

IOCA (UK) 2024/25 Performance Winter Training Sessions Selection Policy

1. Introduction

This document sets out the:

- Policy for 2024/25 Performance Winter Training Sessions composition
- Selection process
- Dates/Venues of training weekends
- Application for discretionary places

2. Purpose of the Selection Process

The purpose of this process is to select sailors to join the 2024/25 Performance Winter Training Sessions. These sessions will aim to enable our most experienced sailors to develop skills, knowledge and experience of Optimist sailing and for the class to optimise its future performance at regattas.

The 2024/2025 programme will be set as an entire programme and sailors accepting an offer should attend every weekend

3. IOCA (UK) Performance Training Sessions

The 2024-25 Performance Winter Training Sessions will consist of up to 32 sailors with 7 places reserved for girls.

4. Qualification and Eligibility for Squad Selection

In order to be eligible for a 2024-25 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 2025
- Intend to actively sail your Optimist and compete in IOCA (UK) events in 2025
- 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).

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5. Selection Process

Based on the criteria set out in section 4, places will be offered on a first past the post basis from the Main Fleet results of the Rolling Ranking (with the exception of 7 places reserved for female sailors), working down the Rolling Ranking. The allocations will be from the events as below

- After End of Seasons - the Top 32 sailors will be invited to join the sessions allocated to Winter Performance Training.
- After Winters - any additional sailors entering the Top 32 ranking under the criteria in section 4 above will be invited to join both sessions. An additional coach will be added if required. This allows for movement with consideration to the Rolling Ranking changes this year only.

6. Dates & Venues

- 30 Nov / 1 Dec (TBC)
- 11/12 Jan (Datchet)
- 1-2 Feb (Royal Southern)
- 22/23 Feb (Weymouth)
- 22/23 March (HISC)

7. Pricing & Booking

- Invited sailors will be invited to enter online via the IOCA booking system.
- The programme will consist of five weekends at a price of £550 per sailor

6. Selection, Suspension and Termination

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

- Satisfactory performance by the sailor, which is reviewed on a regular basis
- 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 programmed requirements, policies and procedures and reasonable IOCA (UK) and RYA requests,

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- Attendance at designated training sessions, fitness tests, and preparation regattas as part of the programme,
- Notwithstanding the above, IOCA (UK) reserves the right at its absolute discretion to not select sailor(s), suspend or terminate their invitation to a training session at any time and for any reason.

7. Applications for discretionary places

In exceptional circumstances a sailor may apply to the Selectors to be considered for a discretionary place in the 2024-25 Winter Performance Training Sessions.

Applications for discretionary places must be made by email to training@optimist.org.uk.

IOCA (UK) July 2024