



# ILCA 4 25/26

Nyländska Jaktklubbens ILCA 4 Program for Winter  
2025/2026 and Summer 2026



# **NJK ILCA 4 Project 2025–2026**

**Nyländska Jaktklubben (NJK) offers a new training program for ILCA 4, specially designed for young sailors striving to improve their skills and reach higher goals as athletes in the sport of sailing. In addition to the development pathway towards ILCA 6 and 7, NJK also offers opportunities for sailing on a broader basis.**

**The program focuses on developing physical, technical, and tactical skills and includes versatile training to strengthen the participants' capacity as athletes. In addition to individual development, sailors will also have the opportunity to participate in activities that promote team spirit and cooperation, as well as keelboat sailing as a complement to their training.**

**The training program is designed to welcome participants from all clubs and provide an inclusive environment. The primary languages of instruction will be Swedish and Finnish.**



**ILCA**



# winter program

## Winter Physical Training, November – March

- 2 guided training sessions per week
- Location: Kisahalli, Töölö (gym membership acquired individually)
- Training days: Monday and Wednesday 17:30–19:30
- Testing and follow-up
- Personal physical training plan for independent practice
- 4 lectures on tactics, attitudes, and goal setting

Coach: Kasimir Johansson

## Preliminary calendar

Månad	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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December	■		■					■		■					■		■					■									
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April	■																														

  

Fysik träning	⇒	⇒	■
Teori	⇒	⇒	■



# Summer Program

Sailing Season April – October

- 3 water training sessions per week
  - Some may be converted into camp days or practice regattas
  - Training days: Tuesday, Wednesday, Friday 17:00 →
- Independent physical training according to personal program (from winter training)
- All Finnish ranking regattas (6 events in 2026)
- 15 camp days at Björkholmen and Kajholmen
  - (Overnight camps at NJK's archipelago harbor with excellent sailing conditions, large waves, and strong wind)
- KSSS OCR regatta trip
- Possibility to participate in KSSS ILCA training camp in Motala
- Sailors must be able to handle the boat independently and are responsible for their own equipment

Coaches: Kasimir Johansson and Lilian Tanhuanpää

Collaboration with KA-sailing at the camps

## Preliminary calendar

Månad	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
April							→	→		→				→	→		→	→			→	→		→								
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Träning	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	
Tävling																																	
Lägerdag																																	



# Additional Opportunities as an NJK Member

- Participation in various other sailing activities outside the ILCA program
- Possibility to join the NJK Youth Sailing League team
- Participation in the Five Clubs Regatta (junior regatta between KSSS, KNS, GKSS, KDY, NAS, and NJK)
- Exchange sailing program in the USA in cooperation with NAS (North American Station)
- Opportunity to try different boat classes: 606, RS Feva, Windsurfing, and J80
- Option to rent an ILCA dinghy for the season



# Group Goals

## Development Goals

- **Technique & Sailing:** All group members master starts, boat trim, maneuvers, and speed control at a level where sailing becomes consistently fast and controlled in different conditions.
- **Physical:** Build the strength, endurance, and mobility required to advance to ILCA 6/7 and endure long competition days.
- **Tactics & Mental:** Develop the ability to read the course, wind, and opponents, while building a professional racing routine and strong focus from start to finish.

## Group Goals

- **Community:** Train as a team, supporting, challenging, and pushing each other – with the aim that every sailor progresses toward the top and the whole group raises its level together.
- **Breadth & Variation:** Test at least two other boat classes (e.g., 606, J80, or windsurfing) during the year. The goal is to grow as sailors and understand sailing from different perspectives.



## Registration & Further Information

### Prices:

Winter training only: €500

Summer training only: €2800

Winter & summer combined: €2950

ILCA dinghy rental: €500 for the whole season

The training package does not include transport costs, membership fees, accommodation, travel, or fuel for the support boat.

<https://njk.fi/traning/traningsgrupperna/>

SCAN ME!



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