



# INTERNATIONAL 420 CLASS ASSOCIATION DEVELOPMENT PROGRAMME

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## UKRAINE COACHES AND SAILORS CLINIC

Venue: Black Sea Yacht Club, Odessa, Ukraine

Date: 1<sup>st</sup> to 5<sup>th</sup> of May 2019

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### INTRODUCTION

The International 420 Class Association in collaboration with the Ukrainian 420 National Class Association, will organize from 1<sup>st</sup> to the 5<sup>th</sup> of May 2019, a Clinic for Coaches and Sailors.

**Venue:**

**Black Sea Yacht Club**

**Otrada Beach, 17**

**Odessa, Ukraine**

**Tel: +380 48 796 37 73**

**Contact person:**

**Eugene Vitebsky**

Srednefontanskaya 43/17

Odessa, Ukraine

Mobile: +380 67 482 25 08

Email: [evitebsky@hotmail.com](mailto:evitebsky@hotmail.com)

**Travel, accommodation and support:**

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

**Name: Eugene Vitebsky**

Mobile: +380 67 482 25 08

Email: [evitebsky@hotmail.com](mailto:evitebsky@hotmail.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

## **CLINIC FORMAT AND SCHEDULE**

### **Day 1 – 1<sup>st</sup> May**

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

- Opening session
- Presentation of the I420CA made by a representative
- 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 – 2<sup>nd</sup> May**

#### ***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 – 3<sup>th</sup> May**

#### ***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 4 – 4<sup>th</sup> 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

## **Day 5 – 5<sup>th</sup> May**

### ***Morning session***

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

### ***Afternoon session***

- Afloat exercises of boat handling
- Afloat exercises of tactic
- Debrief – Discussion
- Clousure 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 Ukraine 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. NCAs and MNAs should indicate the order of priority of their Coaches and Sailors. All entries must be endorsed by their relevant NCA or MNA.

**Insurance:** All coaches and sailors must present a valid personal insurance policy.

### **Registration:**

Coaches and Sailors interested in participating in this Clinic must send their entries,



through their National Class Association or Member National Authorities, by **22<sup>nd</sup> of April 2019** to:

**I420CA VP - José Massapina**

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

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

Fax: + 351 289 514 292

Mobile: + 351 966 909 710

*or to:*

**Name: Eugene Vitebsky**

**Address: Srednfontanskaya 43/17**

Odessa, Ukraine

Mobile: +380 67 482 25 08

Email: [evitebsky@hotmail.com](mailto:evitebsky@hotmail.com)

**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)

