



AUSTRALIAN 420 COACHES AND SAILORS CLINIC

Venue: Brighton and Seacliff Yacht Club, Adelaide, South Australia

Date: 29 of September to the 3rd of October 2019

INTRODUCTION

The International 420 Class Association in collaboration with the Australian Sailing and the Australian 420 Class Association, will organize from 29th of September to the 3rd of October 2019, a clinic for International 420 Coaches and Sailors from Australia. 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:

BSYC, SEACLIFF,SA

Contact persons:

President of the Australian 420 Class Association

Malcolm Higgins

36 Kingston Crescent Kingston Park

SA5049 Adelaide

Tel.: 0401125614

Email: Malandhel@me.com

Travel, accommodation and support:

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



assistance, please contact:

Name: Malcolm Higgins

Malandhel@me.com

Tel.: 0401125614

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:

Michalis Mileos (GRE)

Profile of the Head Coach: 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 Sailor, Mileos achieved the following results: 420 World Championship - 3rd in 2000, and 1st in 2008, and has worked as Greek 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. Mileos is currently national coach of the Greek 470 Women's team.

CLINIC FORMAT AND SCHEDULE

Day 1 – 29 September

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

Day 2 – 30 September

- Boat Preparation
- Boat Handling
- Coffee break
- Lunch



- Afloat – Coaches exercises
- Debrief / Discussion

Day 3 – 01 October

- Boat Tuning
- Starting
- Lunch
- Afloat – Coaches exercises
- Debrief – Discussion

Day 4 – 02 October

- Compass work
- Tactics
- Meteorology
- Lunch
- Afloat – Coaches exercises
- Debrief / Discussion

Day 5 – 03 October

- Race Strategy
- 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.*
- *The morning sessions will start every day at 09:30.*

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 **20th of September 2019**.

Enter is via the South Australia 420 Association Website:

<http://www.revolutionise.com.au/int420classsa/events/>

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

/facebook.com/International420ClassAssociation

/twitter.com/420Class

/youtube.com/Int420Dinghy