GOLD WINDS
SAILING ACADEMY

DOUBLE-HANDED YOUTH CLASSES PERFORMANCE PROGRAMME

SEASON 2026/27
PALMA DE MALLORCA

A HIGH-PERFORMANCE MONTHLY GROUP
A consistent training environment for young sailors who want to develop, race and progress together.

GOLD WINDS
SAILING ACADEMY

Gold Winds is a high-performance sailing academy helping young sailors develop their skills, improve their racing and progress through every stage of their sailing journey.

But our idea of performance goes far beyond results on the water. We aim to develop competent, independent athletes who can communicate clearly, work effectively with others, take initiative, think critically, analyse their own performance and manage their emotions under pressure - all while enjoying the process.

Gold Winds aims to *close the support gap that many clubs and federations struggle to cover consistently: the space between a promising youth team and a well-run high-performance campaign.*

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1 THE PROJECT

NAVIGATING THE NEXT STEP

The jump into double-handed youth sailing is bigger than just changing boats. **Young sailors do not only need better coaching. They need a structure that helps the whole team learn how to train, communicate, plan and compete together.**

CONTINUITY REGULAR TRAINING RATHER THAN ISOLATED CAMPS

STRUCTURE EACH BLOCK HAS CLEAR OBJECTIVES, PRACTICE AND REVIEW

FLEET ENVIRONMENT LEARN ALONGSIDE A COMMITTED GROUP

PALMA DE MALLORCA A CONSISTENT BASE FOR TRAINING





WHAT WE WANT TO CREATE

A programme where sailors do not simply attend training camps — they follow a process, understand what they are working on and return the following month ready to build on it.

Gold Winds provides the consistent support that clubs and federations often struggle to sustain, helping promising youth teams develop into well-organised, high-performance campaigns.

2 WHY THIS PROGRAMME?

CONTINUITY CREATES BETTER LEARNING

Teams need to learn how to train, communicate, plan and compete together. Gold Winds combines focused coaching with consistent guidance, helping young sailors become **stronger teammates and more independent athletes.**

TECHNICAL DEVELOPMENT	BOAT HANDLING, SETUP, SPEED AND TACTICAL DECISION MAKING
TEAMWORK	CLEAR ROLES, HONEST COMMUNICATION AND SHARED RESPONSIBILITY- ON AND OFF THE WATER
CONNECTED LEARNING	USEFUL DEBRIEFS AND WORKING POINTS THAT LINK EADCH CAMP WITH TRAINING AT HOME
INDEPENDENCE	GROWING CONFIDENCE TO PREPARE, SOLVE PROBLEMS AND AKE OWNERSHIP OF THE TEAM'S PROGRESS

THE DEVELOPMENT LOOP



Every camp builds on what your team has learned, with clear priorities to take home and develop before returning.

3 THE COACHING

PABLO GARCÍA CRANFIELD- HEAD COACH

An Olympic Games coach, former high-performance sailor and Sport and Exercise Therapy graduate, Pablo **brings international racing experience and a broad understanding of athlete development**. His approach combines technical and tactical coaching with a focus on teamwork, confidence and independence, helping young sailors take ownership of their progress.



NACRA 17 COACH- PARIS 2024 OLYMPICS

420 VICE WORLD CHAMPION

470 SPANISH CHAMPION

FORMER NACRA, 470 AND 420 SAILOR



4 HOW IT WORKS

ONE GROUP. EVERY MONTH

One system connecting training, racing and the work that happens between them.

1 MONTHLY PALMA TRAINING

Approximately five coached days per month.

2 MAJOR-EVENT SUPPORT

Gold Winds Team support at Europeans, Worlds and other international events.

3 CAMPAIGN MENTORING

Season planning, shared goals, feedback and project organisation.

BEFORE YOU ARRIVE

We discuss your team's experience, goals and current working points, then agree the priorities for your camp. Boat, accommodation and travel arrangements are confirmed according to your chosen package.

DURING THE CAMP

Technical and tactical sessions combine with preparation, teamwork and structured debriefs. We review progress together and adapt the focus as the camp develops.

WHEN YOU RETURN HOME

Your team leaves with clear working points and practical tools to guide home training. When you return, we review what you have learned and build on it.

CONSISTENT GUIDANCE, GROWING INDEPENDENCE

We aim to keep returning teams with the same coach whenever possible, maintaining a shared approach as sailors take greater ownership of their development.

4 HOW IT WORKS

CHOOSE YOUR PATHWAY

Different access levels, one shared perfomance philosophy.

