

Performance Academy ILCA Programme 2024/25

2024																																		
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
Nov	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa				
	Villamoura								ILCA 4																									
									ILCA 6																									
																	ILCA 7																	
Dec	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu			
	Villamoura GP 6&7s																									ILCA Camp Villamoura								
2025																																		
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
Jan	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr			
				ILCA 4														ILCA 6																
											ILCA 7																							
Feb	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr						
	ILCA 6														ILCA 4		ILCA 4																	
								ILCA 7										Villamoura GP 2 6&7s																
Mar	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo			
Apr	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We				
					ILCA 4		ILCA 4							Training		ILCA 4 Youth Easter Meeting - Garda																		
							ILCA 6 Camp Villamoura				ILCA 6 Youth Euros Villamoura																							
				ILCA 7		ILCA 7																												
May	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa			
	French Europa Cup 6/7																							ILCA 4 Resi Camp - WPNSA			ILCA 6 Resi Camp - WPNSA			Dutch Youth Regatta				
			ILCA 6																															
											ILCA 7																							
Jun	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo				
	Kammerland 6s													ILCA 4 Camp Puck			ILCA 4 Youth Euros - Puck																	
Jul	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th			
			Training		GER Europa Cup 4s								4s Training Camp - LA				ILCA 4 Youth Worlds - LA																	
			Training		GER Europa Cup 6s																		6s Training Camp - LA TBC				ILCA 6 Youth Worlds - LA							
			Training		GER Europa Cup 7s																													
Aug	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su			
	ILCA 6 Youth Worlds - LA																	ILCA 6 U21 Training - IRL			U21 ILCA 6 Worlds - IRL													
																		ILCA 7 U21 Training - IRL			U21 ILCA 7 Worlds - IRL													

Please note, it is not essential for sailors to attend every training/regatta. Please select suitable options.

The following training weekend dates are now available to book on our website.

ILCA 4 Training Weekends- WPNSA	ILCA 6 Training Weekends - WPNSA	ILCA 7 Training Weekends - WPNSA
4-5th January 15-16th February 17-18th February 5-8th April	18-19th January 1-2nd February 3-4th May	11-12th January 8-9th February 3-6th April 10-11th May

Please scan the QR codes below to fill out the expression of interest forms for the following training camps.

ILCA 4 Camps and Regattas	ILCA 6 Camps and Regattas	ILCA 7 Camps and Regattas
15-21st April Easter Youth Meeting, Malcesine - Residential 24-27th May ILCA 4 Camp, WPNSA - Residential 14-17th June Pre Euros Camp, Puck - Non Residential 18-25th June ILCA 4 Euros, Puck - UKLA Partnered Support - Non Resi 3-8th July German Europa cup - Residential/Non residential 15-18th July Pre Worlds Camp, LA - Residential/Non Residential 19-26th July ILCA 4 Worlds, LA - Residential/Non Residential	18-22nd February Vilamoura GP 2 - Residential/Non Residential 7-10th April Pre Euros Camp, Vilamoura 11-19th April ILCA 6 Euros, Vilamoura - UKLA Partnered Support - Non Residential 11-19th April ILCA 6 Euros, Vilamoura - International Open Group - Residential/Non Resi 1-4th May French Europa Cup - Residential/Non Residential 24-27th May ILCA 6 Camp, WPNSA - Residential 29-2nd June Dutch Youth Regatta, Kamperland - Residential/Non Residential 3-8th July German Europa Cup - Residential/Non Residential 24-27th July Pre ILCA 6 Worlds Camp, LA -TBC 28-4th August ILCA 6 Youth Worlds, LA - Residential/Non Residential 22-29th August U21 Worlds, Ireland - Residential/Non Residential	18-22nd February Vilamoura GP 2 - Residential/Non Resi 3-6th April ILCA 7 Camp, WPNSA 1-4th May French Europa Cup - Residential/Non Residential 3-8th July German Europa Cup - Residential/Non Residential 18-21st August Pre Worlds Camp, Ireland - Non Residential 22-29th August U21 Worlds, Ireland - Residential/Non Resi

ILCA 4



ILCA 6



ILCA 7

