



ILCA Training Plan

Coaches



Charlie Keating



Andrew Kingston

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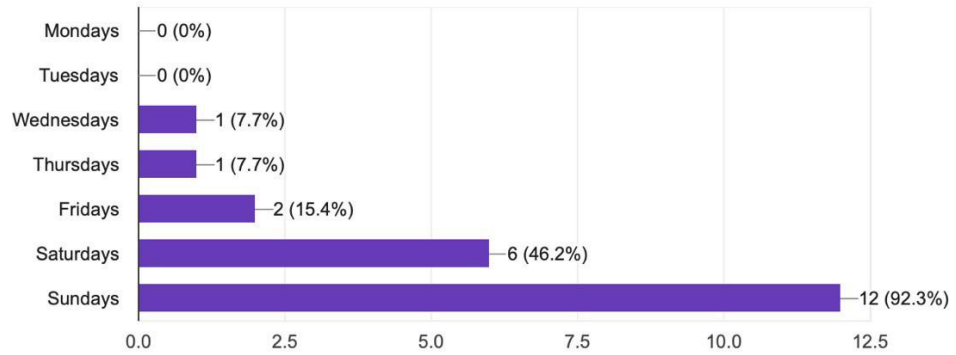
Survey Results

Timestamp	Would you be interested in more weekly sess	Would you be interested in a second or third	Which days suit best for training?	What times suit best?	Would you be interested in event support
08/03/2026 17:17:20	yes	yes (saturday+sunday)	Saturdays, Sundays	Morning (10AM-1:30PM), A	no
08/03/2026 18:24:49	yes	Two. Sunday afternoon and weekday would be fal	Wednesdays, Thursdays, Sundays	Afternoon (1:30-5PM)	yes
08/03/2026 18:31:15	no	not interested	Sundays	Morning (10AM-1:30PM)	yes
08/03/2026 20:14:08	yes	2 or 3 sessions sounds good, preferably Saturday	Sundays	Morning (10AM-1:30PM), A	yes
09/03/2026 12:24:55	yes	Friday	Fridays, Sundays	Morning (10AM-1:30PM)	yes
09/03/2026 13:02:05	yes	yes (saturday+sunday)	Saturdays, Sundays	Morning (10AM-1:30PM)	yes
09/03/2026 13:09:26	no	yes (saturday+sunday)	Saturdays, Sundays	Morning (10AM-1:30PM), A	yes
09/03/2026 14:00:55	yes	yes (saturday+sunday)	Saturdays, Sundays	Morning (10AM-1:30PM)	no
09/03/2026 15:23:08	yes	not interested	Sundays	Morning (10AM-1:30PM)	yes
09/03/2026 16:40:32	no	wouldn't be able to attend	Sundays	Morning (10AM-1:30PM)	yes
09/03/2026 18:03:47	yes	yes (saturday+sunday+weekday)	Fridays, Sundays	Morning (10AM-1:30PM)	yes
10/03/2026 19:56:13	yes	yes (saturday+sunday)	Saturdays, Sundays	Afternoon (1:30-5PM)	yes
13/03/2026 17:00:59	yes	Just saturday	Saturdays	Afternoon (1:30-5PM)	no

Which days suit best for training?

[Copy chart](#)

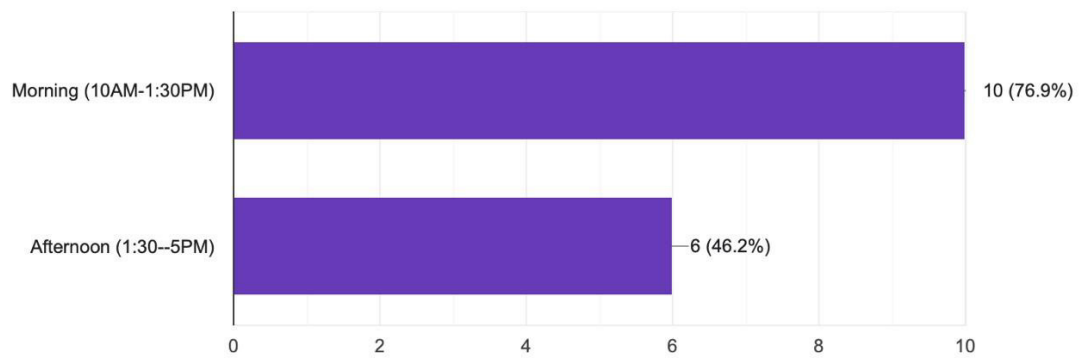
13 responses



What times suit best?

