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Olympic

CONTACT INFORMATION

JUNIOR CLASSES

Optimist Association of Ireland
www.iodai.com

Irish Topper Class Association
www.irltopper.com

International Mirror Class Assoc. of Ireland
www.imcai.com

YOUTH CLASSES

Irish 420 Class Association
www.sail420.com

Irish Laser Association
www.laser-ireland.com

ISA OLYMPIC DIVISION

www.sailing.ie

Check the ISA website for regular performance updates.

JUNIOR TO OLYMPIC

Follow the ISA Performance Pathway



THE ISA PERFORMANCE PATHWAY

The ISA Performance Pathway is designed to help sailors, parents and clubs understand how best to progress within the ISA Junior, Youth and Olympic programmes.



YOU GET: *Sailing Benefits*

- Pro coaching & modern training systems
- Class choice to fit you
- Latest Sports Science
- Grow your talent & gain sailing skills for life

YOU GET: *Lifestyle Benefits*

- Parent's programme
- Balance with education
- Learn skills for life
- Team support & social network

YOU GET: *Funding Benefits*

- Irish Sports Council (ISC) funding
- ISC carding scheme access
- Irish Institute of Sport support
- Potential for patron and sponsor support

Before and After the Pathway

- Before-Pathway training weekends – try the class before moving
- After-Pathway skills transferable – to all other areas of sailing and life

