



# YOUTH PATHWAY

Our Youth Pathway is a structured development journey that guides sailors from their first experiences on the water to high-performance racing, building confidence, skills, and a lifelong connection to the sport.



## DEVELOPING NEXT GENERATION SAILORS

We support our high performance sailors in foiling classes as part of developing the next generation of the Lakewood Legacy. These programs are designed to prepare athletes for the speed, complexity, physical and technical demands of modern foiling sailing.

## COMPETITION & CALENDAR

We follow the Texas Sailing Association (TSA) Circuit throughout the season, with regattas taking place across Texas. Alongside these events, our athletes also compete in national and international competitions, supported with full coaching and logistical assistance every step of the way.



## OPTIMIST LEARN TO SAIL

### 6 - 10 Years / Sailing Basics

Learn to Sail program introduces young sailors to the water through fun, exploration, and hands-on learning, helping them build confidence, independence, and responsibility from day one. Guided by experienced instructors, children discover how to make decisions, adapt to challenges, and trust themselves—both on and off the water.



[lakewodyachtclub.com](http://lakewodyachtclub.com)



## OPTIMIST GREEN

### 6 - 13 Years / Racing Basics

Green Fleet program introduces young sailors to the excitement of competition while building strong fundamentals, confidence, and racecourse awareness. Through expert coaching and a supportive team environment, sailors develop boat-handling skills, tactical thinking, and a lifelong love for racing.



## OPTIMIST HIGH PERFORMANCE RACING



ILCA



C420

## ILCA & C420

After the age of 13, sailors transition into ILCA or C420 classes (they may continue in Optimist up to age 15), where they build on the strong foundation developed in earlier stages. At this level, they refine every detail of boat handling and race strategy, learning to master their boat and compete consistently at a high level.

## High Performance

Our High Performance Racing program is designed for dedicated athletes pursuing excellence at the highest levels of competition. With individualized coaching, advanced training, and a year-round development pathway, sailors refine their technical skills, tactical decision-making, and championship mindset.

## YEARLY PROGRAM OVERVIEW

	January	February	March	April	May	June	July	August	September	October	November	December
LEARN TO SAIL			SPRING PROGRAM			SUMMER PROGRAM 4 INDIVIDUAL WEEKS			FALL PROGRAM			
BAY ACCESS						SUMMER PROGRAM 4 INDIVIDUAL WEEKS						
OPTI CAMP						SUMMER CAMP						
OPTIMIST GREEN	SPRING PROGRAM					SUMMER PROGRAM			FALL PROGRAM			
OPTIMIST RWB RACE	SPRING PROGRAM					SUMMER PROGRAM			FALL PROGRAM			
LASER RACE	SPRING PROGRAM					SUMMER PROGRAM			FALL PROGRAM			
420 RACE	SPRING PROGRAM					SUMMER PROGRAM			FALL PROGRAM			