



INTERNATIONAL 420 CLASS ASSOCIATION DEVELOPMENT PROGRAMME

OCEANIA LOW TO MEDIUM LEVEL 420 COACHES AND SAILORS CLINIC

Venue: Takapuna Boating Club, Auckland, New Zealand

Date: 24-27 April and 1 May 2018

INTRODUCTION

The International 420 Class Association in collaboration with the Oceania Sailing Federation, will organize from 4-27 April and 1 May 2018, a Low to Medium Level Clinic for Coaches and Sailors.

Venue:

Takapuna Boating Club
39 The Strand, Takapuna Beach, 0662
Auckland, New Zealand
Tel: +64 9 489 6941

Contact persons:

Ralph Roberts

President, Takapuna Boating Club,
Takapuna 0662, New Zealand
Mobile: +64 21 715 820
Email: ralph@robertsnz.com

Lois Dye

Manager, Takapuna Boating Club,
E-mail manager@takapunaboating.org.nz
Tel: +649 489 6941

Travel, accommodation and support:

Each Coach and Sailor must cover his/her own travel, accommodation and meal costs. For assistance, please contact:



John Philp, OSAF Regional Coach & Sailor Clinic, Coordinator

Mobile: +61 424 689 400

Email: jphilp@me.com

Clinic Aim:

To share the maximum amount of technical, tactical, sails, organizational skills and other training information with 420 Coaches and Sailors and collect some important information from the coaches.

Head Coach:

Nikos Drougkas (GRE)

CLINIC FORMAT AND SCHEDULE

Day 1 – 24 April

Morning session

- Opening session
- Presentation of the I420CA made by VP José Massapina
- 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 – 25 April

Morning session

- Shore session – general items
- Briefing about the afloat session

Afternoon session

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



Day 3 – 26th of April

Morning session

- Race Strategy
- Racing Rules of Sailing – RRS
- Briefing about the afternoon session

Afternoon session

- Afloat general exercises
- Debrief - Discussion

Day 4 – 27 April

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 – 1 May

Morning session

- Starting
- Briefing about the afternoon session

Afternoon session

- Afloat exercises of boat handling
- Afloat exercises of mark rounding
- Afloat exercises of starts
- Closure of the Clinic

Notes:

- *The Clinic programme may be changed by the Head Coach.*
- *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 Oceania (Pacific Islands) and other countries around. The maximum number of entries is 30 of each. If the Clinic is over-subscribed, entries will be limited at the discretion of the organizers.



NCA's and MNA's should indicate the order of priority of their Coaches and Sailors. All entries must be endorsed by their relevant NCA or MNA.

Registration:

Coaches and Sailors interested in participating in this Clinic must send their entries, through their National Class Association or Member National Authorities, by **16 April 2018** to:

I420CA VP - José Massapina

Av. Dr. Mateus Teixeira de Azevedo, 76
8800-379 Tavira
PORTUGAL

Email: jose.massapina@marinaalbufeira.com

Fax: + 351 289 514 292

Mobile: + 351 966 909 710

or to:

Oceania Sailing Federation

John Tierney, Secretary General

Mobile: +682 55 159 or +64 21 278 2929

Email: john@jta.co.ck

John Philp, Chairman, Development Committee

OSAF Regional Coach & Sailor Clinic, Coordinator

Mobile: +61 424 689 400

Email: jphilp@me.com

Other Pacific & Olympic Classes :

Coaches and Sailors interested in Coach & Sailor programs for Windsurfer, Laser, Hobie Cat or Paralympic Classes are asked to contact John Philp or John Tierney as above.

Mementos:

Polo shirts, notebooks and pens will be provided to all.

Photo service:

There will be a group photo at the end of the Clinic.



[/420sailing.org](http://420sailing.org)

[/facebook.com/International420ClassAssociation](https://facebook.com/International420ClassAssociation)

[/twitter.com/420Class](https://twitter.com/420Class)

[/youtube.com/Int420Dinghy](https://youtube.com/Int420Dinghy)

