



PRE-WORLDS 420 COACHES AND SAILORS CLINIC

Venue: International 420 Sailing Academy, Marina de Vilamoura, Vilamoura, Portugal

Date: 28 June - 2 July 2019

INTRODUCTION

The International 420 Class Association will organize from 28 June - 2 July 2019, a clinic for International 420 Coaches and Sailors. The essential costs of the clinic are being met by the International 420 Class Association. All you need to cover is the transport costs, accommodation and meals. The first four days of the Clinic (28 June - 1 July) will be in collaboration with the pre-world's regatta – the Vilamoura Open Regatta 2019 - that is taking place at the same venue and will be organized by Capable Planet Clube Náutico / Vilamoura Sailing. All sailors registering for the Clinic must also register to enter the Vilamoura Open Regatta 2019 at: www.vilamourasailing.com

Venue:

**International 420 Sailing Academy
Marina de Vilamoura, Av. Rocha Baixinha,
8125 Vilamoura, Portugal
Tel: +351 218 014 694**

Contact person:

**Mr Ivo Ferreira
Mobile: +351 969 377 094
Email: ivo.ferreira@companhianautica.com**

Travel, accommodation and support:

Each Coach and Sailor must cover his/her own travel, accommodation and meal costs.

If you require any assistance, please contact Mr Ivo Ferreira (details above).



Clinic Goals:

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: Eyal Levin (ISR), 470 Olympic Sailor

International Jury: Gordon Davies (IRL)

Auxiliary coaches:

Francisco Rebelo de Andrade (POR) – 49er Olympic Sailor

Hugo Rocha (POR) – 470 Olympic, Bronze Medalist

CLINIC FORMAT AND SCHEDULE**Day 1 – 28 June**

- Opening session with I420CA Vice-president
- Introduction – Discussion and briefing
- Racing Rules of Sailing - part 2, with main focus on the rule 42
- Briefing for the practical session
- Quick lunch
- Sailors competing in the pre-world's regatta, with coaches overviewing and filming the races

Day 2 – 29 June

- Video debrief of the previous day with coaches' comments and sailors' questions
- Boat Preparation
- Briefing for the practical session
- Quick lunch
- Sailors competing in the pre-world's regatta, with coaches overviewing and filming the races

Day 3 – 30 June

- Video debrief of the previous day with coach's comments and sailors' questions
- Race Strategy (with different possibilities)
- Race Tactics (Boat to Boat / Boat to Group and Boat to Fleet)
- Quick lunch
- Sailors competing in the pre-world's regatta, with coaches overviewing and filming the races

Day 4 – 1 July

- Video debrief of the previous day with coaches' comments and sailors' questions
- Starting skills and technics



- Quick lunch
- Sailors competing in the pre-world's regatta, with coaches overviewing and filming the races

Day 5 – 2 July

- Video debrief of the previous day with coaches' comments and sailors' questions
- Boat tuning
- Quick lunch
- Afloat session practising different exercises
- Debrief about the practical session of the day
- Closure of the clinic

Notes:

- *The on-water sessions of the four first days will be included on the pre-world's regatta. So, all the sailors that want to take part on this afloat session have to register directly with the O.A. which will be Capable Planet Clube Nautico / Vilamoura Sailing;*
- *All the sailors and respective coaches that will not take part of the pre-world's regatta, can register to the clinic without any fee. However, they will just take part of the theoretical morning sessions and on the full fifth day;*
- *The morning sessions will start every day at 09:00;*
- *The Clinic will be taught in English.*

Eligibility and Entries

The Clinic is open to all Coaches and Sailors. If the Clinic is over-subscribed, entries will be limited at the discretion of the organizers. 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 who want to participate in this Clinic, must send their entries, through their National Class Association or Member National Authorities, by **26 June 2019** to:

Jose Massapina

Email: jose.massapina@marinaalbufeira.com

Mobile: + 351 966 909 710

or to

Ivo Ferreira

Mobile: +351 969 377 094

Email: ivo.ferreira@companhianautica.com



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