

## **CH MARINE / IODAI Spring Training week Sunday 15th February – Friday 20<sup>th</sup> February**

IODAI, the International Optimist Dinghy Association of Ireland, organises a spring training week every year which is open to all IODAI members & will be held in Baltimore Sailing Club.  
<http://www.baltimoresailingclub.com/>

Where to Stay: Baltimore has accommodation to suit our Sailors with a wide selection of Holiday homes, Apartments, Bed & Breakfast and Casey Hotel. Accommodation can be booked on [www.baltimore.ie](http://www.baltimore.ie) where you will find a comprehensive list of accommodation.

The village of Baltimore will be taken over by approximately 160 sailors and their families for the week of February mid-term. Coaches have all been booked and typically they are a mix of the top Irish and international coaches; from Greece, Portugal, Sweden and Poland,

Training will be provided daily for sailors from Regatta fleet level (must be able to sail a triangle)- to those who are competing internationally. We particularly would like to encourage sailors who have not attended an event outside their own club in the past, to consider coming to Baltimore, which is a non-competitive, fun week intended to build enthusiasm for sailing and to allow sailors from around the country to get to know each other. The Baltimore event is considered to be one of the top International clinics in Europe and ends with a one day regatta on the last day.

It is very much a family-oriented event, with a programme of activities for children too young to sail (Fitbones), and events also organised for adults, such as the 'How to Rig an Oppi' class for novice parents!

The event is organised by IODAI which is comprised of volunteers, mainly parents of sailors, who organise the Optimist events calendar. Because everyone is a volunteer, Baltimore is an 'all hands on deck' week, with parents encouraged to lend a hand with the work that goes into making it such a special event. Helping out with sailors lunches, doing slip duty, rescue on the water, and helping at the social activities, means that all parents will get to know each other just as well as the sailors do.

An IODAI forum takes place during the Baltimore week where all parents are invited to express their views or seek information on the running of the Optimist class.

Entry is open to all interested sailors but you must be a paid up member of IODAI to enter for Baltimore.

**Existing Members:** log in to "My Account & go to the events page where you will see Baltimore listed

**New Families:** (please follow the details on the home page to set up your account & pay membership then following the instructions above.

The organising of Baltimore requires input from a tremendous amount of people to run and all parents are invited to do one full day's duty per child entered in the event. Online Volunteer rota will be posted soon.

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