



CHINESE TAIPEI I420 COACHES AND SAILORS CLINIC

Venue: Doufu Cape, Yilan County, Taiwan

Dates: 15-19 August 2019

Introduction: The International 420 Class Association in collaboration with the Chinese Taipei Sailing Association will organize from the 15-19 August 2019, a Coaches and Sailors Clinic at Doufu Cape, Yilan County, Chinese Taipei

Venue: **Yilan Sailing Committee**

Address: No.1, Kuangang Road
Su'ao. Township,
Yilan County, 270, Chinese Taipei
Tel: +886-912-590-040

Contact person:

Ms. LU Shu Han

Address: Rm.903, No.20, Zhulun Street
Zhongshan Dist.,
Taipei City 10489, Chinese Taipei
Tel: +886-2-8771-1442

Email: tpesailing@ct-sailing.org.tw

Travel, accommodation and meals: **Each coach participant must cover his own travel, accommodation and meal costs. For assistance, please contact Ms. Polly KAM at cypolly@gmail.com**

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.

Lead Coach: The lead coach of the clinic will be Nikos Drougkas from Greece.

CLINIC FORMAT AND SCHEDULE:

Day 1

Morning session

- Opening session
- Presentation of the I420CA made by VP José Massapina
- 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 – 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

- Mark rounding
- 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
- Closure of the Clinic.

Note 1: The items of the programme can be changed accordingly with the head coach.

Note 2: The clinic will be taught in English and translated to Chinese

Eligibility and Entries: The clinic will be open to coaches and sailors of all youth classes from Chinese Taipei and surrounding countries. The maximum of entries accepted are 30 of each of 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 interested in participate on this clinic must send their entries, through their National Class Association or Member National Authorities, by 5 August 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

Mobile: +351 966 909 710

Or to:

Ms. LU Shu Han

Address: Rm.903, No.20, Zhulun St.,

Zhongshan Dist.,

Taipei City 10489, Taiwan

Tel: +886-2-8771-1442

Email: tpesailing@ct-sailing.org.tw

Gifts: A certificate and a polo-shirt will be provided to all the coach and sailors participants. Notebooks and pens for everyone will be provided as well.

Photo service: There will be a group photo in the end of the seminar.



[/420sailing.org](http://420sailing.org)

[/facebook.com/International420ClassAs](https://facebook.com/International420ClassAs)

[/twitter.com/420Class](https://twitter.com/420Class)

[/youtube.com/Int420Dinghy](https://youtube.com/Int420Dinghy)