GOLD WINDS
SAILING ACADEMY

ILCA YOUTH PERFORMANCE PROGRAMME

TRAIN. IMPROVE. COMPETE.

SEASON 2026/27
PALMA DE MALLORCA

A HIGH-PERFORMANCE MONTHLY GROUP
A consistent ILCA 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 that helps young sailors develop their skills, improve their racing and progress through every stage of their sailing journey. The programme understands performance as going beyond results: **it aims to build competent, independent athletes who can decide clearly, work as a team, take initiative, think critically and manage pressure**.

It closes the support gap that many clubs and federations cannot cover consistently: the space between a promising youth team and a well-run high-performance campaign.

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1 THE PROJECT

A MONTHLY DEVELOPMENT PATHWAY

The programme is designed as a recurring monthly training group in Palma de Mallorca: **five coached days every month, with a stable group of ILCA4 and ILCA6 sailors and a clear progression from one block to the next.**

CONTINUITY REGULAR TRAINING RATHER THAN ISOLATED TRAININGS

STRUCTURE EACH BLOCKS HAS OBJECTIVES, PRECTICE 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 days — they follow a process, understand what they are working on and return the following month ready to build on it.

Gold Winds closes the support gap that many clubs and federations cannot cover consistently: the space between a promising youth team and a well-run high-performance campaign.

2 WHY THIS PROGRAMME?

CONTINUITY CREATES BETTER LEARNING

For young sailors, improvement is rarely the result of one perfect clinic. **It comes from repeating key skills, testing them in different conditions, reviewing performance and returning to the water with a new goal.**

TECHNICAL QUALITY FOCUSED COACHING ON BOAT HANDLING, TRIM AND SPEED.

RACE REALISM TRAINING INCLUDES STARTS, TACTICAL SITUATIONS AND RACING.

FEEDBACK ON-WATER OBSERVATION PLUS STRUCTURED DEBRIEFS.

CONFIDENCE PROGRESSIVE INDEPENDENCE AND BETTER DECISION-MAKING.

THE DEVELOPEMENT LOOP



The aim is to make every monthly block **meaningful, measurable and connected to the next.**

3 THE COACHING

ANA MONCADA - HEAD COACH

Ana brings first-hand experience from **elite sailing and high-level coaching**. The programme is built around practical coaching: **clear observations, specific corrections, race-oriented exercises and feedback that sailors can apply immediately.**



OLYMPIAN
PARIS 2024

WORLD CHAMPION COACH

MULTIPLE-TIME EUROPEAN & SPANISH CHAMPION

WORLD & INTERNATIONAL MEDALIST



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 selector Europeans, Worlds and other priorities international events.

3 CAMPAIGN MENTORING

Season planning, shared goals, feedback, project organisation and two online meetings each month.

A CONNECTED SEASON

1. *PLAN: SEASON MAP, ROLES, GOALS AND PRIORITIES*
2. *TRAIN: MONTHLY PALMA BLOCKS PLUS HOME TRAINING*
3. *REVIEW: TWO ONLINE MEETINGS AND SHARED FEEDBACK*
4. *COMPETE: SELECTED INTERNATIONAL EVENTS WITH SUPPORT*
5. *RESET: POST-EVENT ANALYSIS AND THE NEXT WORKING POINTS*

CORE PROGRAMME INCLUSIONS

- Coaching during scheduled Palma blocks
- Coach rib and fuel during programme training
- Two remote mentoring meetings per month
- Gold Winds learning resources and review tools
- Campaign and competition planning support

NORMALLY ARRANGED SEPARATELY

- Travel, accommodation and meals outside Mallorca
- Regatta entries and class fees
- Personal insurance and safety equipment
- Boat transport outside Palma
- Coach expenses outside Mallorca

4 HOW IT WORKS

CHOOSE YOUR PATHWAY

Three access levels, one shared perfomance philosophy.

