

High Performance **Training Block 2025**

WITH LUKE "SWIFTO" ELLIOTT



**INTERNATIONAL
SAILING
ACADEMY**



ISA HIGH PERFORMANCE MAY TRAINING BLOCK W/ LUKE "SWIFTO" ELLIOTT

TRAINING BLOCK DETAIL

- 10 Days of High Performance Coaching w/ Australian Sailing Team member Luke Elliott
- Training Segment 1: Monday May 12 - Friday May 16
- Rest Days: Saturday May 17, Sunday May 18
- Training Segment 2: Monday May 19 - Friday May 23
- ILCA Charter Included
- Wind building from 6-20 knots through the day. The conditions are identical to Long Beach, CA - the 2025 Youth Worlds & 2028 Olympic Venue.

PREREQUISITES FOR APPLICATION

- Open Provincial/State or National Level ILCA Sailors
- Aspiring World Championship / Olympic Campaigners
- Active in national and/or international regattas
- Commitment to 100% effort for duration of 10 day training block
- Strong level of physical fitness
- ILCA6 or ILCA7

PRICING

Pricing is dependent on number of sailors in attendance. As sailors are accepted into the training block, a chat group will be created to determine the desired total number of sailors and therefore cost of each sailor based on the below table. More sailors added to the group will make costs less expensive. Less sailors result in a more exclusive training experience at a higher price.

10 DAY TRAINING BLOCK W/ LUKE "SWIFTO" ELLIOTT

Sailors	Clinic Price	Discount off ISA Standard Clinic
8	2700	38% off
7	2950	32% off
6	3300	24% off
5	3800	12% off
4	4330	Exclusive to 4 Sailors
3	5750	Exclusive to 3 Sailors
2	8600	Semi-Private Clinic

Accommodations may be shared by the group. Application for the training is available [here](#). Please contact Colin or Vaughn at info@internationalsailingacademy.com with any questions/doubts.

We look forward to seeing you on the water soon,
The Team at ISA