[Copy chart](#)

13 responses



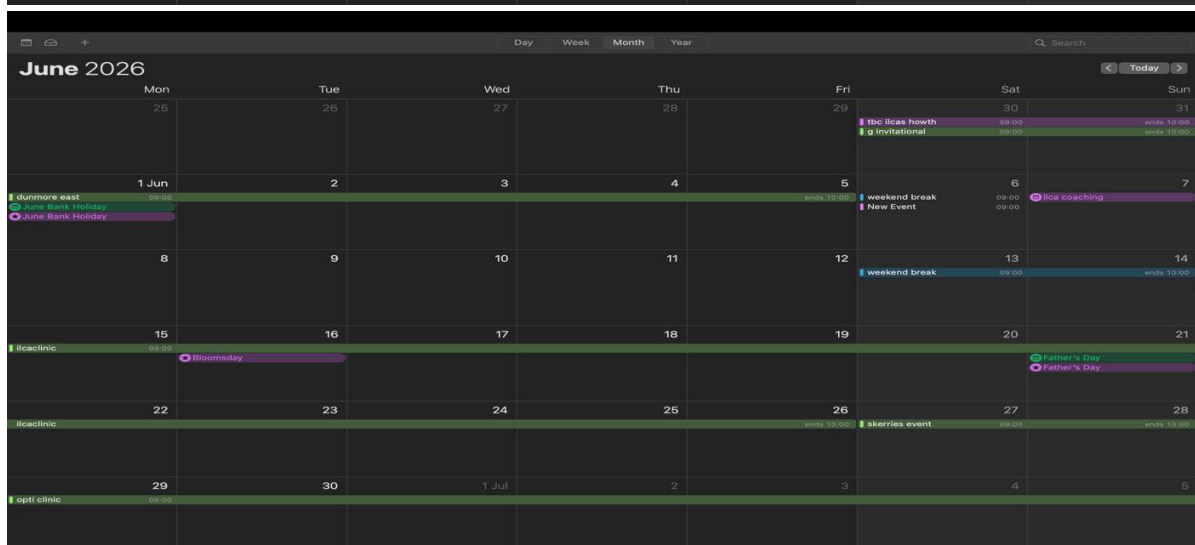
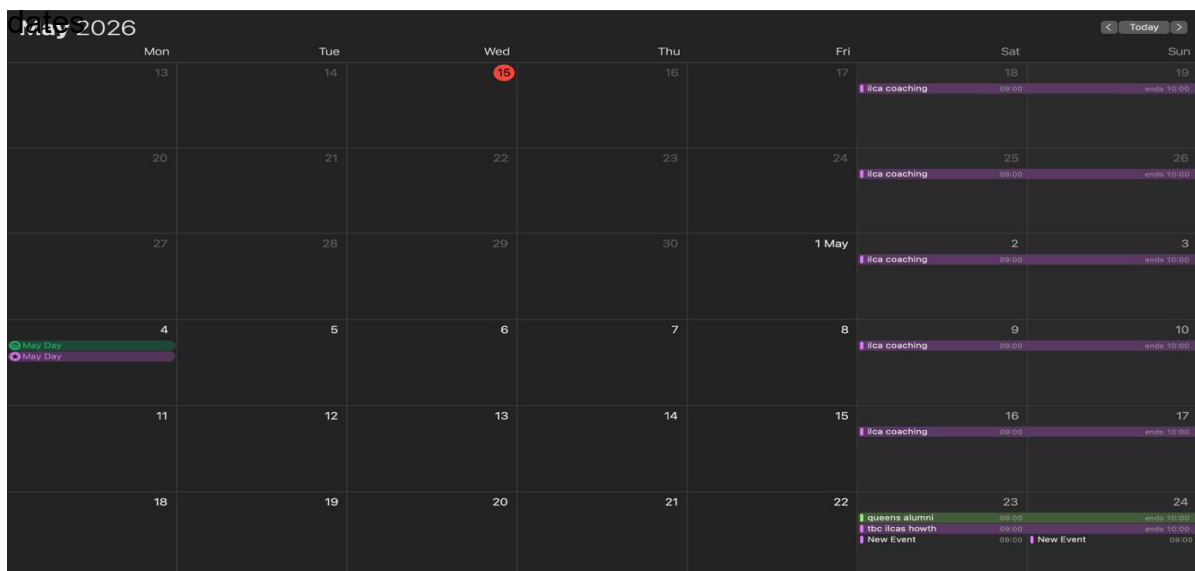
Based on the above feedback, we are trialing two weekend sessions, sat sun mornings.

