



1ST INDIAN COACHES AND SAILORS CLINIC

Venue: Navy Club Colaba, Mumbai - India

Date: 19-23 May 2017

Introduction: The International 420 Class Association in collaboration with the 420 Class Association of India will organize a Coaches & Sailors Clinic in Mumbai, India from **19-23 May 2017**.

Venue:

Naval Sailing Club (INWTC)
Address: Pilot Bunder, Colaba
Bombay 400 005, India
Tel : +91 (22) 2215 1826 / + 91 (22) 2215 5869
Fax : + (22) 2215 4011

Contact person:

Gautama Dutta
4B, Oyster Apartments, Pilot Bunder, Colaba
Bombay 400 005, India

Tel: +91 (22) 6752 6752, Mobile: +91 9821167253, Fax: +91 (22) 2287 5043,
Email: gautanju@gmail.com

Travel, accommodation and meals:

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

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:

Nikos Drougkas (GRE)

CLINIC FORMAT AND SCHEDULE

Day 1

Morning session

- Opening session
- Presentation of the I420CA made by 420 Class Vice-President 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

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

Morning session

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

Afternoon session

- Afloat general 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
- Afloat exercises of starts
- 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 30 of each (coaches and sailors). 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. All entries must be endorsed by their relevant NCA or MNA. Spaces at the Clinic will be limited, so apply early.

Sailor Invitations:

Sailors will be invited by the 420 Class Association of India with the agreement of the I420CA.

Registration:

Coaches interested in participating in this Clinic must send their entries, by email through their National Class Association or Member National Authority, by **10 May 2017** 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

Mobile: + 351 966 909 710

or to:

Gautama Dutta
4B, Oyster Apartments, Pilot Bunder, Colaba
Bombay 400 005, India

Tel: +91 (22) 6752 6752, Mobile: +91 9821167253, Fax: +91 (22) 2287 5043,

Email: gautanju@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
/facebook.com/International420ClassAssociation
/twitter.com/420Class
/youtube.com/Int420Dinghy



www.420sailing.org