



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:

- Michalis Mileos (GRE) – renowned 420 Class Coach
- Pedro Pires de Lima (POR) - from Pires de Lima Sails, Portugal will present on 420 sails
- Dr. Bernardo Pessoa (POR) - will present on physical preparation and injuries prevention
- 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 *Coffee break*
- 11:20-13:30 Leadership Actions - Coaching for whom?
Championship Preparation- 10 Aspects of the sport
- 13:30-14:30 *Lunch*
- 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 *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

Day 3 – 5 October 2018

- 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 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'
- 11:00-11:15 *Coffee break*
- 11:15-13:00 '420 Exercise e-Book'
- 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 Michalis Mileos
- Exercises proposed by Jim Saltonstall or Michalis Mileos or by the participating coaches
- **Michalis Mileos** (GRE) – Presentations on 420 to The Max and the 420 Exercise e-Book, and co-ordination of practical sessions.
Profile: 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 Coach, Mileos has helped teams secure 420 World Championship (3rd in 2000, 1st in 2008), and has worked as the 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.
- **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.
- **Drª 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)

