



# INTERNATIONAL 420 CLASS ASSOCIATION DEVELOPMENT PROGRAMME

## OCEANIA HIGH LEVEL 420 COACHES AND SAILORS CLINIC

Venue: Takapuna Boating Club, Auckland, New Zealand

Date: 28-30 April 2018

### INTRODUCTION

The International 420 Class Association in collaboration with the Oceania Sailing Federation, will organize from 28-30 April 2018, a High-Level Clinic for International 420 Coaches and Sailors from Oceania. 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:

**Takapuna Boating Club**  
**39 The Strand, Takapuna Beach, 0662**  
**Auckland, New Zealand**  
**Tel: +64 9 489 6941**

#### Contact persons:

##### **Ralph Roberts**

President, Takapuna Boating Club,  
Takapuna 0662, New Zealand  
Mobile: +64 21 715 820  
Email: [ralph@robertsnz.com](mailto:ralph@robertsnz.com)

##### **Lois Dye**

Manager, Takapuna Boating Club,  
E-mail [manager@takapunaboating.org.nz](mailto:manager@takapunaboating.org.nz)  
Tel: +649 489 6941



**Travel, accommodation and support:**

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

**John Philp, OSAF Regional Coach & Sailor Clinic, Coordinator**

Mobile: +61 424 689 400

Email: [jphilp@me.com](mailto:jphilp@me.com)

**Oceania Sailing Federation****John Tierney, Secretary General**

Tel: +682 55 159

Email: [john@jta.co.ck](mailto:john@jta.co.ck)

**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 – 28 April**

- Opening session with I420CA Vice-president
- Introduction – Discussion and briefing
- Course Programme
- Coaches Qualities
- Organization and planning of a training programme
- Lunch
- Afloat – Coaches exercises
- Debrief / Discussion

**Day 2 – 29 April**

- Boat Preparation
- Boat Handling
- Coffee break
- Boat Tuning
- Race Strategy
- Lunch
- Afloat – Coaches exercises



- Debrief / Discussion

### **Day 3 – 30 April**

- Starting
- Compass work
- Tactics
- Lunch
- Afloat – Coaches exercises
- Debrief – Discussion
- Closure of the clinic

### **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.*

### **Eligibility and Entries**

The Clinic will be open to experienced high-level Coaches and Sailors. 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.

### **Registration:**

Coaches and Sailors interested in participating in this Clinic must send their entries, through their National Class Association or Member National Authorities, by **16 April 2018** to:

**Jose Massapina**

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

Mobile: + 351 966 909 710

And to

**Oceania Sailing Federation**

**John Tierney, Secretary General**

Mobile: +682 55 159 or +64 21 278 2929

Email: [john@jta.co.ck](mailto:john@jta.co.ck)



## ACCOMMODATION, AIRPORT TRANSPORTATION AND SUPPORT

John Philp

OSAF Regional Coach & Sailor Clinic, Coordinator

Mobile (+61) 424 689 400 or (+679) 999 7719

Email: [jphilp@me.com](mailto:jphilp@me.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)

