



1ST CZECH REPUBLIC, CENTRAL AND EASTERN EUROPE COACHES AND SAILORS CLINIC

Venue: Jachetní klub Černá v Pošumaví - Czech Republic

Date: 25-29 September 2017

Introduction: The International 420 Class Association in collaboration with the Czech 420 National Class Association will organize a Coaches & Sailors Clinic in Jachetní klub Černá v Pošumaví, Czech Republic, from **25-29 September 2017**.

Venue:

Jachetní klub Černá v Pošumaví

Černá v Pošumaví č. p. 183

382 23 Černá v Pošumaví

CZECH REPUBLIC

Tel: +420 721 184 750

Contact person:

Martin Vlach

Na Bitevni plani 19

140 00 Praha 4

Prague

CZECH REPUBLIC

Tel: +420 775 291 087, Mobile: +420 607 054 446,

Email: martin.vlach@gmail.com

Travel, accommodation and meals:

Each coach and participant must cover his own travel, accommodation and meals costs. For assistance, please contact Martin Vlach.

Clinic Aim:

To share the maximum amount of technical, tactics, organizational and other training information with 420 coaches and sailors and collect the maximum information.

Head Coach:

Nikos Drougkas (GRE)

CLINIC FORMAT AND SCHEDULE

Day 1

Morning session



- Opening session.
- Introduction & Course Programme
- Boat preparation for practice
- Tacks on shore
- Briefing about the afternoon session

Afternoon session

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

Day 2

Morning session

- Shore session – general items
- 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

- Starting
- Racing Rules of Sailing – RRS
- Briefing about the afternoon session

Afternoon session

- Afloat general exercises
- 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
- Clinic Ends

Notes:

- *The Clinic programme may be changed by the Head Coach.*
- *The Clinic will be taught in English*

Eligibility and Entry:

The clinic will be open to coaches and sailors of all classes. The maximum of entries accepted are 30 of each (coaches and sailors). If the clinic 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. Spaces at the Clinic will be limited, so apply early.

Sailor Invitations:

Sailors will be invited by the Czech 420 National Class Association with the agreement of the I420CA.

Registration:

Coaches interested in participating in this Clinic must send their entries, by email through their National Class Association or Member National Authority, by **20 September 2017** to:

I420CA VP - José Massapina

Av. Dr. Mateus Teixeira de Azevedo, 76

8800-379 Tavira

PORTUGAL

Fax: + 351 289 514 292

Email: jose.massapina@marinaalbufeira.com

Mobile: + 351 966 909 710

or to:

Martin Vlach

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140 00 Praha 4, Prague

CZECH REPUBLIC

Tel: +420 775 291 087, Mobile: +420 607 054 446,

Email: martin.vlach@gmail.com

Mementos:

A polo shirt will be provided to all coaches and a t-shirt to all sailors participating. Notebooks and pens will also 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)



www.420sailing.org