

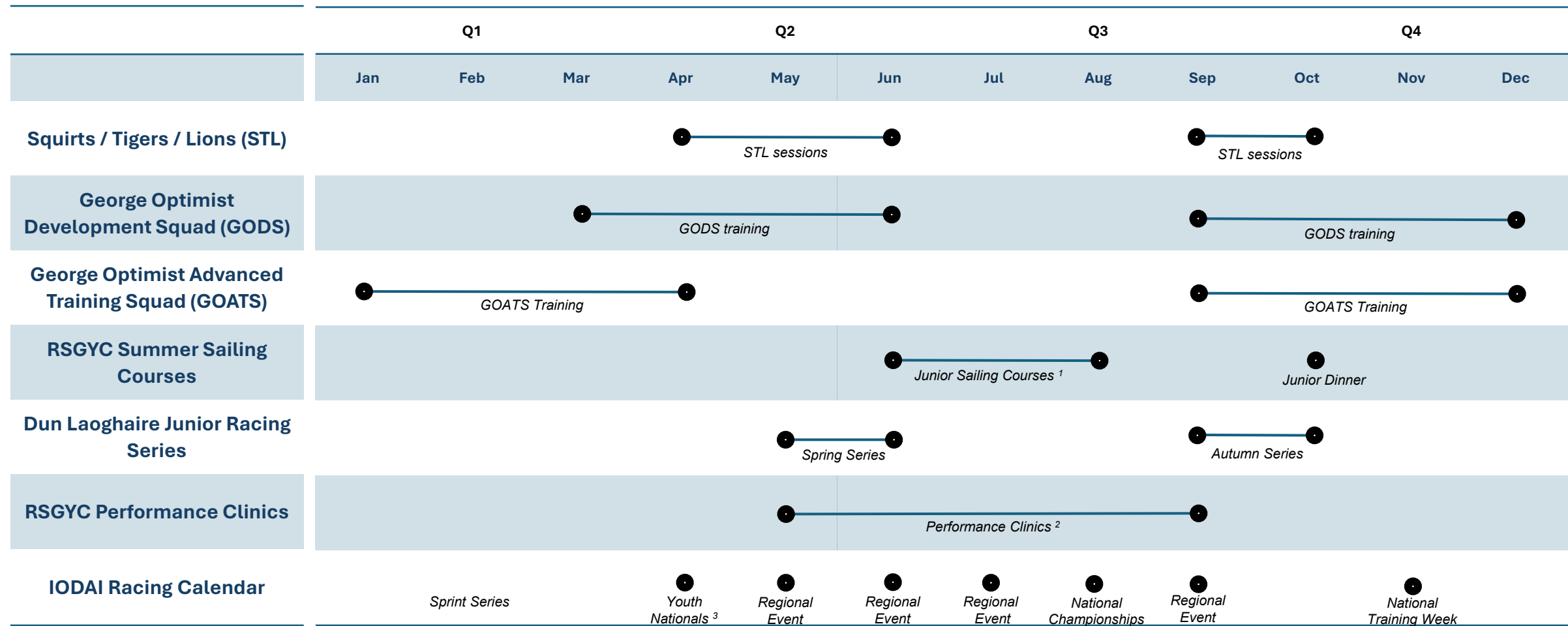
# Royal Saint George Yacht Club Optimist Pathway

The club pathway for the Optimist dinghy class caters for sailors aged 6-15 years old, from beginner sailors to high performance sailors participating at national and international events

Squirts	Tigers	Lions	George Optimist Development Squad ('GODS')	George Optimist Advanced Training Squad ('GOATS')
May McGlew (Lead Coach)			Anna O'Connor (Lead Coach)	Rian Geraghty McDonnell (Lead Coach)
Sunday 09.30-11.00 (1.5hrs)	Sunday 11.30-13.00 (1.5hrs)	Sunday 09.30-12.30 (3hrs)	Sunday 14.00-18.00 (4hrs)	Sunday 09.00-14.30 (5.5hrs) plus 1 Saturday per month
€20 per session	€20 per session	€35 per session	€35 per session	Fee payable per term
<ul style="list-style-type: none"><li>Caters for new sailors from age 6 (Squirts) and age 8 (Tigers)</li><li>No experience required - sessions will focus on getting sailors comfortable at the club and on the water</li><li>Once sailors are proficient in basic skills, they can progress to Lions to develop their skills (inc. sailing a triangular course)</li></ul>			<ul style="list-style-type: none"><li>Caters for sailors interested in racing, and intending to participate in IODAI events</li><li>GODS focuses on sailors new to the IODAI circuit racing in Coached Regatta, sailors competing in Regatta Racing, and sailors transitioning to Junior Main fleet</li><li>GOATS focuses on sailors established in Junior Main and Senior Main fleet. Eligible sailors from this group may also compete at the Youth Nationals</li></ul>	

# Royal Saint George Yacht Club Optimist Pathway

The club pathway offers opportunities for Optimist sailors to enjoy sailing and develop their skills year-round, complementing the ISA junior sailing curriculum and IODAI racing circuit



<sup>1</sup> Junior Sailing Courses include week-long courses for Squirts and Tigers, in addition to ISA junior sailing curriculum  
<sup>2</sup> Performance clinics are aimed at GODS and GOATS sailors in preparation for IODAI regional events and national championships  
<sup>3</sup> Sailors are eligible for Youth Nationals if they have obtained a ranking via IODAI