



# INTERNATIONAL 420 CLASS ASSOCIATION DEVELOPMENT PROGRAMME

## Japanese 420 Coaches and Sailors Clinic JAPAN SAILING FEDERATION & JAPAN 420 Class ASSOCIATION 25<sup>th</sup> to the 29<sup>th</sup> of April 2024

### General Conditions and Programme of the clinic

#### INTRODUCTION

The INTERNATIONAL 420 CLASS ASSOCIATION in collaboration with the JAPAN SAILING FEDERATION & JAPAN 420 CLASS ASSOCIATION will organize a 420 Coaches and Sailors Clinic from the 25<sup>th</sup> to the 29<sup>th</sup> of April 2024.

#### Venue:

Enoshima Yacht Harbor 1-12-2 Enoshima  
Fujisawa-shi, Kanagawa Prefecture Japan  
251-0036 Phone: +81-466-25-2211  
Website: <https://www.jeow.org/competitor-info>

#### Contact person:

**Takashi Ueda**

Email: [racuccopicoline@gmail.com](mailto:racuccopicoline@gmail.com)

Phone: +81 90 4813 2407

#### Travel, accommodation and support:

Coaches and Sailors participant must cover their own travel, accommodation and meal costs. For assistance, please contact person above.

#### 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:

Michalis Mileos (GRE) (former 420 World Champion)



## CLINIC FORMAT AND SCHEDULE

- **Day 1**

- **Morning session**

- Opening session
- Institutional presentation, made by the President of the International 420 Class, José Massapina and presentation of the four development tools
- Introduction & Course Programme
- Boat preparation for practice
- Boat Handling
- Briefing about the afternoon session

- **Afternoon session**

- Tacks ashore
- Afloat session – general items
- Practical tacks on the water
- Debrief - Discussion

- **Day 2**

- **Morning session**

- Boat Handling
- Mark Rounding – Theoretical conversation and preparation for the afloat session
- Shore session – Gybes
- 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**

- Tactics – for Starting / upwind / reaching / Downwind
- Compass work – theoretical
- Questions and discussion
- Briefing about the afternoon session

- **Afternoon session**

- Afloat general exercises (boat handling)
- 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
- Closure of the Clinic.

**Notes:**

- *The Clinic programme may be changed by the Head Coach.*
- *The morning sessions will start every day at 09H30.*
- *The Clinic will be taught in English and translated to Japanese*

**Eligibility and Entries**

The Clinic will be open to Coaches and Sailors of all youth classes from Japan and countries from Asia and Oceania. 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 participate in this clinic, must send their entries, through their National Class Association or Member National Authorities, by **20<sup>th</sup> of April 2024** to:

**I420CA President - José Massapina**  
Av. Dr. Mateus Teixeira de Azevedo, 76  
8800-379 Tavira  
PORTUGAL

Email: [jose.massapina@marinaalbufeira.com](mailto:jose.massapina@marinaalbufeira.com)

Fax: + 351 289 510 180  
Mobile: + 351 966 909 710

or to:

**Takashi Ueda**  
Email: [racuccopicoline@gmail.com](mailto:racuccopicoline@gmail.com)  
Phone: +81 90 4813 2407



### **Additional Information:**

**How to reach the venue:** The clinic will be run at Enoshima Yacht Harbor, approximately 50 Km from Haneda International Airport (HND) or 120 Km from Narita International Airport (NRT) by car. You can also access by train (refer to the website in the "Venue" above)

### **Visa requirements:**

Participants should contact their travel agency or Consulate in their country to inquire about Visa requirements and current travel restrictions.

### **Accommodations:**

Please check the list of hotels below and contact directly. For more information and assistance on accommodation, please contact

**Takashi Ueda**

**Email: [racuccopicoline@gmail.com](mailto:racuccopicoline@gmail.com)**

**Phone: +81 90 4813 2407**

\*\*\*Smile Hotel Shonan Fujisawa

Tel: +81 466-23-1116

<https://smile-hotels.com/hotels/show/shonanfujisawa>

\*\*\*Hotel HOKKE CLUB SYONAN-FUJISAWA

Tel: +81 466-27-6101

<https://global.hokke.co.jp/shonan-fujisawa/en/>

\*\*\*SUPER HOTEL Shonan Fujisawa Station South

Tel: +81 466-51-9000

<https://www.superhoteljapan.com/en/s-hotels/fujisawa/>

\*\*\*Dai-ichi Inn Shonan

Tel: +81 466-36-4411

<https://www.hankyu-hotel.com/en/hotel/dh/shonan>

### **Sailing Area:**

The venue is located at Enoshima Yacht Harbor, Japan

Wind: 0 - 30 knots direction variable

Water temp: ~ 15-25 °C

Air temp: ~15 -25 °C

Depth: 3-150 meters.



[/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)