PATHWAY	PROFILE / WHO IT'S FOR	PALMA BOAT ACCESS	ACCOMMODATION	SUPPORT
Full Programme 1	Committed sailor who needs a base boat in Palma	Optional	Optional	Monthly mentoring
Full Programme 2	Sailor placing their own boat in Palma	Optional	Optional	Monthly mentoring
Training Camps	Sailor with no monthly commitment who joins individual training camps (paid per camp)	Optional	Optional	No monthly mentoring

PALMA TRAINING BASE

Gold Winds currently **has ILCA boats avaiable in Palma**. The Full Programme is organised in coached training blocks of a minimum of 5 days per month, with access to an established ILCA Team at Real Club Náutico de Palma or other venues on the island. **Accommodation of the coach, coach RIB and fuel are included for programme teams.**

RATIO PERO COACH

The maximum numbers of sailors per coach in the Gold Winds Team will be of 6-7.

4 HOW IT WORKS

MENTORING BETWEEN TRAINING BLOCKS

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

TWO ONLINE MEETINGS PER MONTH

A regular space to **review home training, solve problems early and keep the campaign moving in the right direction**.

1 TRAIN AT HOME
Log sesions, videos and observations

2 SHARE
Send key clips, questions and working points.

3 REVIEW
Online meetings with coach feedback.

4 ACT
Update the plan before the next block.

GOLD WINDS RESOURCE KIT - INCLUDED WORKING TOOLS

RESOURCE AND 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 TECHNIQUE RULES:** Clear technical principles and visual cues for the sailor.
- **WORKING-POINTS DOCUMENT:** A live shortlist that turns debriefs into priorities for the 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.

MEETING 1: DIRECTION

- **Progress** against current priorities
- **Home-training** plan and quality
- **Confidence**, **focus** and **organization**

MEETING 2: FEEDBACK

- **Video** or race review
- Technical **questions**
- **Preparation** for the next Palma block/event

4 HOW IT WORKS

2026/27 ILCA 6 YOUTH CALENDAR



ILCA 6

GOLD WINDS SAILING ACADEMY

SEASON 2026 - 2027

11-15 November	TRAINING +TROFEO PROA GRUP
10-13 December	TRAINING +TROFEO NAVIDAD
20-24 January	TRAINING CAMP
03-08 February	TRAINING + SPANISH CHAMPIONSHIP
12-15 March	MSC REGATTA
20-29 March	TRAINING + YOUTH EUROPEANS
14-18 April	TRAINING CAMP
08-13 May	TRAINING + EUROPA CUP MURCIA
01-05 June	TRAINING CAMP
05-09 July	TRAINING CAMP
20-29 August	TRAINING + WORLD CHAMPIONSHIP

4 HOW IT WORKS

2026/27 CALENDAR



GOLD WINDS SAILING ACADEMY

ILCA 4

SEASON 2026 - 2027

11-15 November	TRAINING +TROFEO PROA GRUP
10-13 December	TRAINING +TROFEO NAVIDAD
20-24 January	TRAINING CAMP
17-21 February	TRAINING CAMP
04-07 March	TRAINING CAMP
14-18 April	TRAINING CAMP
08-13 May	TRAINING + EUROPA CUP MURCIA
01-05 June	TRAINING CAMP
05-09 July	TRAINING CAMP
22-31 July	TRAINING+EUROPEAN CHAMPIONSHIP

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

5

WHAT WE ASK FOR EACH SAILOR

ENTRY REQUIREMENTS

- Appropriate class membership, licences and insurance
- Parent/guardian consent for sailors under 18
- Safe, class-compliant personal equipment

PERFORMANCE COMMITMENTS

- **Attend** the agreed **monthly blocks in Palma**
- Take part in the **two monthly online meetings**
- Keep a training log and share relevant feedback/video
- **Work respectfully** with the teammates and coaching group

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
RESPONSABILITY	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
Mentorings	Remote mentoring only, outside the Full Programme (for sailors not on a boat pathway)

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.

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 *ILCA YOUTH 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.

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 | ILCA TRAININGS

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 **four (3) 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 five (4) 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.

LET THE DREAM BECOME REAL

TRAIN. IMPROVE. COMPETE.

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