



INTERNATIONAL 420 CLASS ASSOCIATION

DEVELOPMENT PROGRAMME

420 HIGH LEVEL COACHES CLINIC

Venue: 420 Sailing Academy, Vilamoura, Portugal

Dates: 3-7 October 2018

OVERVIEW

Introduction: The International 420 Class Association, in collaboration with the International 420 Sailing Academy, Marina de Vilamoura, Vilamoura, Algarve, Portugal, will organize a High-Level Clinic for International 420 Coaches from around the world from **3-7 October 2018**.

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:

Vilamoura 420 Sailing Academy

Marina de Vilamoura, Vilamoura, Algarve, Portugal.

Contact person:

Daniel Neves

Tel: +351 966 364 501

Email: daniel.neves@companhianautica.com

Travel:

Each coach/participant must cover his/her own travel costs to and from Vilamoura, Portugal. The closest airports are Faro International Airport (10kms), Lisbon International Airport (270 kms) or Seville International Airport (200 kms) (Spain). A shuttle service to and from Faro Airport can be provided on request.

Clinic Aim:

To share the maximum amount of technical, tactical, sails, physical preparation, nutrition, organizational skills and other training information with 420 coaches and exchange important information with/from the coaches.



Head Coach:

Jim Saltonstall MBE (GBR)

The head coach will be Jim Saltonstall MBE, whom many of you will know as the former 'Youth World Sailing Trust Coach' at the Youth Sailing World Championships. He will be joined by:

- Nikos Drougkas (GRE) - author of the '420 To the Max' video and '420 Exercise E-Book' who will give presentations and run on-water sessions
- Pedro Pires de Lima (POR) - from Pires de Lima Sails, Portugal will present on physical preparation and injuries prevention
- Dr. Bernardo Pessoa (POR) and Dr^a Mónica Neves (POR) - will present on nutrition for 420 athletes

CLINIC FORMAT AND SCHEDULE

Day 1 – 3 October 2018

09:15-09:30	Opening session with José Massapina, I420CA Vice-president, 420 Sailing Academy representative, and Head Coach.
09:30-10:00	Introduction and presentation by I420CA – VP José Massapina
10:00-11:00	Course Program - Coaches Qualities
11:00-11:20	<i>Coffee break</i>
11:20-13:30	Leadership Actions - Coaching for whom? Championship Preparation- 10 Aspects of the sport
13:30-14:30	<i>Lunch</i>
14:45-16:00	Discussion - briefing Afloat - Coaches exercises
16:30-17:30	Debrief/ Discussion

Day 2 – 4 October 2018

09:30-10:00	Boat Preparation
10:00-11:00	Boat Handling
11:00-11:20	<i>Coffee break</i>
11:20-12:30	Boat Tuning
12:30-13:30	Race Strategy
13:30-14:30	<i>Lunch</i>
14:45-16:00	Afloat - Coaches exercises
16:30-17:30	Debrief/ Discussion

Day 3 – 5 October 2018

09:30-10:30	Starting
10:30-11:00	<i>Coffee break</i>



11:00-12:30	Tactics
12:30-13:30	Lunch
13:30-14:30	Racing Rules
14:45-16:00	Physical preparation and prevention of injuries - Dr. Bernardo Pessoa
16:00-17:00	Coffee break
16:30-17:30	Nutrition of 420 sailors – Dr ^a Mónica Neves

Day 4 – 6 October 2018

09:30-11:00	Video '420 to the Max' by Nikos Drougkas
11:00-11:15	Coffee break
11:15-13:00	'420 Exercise e-Book' by Nikos Drougkas
13:00-14:00	Lunch
14:00-16:30	Afloat- Coaches exercises
17:00-17:30	Debrief- Discussion

Day 5 – 7 October 2018

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
14:30-16:30	420 Sailmaker presentation by Pedro Pires de Lima (POR)
17:00-17:30	Questions about the Clinic in general
17:30	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.*

CLINIC LECTURES

Five people will give lectures:

- **Jim Saltonstall** (GBR) (lectures and afloat sessions coordinator)
Profile: If one man deserves recognition for Britain's remarkable success within the sailing Olympic arena, it is Jim Saltonstall – the coach who has cajoled, encouraged, and inspired so many youngsters towards world stardom over the past 3 decades.
Honoured by the International Sailing Federation with a life-time achievement award in 2007, Jim was also awarded an MBE in 1997 and voted Yachtsman of the Year in 1984.



