



# INTERNATIONAL 420 CLASS ASSOCIATION

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## 1st NORTH / CENTRAL AMERICAN AND CARIBBEAN COACHES SEMINAR United States Sailing Centre - Long Beach - California United States of America 5<sup>th</sup> to 8<sup>th</sup> December 2008

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**Introduction:** The International & US I-420 Class Associations, in collaboration with the Newport-Balboa Sailing & Seamanship Association, will organize, from 5<sup>th</sup> to 8<sup>th</sup> of December 2008, the First North / Central American and Caribbean 420 Coaches' Seminar at the United States Sailing Centre, Long Beach, California.

Venue: United States Sailing Centre, Long Beach, California, 5489 E Ocean Blvd Long Beach, California, United States 90803 - (562) 433-7939 Contact person: Michael Segerblom, Director: [www.ussailingctr-longbeach.org](http://www.ussailingctr-longbeach.org)

**Travel:** Each coach participant must cover his own travel costs to and from, the airport of either Long Beach or Los Angeles California. The transfer from and to the airports will vary between \$25 and \$60, but some provision for airport pick-ups will be considered as itineraries are received from participants.

**Target of the Seminar:** 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:** The lead coach of the seminar will be Jim Saltonstall M.B.E. from GBR.

**Seminar Format and Schedule:**

- **Friday, 5<sup>th</sup> December**

09:15/09:30 – Opening session with I420CA representative, Class Association representative and Lead Coach.

09:30/10:00 – Introduction – Discussion – Briefing

10:00/11:00 – Course Programme – 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 – Afloat – Coaches' exercises

16:30/17:30 – Debrief / Discussion

- **Saturday, 6<sup>th</sup> December**

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

- **Sunday, 7<sup>th</sup> December**

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 – Afloat – Coaches' exercises

16:30/17:30 – Debrief - Discussion

- **Monday, 8<sup>th</sup> December**

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

18:00 – Closure of the seminar.

**Note 1:** For the afloat sessions each coach should prepare either, a practical on shore session, or an afloat exercise, brief the sailors and execute the exercise allowing approximately 30 minutes for each coach.

**Note 2:** The seminar will be taught in English.

**Eligibility and Entries:** The seminar will be open to experienced coaches. The maximum of entries accepted are 30, 15 of which will be chosen from applicants from the United States. If the seminar is over-subscribed, entries will be limited at the discretion of the organisers. 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 Main National Authorities, by the 1<sup>st</sup> of November to:

**José Massapina**  
**Av. Dr. Mateus Teixeira de Azevedo, 76**  
**8800-379 Tavira, PORTUGAL**  
**Fax: + 351 289 514 292**  
**Mail: [jose.massapina@marinadealbufeira.com.pt](mailto:jose.massapina@marinadealbufeira.com.pt)**  
**Mobil phone: + 351 962 079 454**

**US Coach Entries:** Coaches from the US should send the applications for participation by the 1<sup>st</sup> of October to:

**Larry R. Law**  
**US I-420 Class Association, President**  
**1301 Dove Street, Suite 330**  
**Newport Beach, CA, USA 92660**  
**Fax #: 1-949-660-8838**  
**E-Mail: [NBSSA@JRLCAP.com](mailto:NBSSA@JRLCAP.com)**  
**Phone: 1-949-660-8833**

**Accommodation:** The accommodation will be free, offered by Newport-Balboa Sailing & Seamanship Association, in a local hotel (2 persons to a room).

**Meals:** The full board of meals (breakfast + lunch with one soft drink + dinner with one soft drink) will be paid by I420CA.

**Gifts:** A small gift will be provided to all the coach participants. Notebooks and pens will be provided for everyone.

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