## Logo 420 Int

## INTERNATIONAL 420 CLASS ASSOCIATION

[**South Africa 420 Coaches and Sailors Clinic**](http://www.420sailing.org/default/events/event/text/1st-indonesia-international-420-coaches-and-sailors-clinic/page/0)

**Venue: Hermanus, South Africa**

**Dates: 22nd to the 26th of September 2019**

**Introduction:** The International 420 Class Association in collaboration with the South African Sailing and South African 420 Class Association will organize from the 22nd to the 26th of September 2019, a Coaches & Sailors Clinic at Hermanus Yacht Club, South Africa.

Venue: **Hermanus Yacht Club**

Kleinrivier Lagoon

Hermanus, Western Cape

South Africa

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[**stefan@sws-yachts.com**](mailto:stefan@sws-yachts.com)

Travel, accommodation and meals: Each coach participant must cover his own travel, accommodation and meal costs. For assistance, please contact Mr. Stefan Falcon to

[**stefan@sws-yachts.com**](mailto:stefan@sws-yachts.com)

**Target of the Clinic:** To share the maximum amount of technical, tactics, organizational and other training information with 420 coaches and sailors and collect the maximum information.

**Lead Coach:** The lead coach of the clinic will be Michalis Mileosfrom Greece.

**Clinic Format and Schedule:**

* **Day 1**

**Morning session**

* Opening session
* Introduction & Course Programme
* Boat preparation for practice
* Tacks on shore
* Briefing about the afternoon session

**Afternoon session**

* Afloat session – general items
* Practical tacks on the water
* Debrief - Discussion
* **Day 2**

**Morning session**

* Gybe techniques
* Mark rounding techniques
* Briefing about the afloat session

**Afternoon session**

* Afloat session – general items
* Gybes on the water
* Mark rounding on the water
* Debrief - Discussion
* **Day 3**

**Morning session**

* Presentation of the I420CA made by VP José Massapina
* Starting
* Racing Rules of Sailing – RRS
* Briefing about the afternoon session

**Afternoon session**

* Afloat general exercises
* Starting exercises
* Debrief - Discussion
* **Day 4**

**Morning session**

* Boat tuning
* Questions and discussion
* Briefing about the afternoon session

**Afternoon session**

* Afloat exercises of boat handling
* Afloat exercises of tactic
* Debrief - Discussion
* **Day 5**

**Morning session**

* Race strategy
* Briefing about the afternoon session

**Afternoon session**

* Afloat exercises of boat handling
* Afloat exercises of mark rounding
* Closure of the Clinic.

**Note 1:** The items of the programme can be changed accordingly with the head coach.

**Note 2**: The sessions will start every day at 09:30.

**Note 3:** The clinic will be taught in English.

**Eligibility and Entries:** The clinic will be open to coaches and sailors of all youth classes from the South Africa and other countries around. The maximum of entries acceptedare 30 of each. If the clinic is over-subscribed, entries will be limited at the discretion of the organisers. NCAs and MNAs should indicate the order of priority of their coaches and sailors. All entries must be endorsed by their relevant NCA or MNA.

**Registration:** Coaches interested in participate on this clinic must send their entries, through their National Class Association or Member National Authorities, by 15th of September to:

**I420CA VP - José Massapina**

**Av. Dr. Mateus Teixeira de Azevedo, 76**

**8800-379 Tavira**

**PORTUGAL**

**Fax: +351 289 514 292**

**Mail:** [**jose.massapina@marinaalbufeira.com**](mailto:jose.massapina@marinaalbufeira.com)

**Mobil phone: +351 966 909 710**

**Or to:**

**Stefan Falcon**  
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**Gifts:** A certificate and a polo-shirt will be provided to all the coaches and sailors participants. Notebooks and pens for everyone will be provided as well.

**Photo service:** There will be a group photo in the end of the seminar.