



INTERNATIONAL 420 CLASS ASSOCIATION DEVELOPMENT PROGRAMME

SLOVENIA 420 COACHES AND SAILORS CLINIC

Venue: JK Pirat, Portoroz, Slovenia

Dates: 31 October - 4 November 2018

INTRODUCTION

The International 420 Class Association in collaboration with the JK Pirat from Portoroz, Slovenia, will organize a Coaches and Sailors Clinic from 31 October to 4 November 2018:

Venue:

JK Pirat Portorož

Address: Obala 7

Portoroz, Slovenia

Contact Person:

Marjan Matevliĉ

President, JK Pirat Portorož,

Portorož, Slovenia

Mobile: +386 41 695 617

Email: info@klub-pirat.si

Travel, accommodation and support:

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

Marjan Matevliĉ, Clinic Coordinator

Mobile: +386 41 695 617

Email: info@klub-pirat.si

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 – 31 October*****Morning session***

- Opening session
- Introduction & Course Programme
- Set up and preparation of the equipments

Afternoon session

- Set up and preparation of the equipments

Day 2 – 1 November***Morning session***

- Boat préparation for practice
- Tacks on shore
- 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 – 2 November***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 4 – 3 November***Morning session***

- Starting
- Briefing about the afternoon session



Afternoon session

- Afloat exercises of boat handling
- Afloat exercises of mark rounding
- Afloat exercises of starts

Day 5 – 4 November

Morning session

- General items
- Briefing about the afternoon session

Afternoon session

- Regatas
- Closure of the Clinic

Notes:

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

Eligibility and Entries

The Clinic will be open to Coaches and Sailors of all youth classes from Europe. 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/or MNAs should indicate the order of priority of their Coaches and Sailors. All entries must be endorsed by their relevant NCA or MNA.

Insurance: Each coach and sailor must present a valid insurance policy to be protected in case of accidents during the clinic.

VHF Radio: All coaches must bring a VHF Radio to use during the afloat sessions.



Registration:

Coaches and Sailors interested in participating in this Clinic must send their entries, through their National Class Association or Member National Authorities, by **26 October 2018** to:

I420CA VP - José Massapina

Av. Dr. Mateus Teixeira de Azevedo, 76
8800-379 Tavira
PORTUGAL

Email: jose.massapina@marinaalbufeira.com

Fax: + 351 289 514 292

Mobile: + 351 966 909 710

or to:

JK Pirat Portorož

Marjan Matevljič

Mobile: +386 41 695 617

Email: info@klub-pirat.si



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