The last block we really focused on providing the building blocks to ILCA racing for the group which was mostly fresh into the laser. There were big improvements on boat handling and kinetics from everyone.

Now the next step is to build on these skills and add to them with a bigger focus on boat speed/setup and racing/starting. The goal is to build up to racing level where the group can become competitive within the circuit.

The plan builds up to the 27th/28th of June where we will offer event support in skerries for the Leinster's, (plan is no on the water training but to spend the day doing event preparation and boat pack up on the 26th to replace final day of ILCA clinic to provide a much needed rest to the sailors)

Session



As seen above, sessions start this weekend, 18/19 April, and run for 5 consecutive weekends. Unfortunately, Andrew and I are subscribed to sail in both the Queen's alumni and George invitational regattas on 23/24 and 30/31 of May. We will look for a substitute coach in the meantime. There will be no sailing on the 6th (I will take a break after IICA Ireland camp and run one session on the 7th), weekend break 13th - 14th, before the IICA clinic.

Then we have our two-week ILCA clinic, where we plan to have >one group of sailors; this way, we can split into those more experienced and those who are newer to the class. This will give everyone a better experience and more tailored coaching. Building up to two day regional in skerries on 27th/28th of June

Provisional plan for weekend sessions

- communication and signups

Weekly messages with the plan, Matthew sends out a booking guide to parents, and in case of adverse weather, all coaches follow SOP and assess conditions as a team to reach a decision. Interest in sessions will be known before the weekend via reactions on WhatsApp and signups. This way we know if we need one or two coaches. After the session, videos of training will be uploaded via Drive to the group, and the cycle repeats itself

-Timings

Based on our parents' feedback form, there was a staggering majority who preferred morning sessions 10-130, so to maximize signups, we will stick to these times.

It is made clear that sessions begin at 10:00 in the junior room, rigged and ready, where we have our daily briefing, which we outline the drills and clarity of purpose (sailors know what they are focusing on for the day, training is psychological)

Launching usually begins at 10:15-10:30 depending on group readiness and length of briefing. Once we get on the water, we spend approximately two hours training before recovering at around 12:30.

30 minutes to change and derig

Followed by a 30-minute video debriefing and reflection,

Home time at 13:00

Objectives

The objectives for the weekly sessions is to plan for the forecast, e.g westerly=wave technique focus, or medium winds offshore=strategic session. Me and Andrew will also plan sessions based on gaps we find in the group, for example if the group is struggling to grasp a concept we may run a session on that topic. This strategy targets and fixes weaknesses and consistently showing up will be rewarded by progress.

Provisional Plan for ILCA Clinic

Timings

Same as above

Topics covered

Boat speed

Upwind pressing

Downwind speed/fast angles+s turns

Vang sheeting

Sail setup

Body positioning

Mainsheet techniques

Hiking

Acceleration
cycles

Boat handling

Light air maneuvers (roll tacks, roll gybes) Trigger
pulls (startline acceleration)

Mark roundings

Heel relative steering

360/720

s turns

Strategy and tactics

Oscillating breezes

Land effects

Headers and lifts

Upwind phases

Fleet positioning

Gradient and thermal

Start line theory

Starting

Pre-start routine

time and distance

start line maneuvers

startling theory

Objective

the objective of these two weeks is to cover the above topics with the groups, red=advanced

blue=beginner

this will give everyone a steep enough learning curve for improvement

Plan for Leinsters TBC

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