



LITHUANIAN 420 COACHES AND SAILORS CLINIC

Venue: Club “Poseidonas” Draugystės 28a, LT26115 Elektrėnai, Lithuania

Dates: 22-26 June 2019

INTRODUCTION

The International 420 Class Association in collaboration with the Lithuania 470 association, Lithuania, will organize from the 22-26 June 2019, a Coaches and Sailors Clinic.

Venue:

Club “Poseidonas”

Address: Draugystės 28a, LT26115 Elektrėnai, Lithuania
Elektrėnai, Lithuania

Contact person:

Antanas Juodsnukis

Address: Draugystės 28a, LT26115 Elektrėnai, Lithuania

Mobile: +370 615 33393

E-Mail: antanas@470.lt

Travel, accommodation and support:

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

Antanas Juodsnukis, Clinic Coordinator

Mobile: +370 615 33393 / Email: antanas@470.lt

Note: See additional information below.

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 – 22 June*****Morning session***

- Opening session
- Presentation of the I420CA made by Class Secretary Fulvia Ercoli
- 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 – 23 June***Morning session***

- Shore session – Gybing with spinnaker
- 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 – 24 June***Morning session***

- Boat tuning
- Questions and discussion
- Briefing about the afternoon session

Afternoon session

- Afloat exercises of boat handling
- Afloat exercises of tactics
- Debrief - Discussion



Day 4 – 25 June

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 – 26 June

Morning session

- Shore session – general items
- Questions and discussion
- Briefing about the afternoon session

Afternoon session

- Afloat exercises of boat handling
- Afloat exercises of tactics
- Debrief – Discussion
- 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.

Registration:

Coaches and Sailors interested in participating in this Clinic must send their entries, through their National Class Association or Member National Authorities, by **15 June 2019** 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:

Antanas Juodsnukis
Mobile: +370 615 33393
Email: antanas@470.lt

Additional Information:

How to reach the venue:

You can choose two airports and get there by Wizzair, Ryanair, Lufthansa and more other companies from most countries and capitals.

How to get from airport:

Vilnius and Kaunas are 50 kms from the venue. You can reach it by car 0,5 h, train 8€, bus 8€, taxi ~100€.

You can also reach Lithuania by ferry from Germany, Sweden, Finland, Denmark to Klaipeda. The distance from Klaipeda to Elektrėnai Marina is about 270 kms.

Accommodation:

www.perkunkiemisplius.lt

Costs:

Accommodation 12€ per person/per night

Meals 12€ per person/3 meals per day

Sailing Area:

Wind: 4-10 m/s

Water temp: ~20 C

Air temp: ~20 C

Depth: 9-40 m



[/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