OPTION	WHAT'S INCLUDED
Full Camp Package	Coaching, Gold Winds boat, accommodation and transfers.
Bring your own boat	Coaching, accommodation and transfers. (Storage available)
Arrange your own stay	Coaching, Gold Winds boat and transfers.
Coaching only	Coaching at the organised camp.

STAYING WITH GOLDWINDS

Accommodation plus transfers between the house and club. Airport transfers are confirmed with your booking.

BRINGING YOUR OWN BOAT?

Seasonal storage in Palma can be discussed at an agreed price or as part of a tailored arrangement.

PALMA TRAINING BASE

Gold Winds currently **has both 29er and 420 boats available in Palma**. The Full Programme is organised in coached training blocks of approximately 5 days per month, with options to train together with the Real Club Náutico de Palma's 29er and 420 Team. **Accommodation for the coach, rib and fuel are included for programme teams.**

RATIO PER COACH

The maximum numbers of teams per coach in the Gold Winds Team will be of 3 (6 sailors).

4 HOW IT WORKS

RESOURCE KIT AND HOME TRAINING GUIDANCE

Progress continues when the **team returns home.**

PROJECT MENTORING AND HOME TRAINING GUIDANCE

When in Palma we will also adress the team's project as a whole so you can update your goals, training priorities and next steps to take at home and for the next training camp.

1 TRAIN AT HOME
Log sesions, videos and observations

2 SHARE
Send key clips, questions and working points.

3 REVIEW
Review together online or in Palma

4 ACT
Get ready for the next training camp

WITH THE HELP OF... SAILIQAPP

GOLD WINDS RESOURCE KIT - INCLUDED WORKING TOOLS

RESOURCES AND THEIR PURPOSE

- **SETUP GUIDE:** A class-specific starting point for repeatable tuning and equipment decisions.
- **TRAINING LOG:** A simple record of conditions, session focus, learning and next actions.
- **GOLDEN RULES:** Technical and tactical priorities for racing and different conditions.
- **WORKING-POINTS DOCUMENT:** A live shortlist that turns debriefs into priorities for next sessions.
- **SEASON MAP:** Training, events, rest, equipment, physical plan, deadlines and DECISION points in one place.
- **POST-RACE ANALYSIS:** A consistent review process: conditions, key factors, execution and tomorrow´s focus.

These tools will be introduced strategically throughout the team's journey with us to ensure they understand and most importantly USE these to their advantage.

4 HOW IT WORKS

2026/27 420 CALENDAR



GOLD WINDS SAILING ACADEMY

420

SEASON 2026 - 2027

9-15 November	TRAINING +TROFEO PROA GRUP
28-4 Nov-Dec	TRAINING
15-22 Nov-Dec	TRAINING + PALAMÓS XMAS RACE
7-10 January	TRAINING
23-28 February	TRAINING
22-28 March	TRAINING + SPANISH CHAMPIONSHIP
April	TBC
15-17 May	SPANISH CUP
June	TBC
July	TBC
August	TBC

4 HOW IT WORKS

2026/27 29ER CALENDAR



29er

SEASON 2026 - 2027

GOLD WINDS SAILING ACADEMY

9-15 November	TRAINING +TROFEO PROA GRUP
28-4 Nov-Dec	TRAINING
7-10 January	TRAINING
23-28 February	TRAINING
22-28 March	TRAINING
April	TBC
15-17 May	SPANISH CUP
June	TBC
July	TBC
August	TBC

February

4 HOW IT WORKS

COMPETITION SUPPORT

The same coaching language and working process, carried into the events that matter.

BEFORE EVENT

- **Select the right events** for the team's stage
- **Define goals** and preparation tasks
- **Review** equipment, logistics and measurement deadlines
- **Plan** arrival, training days and perfomance routines

AT THE EVENT

- **Coach-led** training and **race support**
- Daily **weather, strategy and fleet-picture** preparation
- **Structured post-race analisis** and working points
- **Behaviour, recovery and team-process** guidance

CALENDAR PRINCIPLE

The programme calendar should **balance development, recovery and meaningful racing**. More events do not automatically produce better sailors.

Event coaching, availability and associated costs are agreed separately.

