



# INTERNATIONAL 420 CLASS ASSOCIATION DEVELOPMENT PROGRAMME

## 420 HIGH LEVEL COACHES CLINIC

Venue: Yacht Club Imperia, Imperia, Italy

Dates: 30th of November to 4th of December 2022

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### OVERVIEW

**Introduction:** The International 420 Class Association, in collaboration with the Yacht Club Imperia, Imperia, Italy, will organize a High-Level Clinic for International 420 Coaches from around the world, from **30th of November to 4th of December 2022**.

The essential costs of the Clinic are being met by the International 420 Class Association. All you need to cover is the transport costs, accommodation and meals.

### Venue:

Yacht Club Imperia

Via Scarincio, 128, 18100 Imperia, Italia

[office@ycim.it](mailto:office@ycim.it)

Tel. +39 0183 63788

[www.ycimperia.it](http://www.ycimperia.it)

### Contact person on the club:

**Sandro Oddone**

Tel: +39 348 710 4721

### Travel:

Each coach/participant must cover his/her own travel costs to and from Imperia, Italy.

The closest airports are, Milan Malpensa, 5 hours, Genoa, 2 hours and Nice (France), 3 hours (transfer duration intended by public transport). A shuttle service can be provided on request, with the respective costs, depending of the distance.

### Clinic Aim:

To share the maximum amount of technical, tactical, sails, physical preparation, nutrition, physiology, organizational skills and other training information with 420 coaches and exchange important information with/from the coaches.



## **Head Coach:**

**Michalis Mileos** (GRE) – *Profile: Mileos started sailing aged 8, progressing from Optimist to 420 and 470 and representing Greece as a member of the national team in all classes with significant success. As a Coach, Mileos has helped teams secure 420 World Championship (3rd in 2000 and as sailor, 1st in 2008), and has worked as the national coach of the Greek 49er team, Greek 470 Men's team, Turkish Sailing Team, USA 470 Women's team, German 470 Women's team.*

- *Sailmaker: Zaoli Sails: Visit to the loft and practical session*
- *Physical Education professor Luca Parisi*
- *Nutritionist Elena Formisano*
- *Psychologist Stefan Cigui*

## **CLINIC FORMAT AND SCHEDULE**

### **Day 1 – 30 November 2022**

09:15-09:30	Opening session with José Massapina, I420CA President
09:30-10:00	Introduction and presentation by I420CA – President José Massapina
10:00-11:00	Course Program - Coaches Qualities
11:00-11:20	<i>Coffee break</i>
11:20-13:30	Planning - Organizing
13:30-14:30	<i>Lunch</i>
14:45-16:00	Sports Psychology by Stefano Cigui
16:00-16:30	Coffee break
16:30-17:30	“420 E-Book of Exercises”

### **Day 2 – 1 December 2022**

09:30-11:00	Physical preparation and prevention of injuries Luca Parisi
11:00-11:20	<i>Coffee break</i>
11:20-12:30	Boat Tuning
12:30-13:30	Race Strategy
13:30-14:30	<i>Lunch</i>
15:00-16:00	Apply Racing Rules of Sailing & Protests in Practice

### **Day 3 – 2 December 2022**

09:30-10:00	Boat Preparation
10:00-11:00	Boat Handling
11:00-11:30	<i>Coffee break</i>



11:30-13:00 Nutrition of 420 sailors – Elena Formisano  
13:00-14:00 *Lunch*  
14:00-14:30 Discussion - briefing  
14:30-16:00 Afloat - Coaches exercises  
16:30-17:30 Debrief/ Discussion

#### **Day 4 – 3 December 2022**

09:30-10:30 Starting  
10:30-11:30 *Meteorology*  
11:30-13:00 420 Sailmaker Zaoli Sails – Visit to the loft and practical session  
13:00-14:00 *Lunch*  
14:00-16:30 Afloat Session - Coaches exercises  
17:00-17:30 Debrief- Discussion

#### **Day 5 – 4 December 2022**

09:30-10:30 Compass Work  
10:30-11:00 *Coffee break*  
11:00-13:00 Tactics  
13:00-14:00 *Lunch*  
14:30-16:30 Afloat Session  
17:00-17:30 Debrief-Discussion  
17:30 Clinic closure.

#### **Notes:**

- *For the on-water sessions, each coach should prepare either a practical on-shore session or an on-water exercise, brief the sailors and execute the exercise, allowing approximately 30 minutes for each coach.*
- *The Clinic will be taught in English.*

#### **CLINIC LECTURES**

- Five people will give lectures: Lectures will be spread throughout the Clinic (may not be this order and subject to final approval by Michalis Mileos:
  - a. Tactics
  - b. Strategy
  - c. Skills Setting
  - d. Boat preparation



- e. Training exercises
- f. Effective briefing/debriefing
- g. Racing Rules and protests
- h. Physical preparation
- i. Sportive physiology
- j. 420 Sails
- k. Athletes nutrition

- Afloat sessions: coordinated by Michalis Mileos
- Exercises proposed by Michalis Mileos or by the participating coaches

### **ELIGIBILITY AND REGISTRATION**

The Clinic is open to all the 420 coaches. The maximum number of entries is 30. If the Clinic is over-subscribed, entries will be limited to a maximum of two per country at the discretion of the organizers. NCAs and MNAs should indicate the order of priority of their coaches. All entries must be endorsed by their relevant NCA or MNA.

#### **Invitation to Register:**

The invitations will be sent to the NCAs and MNAs of each country, and posted on the I420CA website.

#### **Registration:**

Coaches interested in participating in the Clinic must send their registration forms, through their National Class Association or Member National Authorities, by **20 November 2022** to:

**José Massapina**

**Av. Dr. Mateus Teixeira de Azevedo, 76**

**8800-379 Tavira**

**PORTUGAL**

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

**Mobile:** + 351 966 909 710

**Or to:**

**Andrea Lelli**

**Email:** [segreteria420@gmail.com](mailto:segreteria420@gmail.com)

**Mobile:** +39 327 747 0777

**ACCOMMODATION, AIRPORT TRANSPORTATION AND MEALS:** each participant must pay their accommodation, airport transportation and meals during the stay.

For some help, please contact Andrea Lelli: +39 327 747 0777 or

[segreteria420@gmail.com](mailto:segreteria420@gmail.com)



**Mementos:**

A Polo-Shirt, 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)

