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## **BAHAMAS I420 CLASS COACHES AND SAILORS CLINIC**

**Venue: Nassau, Bahamas**

**Date: 15-18 March 2018**

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**Introduction:** The International 420 Class Association in collaboration with the Bahamas 420 National Class Association will organize a Coaches & Sailors Clinic at the Bahamas National Sailing School / Nassau Yacht Club Nassau, Bahamas from **15-18 March 2018**:

**Venue:**  
**Nassau Yacht Club**  
**E Bay Street**  
**Nassau**  
**Bahamas**

Tel: +1 242 393 5366

**Contact persons:**  
Emma Tinkler  
Tel: +1 242 449 4370 or 1 242 364 2149  
Email: [e.r.tinkler@gmail.com](mailto:e.r.tinkler@gmail.com)

Robert Dunkley  
Tel: +1 242 357 3959  
Email: [radunkley@gmail.com](mailto:radunkley@gmail.com)

### **Travel, accommodation and meals:**

Each coach and participant must cover his own travel, accommodation and meals costs. For assistance, please contact Emma Tinkler or Robert Dunkley.

### **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:**

Steve Keen (NZL) who has been working and living in the USA for many years.

## **CLINIC FORMAT AND SCHEDULE**

### **Day 1**

#### ***Morning session***

- Opening session.
- 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**

#### ***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
- Race strategy
- Briefing about the afternoon session

#### ***Afternoon session***

- Afloat exercises of boat handling
- Afloat exercises of tactic
- 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 Entry:**

The clinic will be open to coaches and sailors of all youth classes from the Bahamas and other Caribbean countries. The maximum number of entries accepted will be 30 (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 and sailors. All entries must be endorsed by their relevant NCA or MNA.

**Registration:**

Coaches and sailors interested in participating in this Clinic must send their entries, through their National Class Association or Member National Authorities, by **12 March 2018** to:

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

Email: [jose.massapina@marinaalbufeira.com](mailto:jose.massapina@marinaalbufeira.com)  
Fax: + 351 289 514 292  
Mobile: + 351 966 909 710

*or to:*

Emma Tinkler  
Email: [e.r.tinkler@gmail.com](mailto:e.r.tinkler@gmail.com)  
Tel: + 1 242 449 4370 or 1 242 364 2149

**Mementos:**

A polo shirt will be provided to all coaches and 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](http://420sailing.org)  
[/facebook.com/International420ClassAssociation](https://facebook.com/International420ClassAssociation)  
[/twitter.com/420Class](https://twitter.com/420Class)  
[/youtube.com/Int420Dinghy](https://youtube.com/Int420Dinghy)