



INTERNATIONAL 420 CLASS ASSOCIATION

DEVELOPMENT PROGRAMME

420 HIGH LEVEL COACHES CLINIC

Venue: Univela, Campione del Garda, Italy

Dates: 1-5 October 2016

INTRODUCTION

The International 420 Class Association in collaboration with Univela, Campione del Garda, Italy, will organize from 1-5 October 2016, a High Level Clinic for International 420 Coaches from around the world.

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

Venue:

UNIVELA

Via Riccardo Cozzaglio, 1, Campione del Garda BS, ITALY

Contact person:

Mrs. Arianna Mazzon

Tel: +39 339 18 666 48

Email: arianna@campioneunivela.it

Travel:

Each coach participant must cover his own travel costs to and from Campione del Garda, Italy. The closest airports are Malpensa International Airport, or Linate Airport or Bergamo Orio Al Serio Airport.

Aim of the Clinic:

To share the maximum amount of technical, tactical, organizational and other training information with 420 coaches and collect some important information from the coaches.

Lead Coach:

Jim Saltonstall MBE (GBR)

The lead coach for the seminar is Jim Saltonstall MBE whom many of you will know as the former ISAF Youth World Sailing Trust Coach at the ISAF Youth World Championships.



Nikos Drougkas from Greece, “420 To The Max” video and the tool “420 Exercise E-Book” producer, will also be present doing presentations and afloat sessions and we will have also presentations by Pedro Pinto from Portugal, with a new technological project called Fiber Sail and Matias Bonet from Palma de Mallorca, Spain, with another new project called Easy Wind.

CLINIC FORMAT AND SCHEDULE

Day 1 – 1 October 2016

- 09:15-09:30 Opening session with I420CA Vice-president, Italian 420 Class Association representative, Univela representative, and Head Coach.
- 09:30-10:00 Introduction and presentation by I420CA - VP
- 10:00-11:00 Course Program - Coaches Qualities
- 11:00-11:20 *Coffee break*
- 11:20-12:30 Leadership Actions - Coaching for whom?
Championship Preparation- 10 Aspects of the sport
- 12:30-13:30 Self Preparation – Physical
- 13:30-14:30 *Lunch*
- 14:45-16:00 Discussion - Briefing
Afloat - Coaches exercises
- 16:30-17:30 Debrief/ Discussion

Day 2 – 2 October 2016

- 09:30-10:00 Boat Preparation
- 10:00-11:00 Boat Handling
- 11:00-11:20 *Coffee break*
- 11:20-12:30 Boat Tuning
- 12:30-13:30 Race Strategy
- 13:30-14:30 *Lunch*
- 14:45-16:00 Afloat - Coaches exercises
- 16:30-17:30 Debrief/ Discussion

Day 3 – 3 October 2016

- 09:30-10:30 Starting
- 10:30-11:00 *Coffee break*
- 11:00-12:30 Tactics
- 12:30-13:30 *Lunch*
- 13:30-14:30 Racing Rules
- 14:45-16:00 Pedro Pinto (POR) presentation – Fiber Sail



16:30-17:30 Matias Bonet (ESP) presentation – Easywind

Day 4 – 4 October 2016

09:30-11:00 Nikos Drougkas presentation - Video “420 to the Max”
11:00-11:15 *Coffee break*
11:15-13:00 Nikos Drougkas presentation – 4”20 Exercise e-Book”
13:00-14:00 *Lunch*
14:00-16:30 Afloat- Coaches exercises
17:00-17:30 Debrief- Discussion

Day 5 – 5 October 2016

09:30-10:30 Protests
10:30-11:00 *Coffee break*
11:00-11:30 Compass work
11:30-12:30 Meteorology
13:00-14:00 *Lunch*
14:00-16:30 Afloat- Coaches exercises
17:00-17:30 Debrief- Discussion
17:30 Clinic Ends

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.*

LECTURES DURING CLINIC

Four persons will give lectures:

- Jim Saltonstall (GBR) (lectures and afloat sessions coordinator)

Lectures will be spread throughout the clinic (*may not be this order and subject to final approval by Jim Saltonstall*):

- a. Tactics
- b. Strategy
- c. Skills Setting
- d. Boat preparation
- e. Training exercises



- f. Running a training programme
- g. Effective briefing/debriefing
- h. Racing Rules and Race Management
- i. Video skills
- j. Psychology and Physiology
- Afloat sessions: Coordinated by Jim Saltonstall, helped by Nikos Drougkas
- Exercises proposed by Jim Saltonstall or Nikos Drougkas or by participating coaches
- Nikos Drougkas (GRE) (video sessions in the class room and help on the afloat sessions)
 - a. Presentations and comments of the video “420 to the Max”
 - b. Presentations and comments of the tool “420 Online Book of Exercises”
 - c. Presentation of the I420CA Training Academy
- Pedro Pinto (POR) - Presentation of Fiber Sail Project - see <https://youtu.be/F-wWS1KdfGE> and <https://youtu.be/1GqrGfNRY8Y>
- Matias Bonet (ESP) – Presentation of the Easywind Project (and maybe also Easycurrents Project)

ELIGIBILITY AND ENTRIES

The clinic will be open to experienced high level 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.

Invitations:

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

Registration:

Coaches interested in participating on this seminar must send their entries, through their National Class Association or Member National Authorities, by 20 September to:

Jose Massapina

Av. Dr. Mateus Teixeira de Asevedo, 76

8800-379 Tavira



PORTUGAL

Mail: jose.massapina@marinaalbufeira.com

Mobile phone: + 351 966 909 710

ACCOMMODATION AND MEALS

Four nights/five days accommodation will be provided in a shared room (2 coaches per room), including full board of meals (breakfast + lunch with one soft drink + dinner with one soft drink) at EUR60 per day per person. Accommodation is at Univela and coaches must reserve in advance to Mrs. Arianna Mazzon (+39 339 18 666 48) - arianna@campioneunivela.it

Mementos:

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)

