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## 1<sup>ST</sup> CANADIAN COACHES AND SAILORS CLINIC

Venue: Kingston - Canada

Date: 9-13 August 2017

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**Introduction:** The International 420 Class Association in collaboration with the Canadian I420 Class Association and Sail Canada will organize a Coaches & Sailors Clinic in Kingston, Canada from **9-13 August 2017**.

**Venue:**

**Portsmouth Olympic Harbour**

53 Yonge Street

Kingston

K7M 6G4

Ontario

CANADA

Tel: +1 613 545 1322

Fax: +1 613 548 3752

**Contact person:**

Agustin Ferrario

376 Purcell's Cove Rd.

Halifax

CANADA

Mobile: +1 902 293 4631

Email: [coach@rnsys.com](mailto:coach@rnsys.com) or [agusferrario@gmail.com](mailto:agusferrario@gmail.com)

**Travel, accommodation and meals:**

Each coach and participant must cover his own travel, accommodation and meals costs. For assistance, please contact Agustin Ferrario.

**Clinic Aim:**

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

**Head Coach:**

Michalis Mileos (GRE)



## **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***

- Presentation of the I420CA made by 420 Class Vice-President José Massapina
- 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**

#### ***Morning session***

- Boat tuning on shore
- Briefing about the afternoon session

#### ***Afternoon session***

- Afloat starting exercises
- Debrief - Discussion

### **Day 4**

#### ***Morning session***

- Equipment inspection
- How to measure and pick the proper equipment according with each team
- Briefing about the afternoon session

#### ***Afternoon session***

- Afloat session – small race courses with boat handling target
- Debrief - Discussion

### **Day 5**

#### ***Morning session***

- Race strategy



- Briefing about the afternoon session

### **Afternoon session**

- Afloat session – longer races
- Strategy management
- Clinic Ends

### **Notes:**

- *The Clinic programme may be changed by the Head Coach.*
- *The Clinic will be taught in English*

### **Eligibility and Entry:**

The clinic will be open to coaches and sailors of all classes. The maximum of entries accepted are 40 (coaches and sailors). If the clinic is over-subscribed, entries will be limited at the discretion of the organisers.

### **Registration:**

Coaches and sailors interested in participating in this Clinic must send their entries by using the online registration system which will be published at: <https://www.facebook.com/i420Canada>  
The deadline for entries is **5 August 2017**.

Any queries can be sent to:

#### **I420CA VP - José Massapina**

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

Fax: + 351 289 514 292

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

Mobile: + 351 966 909 710

*or to:*

Agustin Ferrario  
376 Purcell's Cove Rd.  
Halifax  
CANADA

Mobile: +1 902 293 4631

Email: [coach@rnsys.com](mailto:coach@rnsys.com) or [agusferrario@gmail.com](mailto:agusferrario@gmail.com)

### **Mementos:**

A polo shirt will be provided to all coaches and a t-shirt to all sailors participating. Notebooks and pens will also 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)



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