5

WHAT WE ASK OF EACH TEAM

ENTRY REQUIREMENTS

- Appropriate class membership, licences and insurance
- Parent/guardian consent for sailors under 18
- Safe, class-compliant personal equipment
- A team committed to year-round project

PERFORMANCE COMMITMENTS

- **Work respectfully** with the teammates and coaching group
- **Come ready to learn;** participate, be curious, be on time
- **Take responsibility;** of your equipment, your own learning and shared spaces

THE GOLD WINDS TEAM STANDARD

RELIABILITY	Communicate ahead of time, arrive prepared and follow through on commitments
SPORTSMANSHIP	Respect for teammates, rivals, officials, coaches, venues and equipment.
COACHABILITY	Ask questions, accept feedback and apply it
RESPONSIBILITY	Take on progressively more ownership of planning, boat care and recovery
SAFETY	Always follow coach, club, class and event instructions

Places and boats are limited; the terms aim to protect committed teams and allow fair reallocation. **Goldwinds may end a place due to repeated unexcused absence, lack of engagement with mentoring, unsporting or unsafe conduct, or misuse of equipment/non-payment.**

6 FEES AND NEXT STEPS

PROGRAMME MODALITIES

Training options and programme modalities available for training blocks of a minimum of 5 days per month in Palma. **Meals are not included in any modality.**

MODALITY	INCLUDES
Full Programme complete	Accommodation, coaching, charter (boat) and airport–club transfer
Full Programme without charter	Accommodation, coaching and airport–club transfer (no boat use)
Full Programme without accommodation	Coaching, charter (boat) and airport–club transfer (no accommodation)
Coaching	Full Programme, coaching only (no accommodation, charter or transfer)
Training Camps	Same options as the Full Programme, booked per individual camp instead of a monthly commitment

Contact us for current rates and a tailored quotation

OPERATIONAL TERMS & SAFETY

- **External Events & Training**: For training blocks, regattas, or camps held outside of our permanent base in Palma, specific operational and logistical arrangements will be reviewed and coordinated on a case-by-case basis.
- **Weather & Safety Policy:** Training blocks are scheduled based on professional coaching availability and slot reservation. In the event of adverse weather conditions, electrical storms, extreme safety warnings, or unnavigable periods, scheduled daily sessions remain applicable as coaching staff, logistics, and facilities remain fully mobilized for the team.
- **Gold Winds boat use** is subject to a separate agreement covering care, damage and any deposit

6 FEES AND NEXT STEPS

HOW TO JOIN

To secure your place in the training blocks, camps, or seasonal programmes, **follow these simple steps**:

1. **Fill the Request Form and Get in Touch:** Contact our team via email (administracion@goldwindsacademy.com) and send the Request Form filled. This Form is aviable at our section *DOUBLE-HANDED YOUTH CLASSES PROGRAMME* on our website. Download, fill and send.

2. **Confirm Your Dates:** Once your training schedule or camp selection is agreed upon, we will provide you with the formal confirmation details. Confirmation includes dates, package inclusions, total price, payment and cancellation conditions

3. **Finalize Registration:** Your place will be officially reserved and confirmed once the registration process and corresponding arrangements are completed.

REQUEST CLIENT FORM

GOLD WINDS ACADEMY

Invoice Request Form | 420-49ER-29ER and Olympic classes

Sailor's Name:

Please fill in all fields with the client's information for correct invoice issuance, and submit this form to the Administration Department by email: administracion@goldwindsacademy.com

1. CLIENT INFORMATION

Full name / Company name	
Client type	○ Company / Legal entity ○ Individual
Tax ID / VAT number / Passport number	
Full address	
City and postal code	
Country	
Contact phone	
Contact email	

2. PROGRAM DETAILS

Number of training days	
Training dates (from – to)	
Charter needed	○ Yes ○ No
Number of charter days	
Accommodation & per diem needed	○ Yes ○ No
Accommodation / per diem days	

3. REMARKS / ADDITIONAL NOTES

The service will be confirmed once payment has been received.

IMPORTANT

This form must be sent by email to the Administration Department:

administracion@goldwindsacademy.com

For any questions, please call or write to: +34 621035872

Gold Winds Academy · Administration Department · administracion@goldwindsacademy.com

6 FEES AND NEXT STEPS

MINIMUM FLEET SIZE AND PRICING CONDITIONS

The published rates apply provided that a minimum fleet of **two (2) boats is confirmed for the relevant training block, training activity or competition, unless otherwise specified.**

Depending on the event, training format, location and operational costs, **Gold Winds Sailing Academy reserves the right to require a minimum of three (3) boats for activities involving higher coaching, travel, logistics or equipment costs, or to revise the pricing if the required minimum fleet size is not reached.**

If the minimum fleet size is not met, **Gold Winds Sailing Academy will inform participants in advance and may propose an adjusted rate, an alternative training format or cancellation of the activity.** Any revised pricing will be communicated and agreed upon before the activity is confirmed.

All activities are subject to coach availability, scheduling and operational feasibility.

TRAIN. IMPROVE. COMPETE.

GOLD WINDS
SAILING ACADEMY

@goldwinds_academy

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