



PROMISING ATHLETES PROGRAMME

Dan Powell

Dan first became involved in sailing at the age of eight, after completing a summer course at his local yacht club. From there, his interest grew rapidly. He began sailing every weekend and soon progressed into the Welsh Squad that trained at the club. His commitment and performance have since enabled him to join the Youth Sailing Pathway with RYA Cymru Wales.

To support his development, Dan primarily requires access to training facilities that can improve his overall fitness. Dan says “This remains the main area I need to strengthen, and having regular use of a gym and swimming pool will be essential in helping me enhance my endurance and physical conditioning for competition”.



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Outside of sailing, he enjoys cycling, football and rugby, as well as spending time on other hobbies such as biking, playing the guitar and seeing his friends. Dan has been involved in charity and community work, including volunteering with the Scouts and with the local organisation Benthg Penarth.

Over the years, Dan has achieved several notable successes within the sport. These include winning the Welsh Dragon Series for two consecutive years, securing second place at the Welsh ILCA Nationals, finishing seventh at the RYA Youth Nationals, and achieving 34th place at the Topper World Championships.

“My role model is my father, whose strong work ethic and enthusiasm inspire me to approach both sport and life with the same dedication and positivity” Dan said.

Being part of the Promising Athlete Programme is hugely important to Dan. He says “fitness has often been the factor that limits my performance during long days on the water, even when my sailing ability matches those around me. The support provided by the programme will enable me to develop the physical strength and endurance I need to perform at my full potential and progress further within the sport”.



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