



# INTERNATONAL 420 CLASS ASSOCIATION DEVELOPMENT PROGRAMME

## 1<sup>ST</sup> INDONESIA AND SOUTH-EAST ASIA COACHES & SAILORS CLINIC PROGRAMME AND GENERAL CONDITIONS

Venue: Jakarta, Indonesia

Date: 30 November – 4 December 2016

**Introduction:** The International 420 Class Association in collaboration with the Indonesian Sailing Federation will organize from **30 November - 4 December 2016**, a Coaches & Sailors Clinic at Jakarta, Indonesia.

**Venue:**

Indonesian Sailing Federation  
Kanselary Pintu VI. Stadion Utama Gelora Bung Karno  
Senayan Jakarta 10270  
INDONESIA

**Contact person:**

Dyan Puspito Rini  
Indonesian Sailing Federation – Foreign Affairs Responsible  
Kanselary Pintu VI. Stadion Utama Gelora Bung Karno  
Senayan Jakarta 10270  
INDONESIA

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Email: [ririen\\_06@yahoo.co.id](mailto:ririen_06@yahoo.co.id)

**Travel, accommodation and meals:**

Each coach and participant must cover his own travel, accommodation and meals costs. For assistance, please contact Dyan Puspito Rini.

**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 with I420CA Vice-president, Indonesian Sailing Federation representative, and Lead Coach.
- Introduction & Course Programme (José Massapina)
- Presentation of the I420CA made by VP José Massapina
- 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 and translated for Indonesian participants.*

### **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 using the entry form.

### **Sailor Invitations:**

Sailors will be invited by the Indonesian Sailing Federation with the agreement of the I420CA.

### **Registration:**

Coaches interested in participating in this Clinic must complete the entry form and send it by email through their National Class Association or Member National Authority by **10**

**November** 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](mailto:jose.massapina@marinaalbufeira.com)

Mobile phone: + 351 966 909 710

or to:

#### **Dyan Puspito Rini**

Indonesian Sailing Federation – Foreign Affairs Responsible  
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Senayan Jakarta 10270  
INDONESIA

Tel: +62 21 5712017, Mobile: +62 815 1416 4996, Fax: +62 21 5732704

Email: [riri06@yahoo.co.id](mailto:riri06@yahoo.co.id)

### **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  
facebook.com/International420ClassAssociation  
twitter.com/420Class  
youtube.com/Int420Dinghy

