CENTOD
SAILING TEAM

2024
Academy Plan


## Eligibility Criteria:

- Must be between the age of 16 and 24 as of March $1^{\text {st }} 2024$
- Must be self-motivated and driven to develop skills in yacht racing
- Must have a valid passport and able to travel to the EU
- Offshore racing experience is preferable but not required
- Must be able to meet the below attendance requirements


## 2024 Schedule:

| Date | Location | Plan | Cap. |
| :--- | :--- | :--- | :---: |
| 1 Mar |  | Sailor Selections |  |
| April | Gosport | Navigation Workshop (Campbell Field) | ALL |
| 2-6 Apr | Solent | Sail Testing | 3 |
| 10-12 Apr | Gosport | IMOCA Prep | 2 |
| 12-14 Apr | UK - FR | Delivery to Lorient | 3 |
| 14-29 Apr | Lorient | Transat CIC Prep / Race Village | 1 |
| 17-30 May | Newport, US | Possibility of shore team support | 3 |
| 10-12 Jun | FR - UK | Delivery to UK | 2 |
| 17-21 Jun | Gosport | Refit Internship 1 | 2 |
| 24-28 Jun | Gosport | Refit Internship 2 | ALL |
| June | Hamble | Sail making Workshop (OneSails) | 2 |
| 1-5 Jul | Gosport | Refit Internship 3 | 2 |
| 8-12 Jul | Gosport | Refit Internship 4 | 2 |
| 15-19 Jul | Gosport | Refit Internship 5 | ALL |
| July | Southampton | Rigging Workshop (TT Rigging) | ALL |
| July | Virtual | Nutrition Workshop (Base Camp Food) | ALL |
| July | Gosport | Commercial Workshop (internal) | 3 |
| August | Solent | Training | 2 |
| 7-14 Oct | Gosport | Final Vendée Prep | 4 |
| 15-18 Oct | UK - FR | Delivery to Les Sables d’Olonne | 3 |
| 18-25 Oct | Les Sables | Vendée Village Internship 1 | 3 |
| 28-11 Nov | Les Sables | Vendée Village Internship 2 | 3 |
| Feb | FR - UK | Delivery back to UK post-Vendée |  |

## Expectation of Sailors:

During the course of the year, the expectation of sailors is to show a strong level of engagement and commitment to the Academy. We require sailors to keep in touch with mentors regularly, take advantage of as many opportunities as possible, and be open with your goals - allowing the team to work with you toward them.
For attendance, the below table shows the minimum requirement.

| Type | Workshops | Refit weeks | Boat Work | Sailing | Race Villages | Deliveries |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
| Min. Attendance | 4 of 5 | 1 of 5 | 10d | 10 d | 1 of 3 | 1 of 3 |

