



## Updated format for UK ILCA 4 / 4.7 Training programme

### Introduction:

Following a review of the current UK ILCA 4 / 4.7 Squad programme, the RYA are planning some changes with a view to best supporting young sailors in the ILCA 4 / 4.7 class. This has been done as part of the wider regionalisation strategy to support sailors to be able to gain access to high level coaching closer to home. All this has been done after consultation and in collaboration with the UK Laser Class Association.

### Wider geographic spread (regionalisation):

Previously there has only been one UK Squad for the ILCA 4 / 4.7, which is underpinned by a developing regional open training programme run by the UKLA.

The RYA's vision is for sailors to be able to access quality training close to their home club and where they live. In the first instance this is through training at their home club and then open training delivered by the class association.

To support this process further, from winter 2020 onwards, there were planned "North" and "South" Regional Training Groups – in line with the RYA's "regionalisation strategy". However, due to the COVID-19 pandemic, it will not be possible to run these (until after Christmas 2020 at least). Therefore all sailors should access UKLA open training which will be supported by the RYA.

### UKLA Open Training:

The RYA fully recognises the importance of the UKLA and their plans to develop open training throughout the regions. The RYA is supportive of this open training which is now essential and the only way to access quality training in the regions. RYA coaches will be supporting UKLA open training sessions.

Sailors can book onto regional open training sessions by going to the UKLA website:

<https://laser.org.uk/training>

Any sailors that have already applied for North / South training groups will now need to book onto open training as will sailors who have not applied yet. There will be no selection for this training.

### Post-Christmas / into 2021:

The RYA and UKLA will monitor how the training is running and consider further options in the New Year.

### Conclusion / summary:

There will be no RYA ILCA 4 / 4.7 Regional Training Groups between October and December 2020. All training will be provided through UKLA regional open training.

Note 1 – all of these plans are still subject to change due to the current COVID-19 pandemic

Note 2 – any questions to [tim.hall@rya.org.uk](mailto:tim.hall@rya.org.uk)