Among those to have passed through his hands are 4-time Olympic medallist and America's Cup winner Sir Ben Ainslie, fellow Olympic champions Iain Percy and Nick Rogers, together with a host of other world champions.

- Lectures will be spread throughout the Clinic (may not be this order and subject to final approval by Jim Saltonstall):
 - a. Tactics
 - b. Strategy
 - c. Skills Setting
 - d. Boat preparation
 - e. Training exercises
 - f. Running a training programme
 - g. Effective briefing/debriefing
 - h. Racing Rules and Race Management
 - i. Video skills

- Afloat sessions: coordinated by Jim Saltonstall, helped by Nikos Drougkas

- Exercises proposed by Jim Saltonstall or Nikos Drougkas or by the participating coaches

- **Nikos Drougkas** (GRE) (video sessions in the class room and help during on-water sessions)

Profile: Nikos has been coaching since 1997 in Optimist and Team Racing, 420 and 470 classes during which time his athletes have won several titles in World and European Championships.

He is a member of and acting general secretary of the Greek Coaches Union. He is a certified National Measurer in Dinghy Classes since 2003. The International 420 Class has selected Nikos to organize and perform several development events around the world, including their cooperation in the development of the educational DVD '420 to the Max' and '420 Online Book of Exercises'.

- a. Presentations and comments of the video '420 to the Max'

- b. Presentations and comments of the tool "420 Online Book of Exercises"

- c. Presentation of the I420CA Training Academy

- **Eng. Pedro Pires de Lima** (POR) - Presentation of a 420 Sailmaker

Profile: Pedro is a sailmaker with more than 30 years of experience and a Civil Engineer from Oporto, owner and manager of the Portuguese Sailing Factory 'Velas Pires de Lima'. He is also a successful sailor in dinghies and yachts.



- **Dr Bernardo Pessoa** (POR) – Presentation about physical preparation and prevention of physical injuries.
Profile: Bernardo is a Medical Doctor specialized in Sports Medicine, Director of Sports Medical Department at Loulé Hospital and Crossfit trainer.
- **Dr^a Mónica Neves** (POR) – Nutrition of 420 sailors
Profile: Monica graduated in Dietetics and Nutrition from the School of Health - University of Algarve in 2012. Between 2013 and 2016 she had a research scholarship at the Exercise and Health Laboratory of Faculty of Human Kinetics. Monica currently works as Sports Nutritionist with Portuguese National Rugby Team and Vitoria Futebol Clube (from Portuguese Premier Soccer League), as well as in private clinics such as Loulé Hospital. She is also a speaker at national courses and conferences and Invited Assistant in Sport Sciences School of Rio Maior - Polytechnic Institute of Santarém.

ELIGIBILITY AND REGISTRATION

The Clinic is open to experienced high-level coaches. The maximum number of entries is 30. If the Clinic is over-subscribed, entries will be limited to a maximum of two per country at the discretion of the organizers. NCAs and MNAs should indicate the order of priority of their coaches. All entries must be endorsed by their relevant NCA or MNA.

Invitation to Register:

The invitations will be sent to the NCAs and MNAs of each country, and posted on the I420CA website.

Registration:

Coaches interested in participating in the Clinic must send their registration forms, through their National Class Association or Member National Authorities, by **20 September 2018** to:

José Massapina

Av. Dr. Mateus Teixeira de Azevedo, 76

8800-379 Tavira

PORTUGAL

Email: jose.massapina@marinaalbufeira.com

Mobile: + 351 966 909 710

ACCOMMODATION, AIRPORT TRANSPORTATION AND MEALS

Five nights (2-7 October) accommodation will be provided and five days (3-7 October) of full board of meals (breakfast + lunch with one soft drink + dinner with one soft drink) at €55 per day per person. Accommodation will be at Conil Hostel <http://www.coniihostel.com/pt/> and Coaches must reserve in advance. For those that need transport from/to Faro airport,



the fee is €15 (minimum of 4 persons) and must be booked in advance according with the flights. All bookings must be made with Daniel Neves:

Email: daniel.neves@companhianautica.com

Tel: +351 966 364 501

Mementos:

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)

