INTERNATONAL 420 CLASS ASSOCIATION

DEVELOPMENT PROGRAMME

HONG KONG 420 COACHES AND SAILORS CLINIC

Royal Yacht Club of Hong Kong
Middle Island | Deepwater Bay | Hong Kong
29th of January to 2nd of February 2020

INTRODUCTION

The International 420 Class Association in collaboration with the Hong Kong Sailing Federation, the Hong Kong 420 Class Association and the Royal Hong Kong Yacht Club, will organize from the 29th of January to the 2nd of February 2020, a 420 Coaches and Sailors Clinic.

Venue:
Club: Royal Hong Kong Yacht Club
Address: Middle Island | Deepwater Bay | Hong Kong
Phone: +852 2812 7063 E-Mail : sailing@rhkyc.org.hk
Website : https://www.rhkyc.org.hk/
Hong Kong

Contact person:
Name: Jono Rankine
Address: RHKYC Middle Island, Hong Kong
phone: +852 2812 0172
E-Mail : sailing@rhkyc.org.hk

Travel, accommodation and support:

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

Mr. Daniel Dolega, Clinic Coordinator

Phone : + 852 2812 6255./ Email: sailing@rhkyc.org.hk
Note: See additional information below.

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 – 29th of January
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 – 30th of January
Morning session

- Shore session – Gybing with spinnaker
- 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 – 31st of January
Morning session

- Starting
- Questions and discussion
- Briefing about the afternoon session

Afternoon session

- Afloat exercises of boat handling
- Afloat exercises of starts
- Debrief - Discussion

Day 4 – 1st of February

Morning session

- Institutional presentation of the I420CA by the 420 Class Vice-president José Massapina, including the development video tools "420 To The Max", "Online Book of Exercises" and the world wide launch of the recent "420 Tuning Video"
- Boat tuning
- Briefing about the afternoon session

Afternoon session

- Afloat exercises of boat handling
- Afloat exercises of mark rounding
- Afloat exercises of tactics

Day 5 – 2nd of February

Morning session

- Shore session – general items
- Questions and discussion
- Briefing about the afternoon session

Afternoon session

- Afloat exercises of boat handling
- Afloat exercises of tactics
- Debrief – Discussion
- Closure of the clinic with the award of certificates for all the participants

Notes:

- *The Clinic programme may be changed by the Head Coach.*
- *The morning sessions will start every day at 09H30.*
- *The Clinic will be taught in English*

Eligibility and Entries

The Clinic will be open to Coaches and Sailors of all youth classes from Asia. 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. NCAs and/or MNAs should indicate the order of

priority of their Coaches and Sailors. All entries must be endorsed by their relevant NCA or MNA.

Insurance: Each coach and sailor must present a valid insurance policy to be protected in case of accidents during the clinic.

Registration:
Coaches and Sailors interested in participate in this clinic must send their entries, through their National Class Association or Member National Authorities, by **15 January 2020** to:

I420CA VP - José Massapina
Av. Dr. Mateus Teixeira de Azevedo, 76
8800-379 Tavira
PORTUGAL

Email: jose.massapina@marinaalbufeira.com

Fax: + 351 289 510 189
Mobile: + 351 966 909 710
or to:
Name of contact person : **Jono Rankine**
Mobile: +852 2812 0172
Email: sailing@rhkyc.org.hk

Additional Information:

How to reach the venue (airport): The clinic is run in Hong Kong SAR.
Accessed via the Hong Kong International Airport.

Please note Visa requirements :
https://www.immd.gov.hk/eng/services/visas/visit-transit/visit-visa-entry-permit.html

How to get from the airport:
AIRPORT EXPRESS

The Airport Express runs every 10 minutes and the journey is 24 minutes from the airport to the Hong Kong Express Station in Central. A single adult fare is HK$110 / HK$206 round trip from the airport to Central and HK$100 / HK$185 round trip to Kowloon.

*KLOOK app: HK$78 one way / HK$137 round trip Hong Kong station – HK$72 one way / HK$123 round trip Kowloon.
See handbook for taxi advice to hotels
See handbook for transfer advise to Middle island

Accommodation:

Names and contacts of hotels:

Partner hotel for event please apply:
http://corpbook.regalhotel.com/reservation.aspx?hotel=RHK&company=Royal_Hong_Kong_Yacht_Club_%E2%80%93_Hong_Kong_Race_Week_February_2020

Or the L' Hotel South : http://www.lhotelgroup.com/en/hotel/lhotel-island-south/Home

Sailing Area:
Wind: 0 - 25 knots
Water temp: ~ 20 ºC
Air temp: ~10 - 25 ºC
Depth: 5.- 40 metres

/420sailing.org

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/youtube.com/Int420Dinghy