



INTERNATIONAL 420 CLASS ASSOCIATION

1st MEXICAN COACHES & SAILORS CLINIC

Place: Zona Naval # 8, Puerto Vallarta, México

Date: 5th to 9th March 2017

Introduction: The International 420 Class Association in collaboration with the Mexican I420 Class Association and the Mexican Navy will organize from the 5th to the 9th of March 2017, a Coaches & Sailors Clinic at Zona Naval # 8, Puerto Vallarta, México.

Venue:

Zona Naval # 8, Puerto Vallarta, México

Contact Person:

**Augusto Flores
President**

Mexico 420 – 470 Class Association

Tel. +52 (55) 4737 0372

Email: augusto@insigniacapital.com

Travel, accommodation and meals: Each coach participant must cover his own Travel
Accommodation and meals will be offered by the Mexican Navy.

Target of the Seminar: 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 seminar will be Riccardo De Felice from Italy. (CV attached)

Clinic Format and Schedule:

- **Day 1 (March 5th)**

Morning session

- Opening session with Mexican Sailing Association and Mexican Navy representatives and Lead Coach.
- 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 (March 6th)**

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 (March 7th)**

Morning session

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

Afternoon session

- Afloat general exercises
- Debrief - Discussion

- **Day 4 (March 8th)**

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 (March 9th)**

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
- Closure of the Clinic.

Note 1: The items of the program can be changed accordingly with the lead coach.

Note 2: The clinic will be taught in English.

Eligibility and Entries: The clinic will be open to coaches and sailors of all classes. The maximum of entries accepted are 30 for coaches and 8 for sailors. If the clinic is over-subscribed, entries will be limited at the discretion of 420 Mexican Sailing Association. NCAs and MNAs should indicate the order of priority of their coaches. All entries must be endorsed by their relevant NCA or MNA.

Invitations:

- Sailors will be invited by the 420 Mexican Sailing Association.

Registration: Coaches and sailors interested to participate on this clinic must send their entries, through the 420 Mexican Sailing Association by 15th of February (by email) to:

Augusto Flores
President
Mexico I 420 – 470 Class Association
Tel. +52 (55) 4737 0372
Email: augusto@insigniacapital.com

Copy 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
Mobil phone: + 351 966 909 710

Gifts: A polo-shirt will be provided to all the coaches and sailors participants. It will be provided also notebooks and pens for everyone.

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