selectors and only by the selectors (confidentiality).
- c. Only sailors with an application submitted on time will be considered for selection.
- d. In and only in the event of a non-selection by the selectors, the deposit will be refunded.



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e. If selection confirmed the deposit will be kept as an initial payment towards the squad activities.

### **7. Replacements**

a. The ISA will resolve any issues of selection that may arise because of injury to team members or cancellation of qualifying events at its absolute discretion.

### **8. Coaching and Support Staff**

a. The ISA Optimist Squad2009-2010 Support Staff will be selected as soon as possible before the start of the program and will be led by National optimist coach Thomas Chaix.

b. The ISA Optimist Squad2009-2010 will receive specialist coaching support and coaching support at up to 3 overseas event-clinic following IODAI Irish Nationals 2009 in August up to the IODAI trials 2010.

c. Coaching and support for the ISA Optimist Squad2009-2010 will be dependant upon sufficient financial support from the Irish Sports Council to run the programme.

### **8. Disputes**

a. Issues arising with regard to Nomination and Selection will be dealt with if received in writing to the ISA Olympic division.

b. Where there is a conflict or dispute in respect of these Guidelines for Nomination and Selection for the ISA Optimist Squad2008-2009. The ISA reserves the right to interpret this document and to use its discretion in the resolving of the matter in conflict or dispute. If this is not sufficient to resolve the dispute it may be further resolved under the guidelines of the ISA Constitution.

### **9. Definitions**

a. "Athlete" means a person who competes in an event whether as the person who helms the boat or as a crew.



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**PROVISIONAL PROGRAM  
OF THE  
ISA Optimist Squad**

*ISA Optimist squad : Winter 2009-2010 program (Autumn half)*

**SCHEDULE**

EVENT	DATE	Staff	Benefits / objectives	COST*
<b>Weekend Dublin</b>	19-20 Sept	Coaches : Thomas Chaix & Sport Med Staff	No Sailing Equipment required. Fitness assessment / adjusted fitness program / goal settings / strength and weaknesses	80 EUR
<b>Leinster weekend</b>	26-27 Sept	Coach : Thomas Chaix and Specialist Coach TBC	Skills	80 EUR
<b>Munster Weekend</b>	17-18 OCT	Coach : Thomas Chaix and coach TBC	Skills and Race Routines (incl. cobbler league)	80 EUR
<b>Vigo</b> <a href="http://www.rcnauticovigo.com/fotos/090608125627_DwFk.pdf">http://www.rcnauticovigo.com/fotos/090608125627_DwFk.pdf</a>	26 OCT-02 NOV	Coaches : Thomas Chaix and TBC	Pre event approach (2 days) + working event (assessing, correcting skills)	320 EUR
<b>Palma</b> <a href="http://www.trofeo ciutatdepalma.com">http://www.trofeo ciutatdepalma.com</a>	05-08 DEC	Coaches : Thomas Chaix and TBC	Indicator event for ISA/sport council	320 EUR

- note each activity is highly subsidized by ISA.
- Winter/spring 2009 will be confirmed in October
- Squad sailors are required to train within their club or/and their regional squad set up when not in a squad activity.

**Return to: Ana, ISA, 3 Park Road, Dun Laoghaire, Co Dublin**

**e-mail: [olympicadmin@sailing.ie](mailto:olympicadmin@sailing.ie)**

Card Number

Expiry date

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