



# INTERNATIONAL 420 CLASS ASSOCIATION DEVELOPMENT PROGRAMME

---

## Latvia 420 Coaches and Sailors Clinic Latvias 470/420 class association and Pilsetas yacht club – Riga, Latvia 19<sup>th</sup> to 23<sup>rd</sup> of June 2023

---

### General Conditions and Programme of the clinic

---

#### INTRODUCTION

The International 420 Class Association in collaboration with the Latvian 470/420 Class Association and Pilsetas yacht club, will organize a 420 Coaches and Sailors Clinic from the 19<sup>th</sup> to the 23<sup>rd</sup> of June 2023.

#### Venue:

Pilsetas yacht club

**Address: Balasta dambis 36, Riga, Latvia**

Phone: 00371 29191494

---

#### Contact person:

**Andrejs Bērziņš**

[andrej.berzins@gmail.com](mailto:andrej.berzins@gmail.com)

Phone/WhatsApp:00371 29191494

#### Travel, accommodation and support:

Coaches and Sailors participant must cover his/her own travel, accommodation and meal costs. For assistance, please contact: Andrejs Berzins.



**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 (GRE)

**CLINIC FORMAT AND SCHEDULE**

- **Day 1**

**Morning session**

- Opening session
- Institutional presentation, made by the President of the International 420 Class, José Massapina and presentation of the four development tools
- Introduction & Course Programme
- Boat preparation for practice
- Boat Handling
- Briefing about the afternoon session

**Afternoon session**

- Tacks ashore
- Afloat session – general items
- Practical tacks on the water
- Debrief - Discussion

- **Day 2**

**Morning session**

- Boat Handling
- Mark Rounding – Theoretical conversation and preparation for the afloat session
- Shore session – Gybes
- 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**

- Tactics – for Starting / upwind / reaching / Downwind



- Compass work – theoretical
  - Questions and discussion
  - Briefing about the afternoon session
  - **Afternoon session**
  - Afloat general exercises (boat handling)
  - 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
  - Closure of the Clinic.

**Notes:**

- *The Clinic programme may be changed by the Head Coach.*
- *The morning sessions will start every day at 09H30.*
- *The Clinic will be taught in English*

**Eligibility and Entries**

The Clinic will be open to Coaches and Sailors of all youth classes from Latvia, Lithuania 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/or MNAs should indicate the order of priority of their Coaches and Sailors. All entries must be endorsed by their relevant NCA or MNA.



**Insurance:** Each coach and sailor must present a valid insurance policy to be protected in case of accidents during the clinic.

**Registration:**

Coaches and Sailors interested in participate in this clinic must send their entries, through their National Class Association or Member National Authorities, by **12<sup>th</sup> of June 2023** to:

**I420CA President - José Massapina**

Av. Dr. Mateus Teixeira de Azevedo, 76

8800-379 Tavira

PORTUGAL

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

Fax: + 351 289 510 180

Mobile: + 351 966 909 710

or to:

**Andrejs Bērziņš**

[andrej.berzins@gmail.com](mailto:andrej.berzins@gmail.com)

Phone/WhatsApp: 00371 29191494

**Additional Information:**

**How to reach the venue:** The clinic will be run at “Pilsetas yacht club”, (Balasta dambis 36), in the middle of Riga. From the International Airport it can be accessed via the Bus No.22 till bus station “Kauguru iela” and then switch the bus to Nr. 53 until station “Kipsala”.

**Visa requirements:**

Participants should contact their travel agency or Consulate in their country to inquire about Visa requirements and current travel restrictions.

**Accommodations:**

The closest hotel for this clinic is “Riga Island Hotel”, with free parking and a few minutes to walk. More Hotels are available in the city. For more information and assistance on accommodation, please contact Andrejs Berzins.



## Sailing Area:

The venue is located at map coordinates 56°57',13N; 024°05', 24E

Prevailing Wind: 5 - 10 knots, S – SW Direction

Water temp: ~17.°C

Air temp: ~ 19 – 21 °C

Depth: 3 – 20 meters



[/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)

