



INTERNATIONAL 420 CLASS ASSOCIATION DEVELOPMENT PROGRAMME

420 Hungarian Coaches and Sailors Clinic Hungarian Sailing Federation & Hungarian 420 Class Association 20th to 24st of June 2022

General Conditions and Programme of the clinic

INTRODUCTION

The International 420 Class Association in collaboration with the Hungarian Sailing Federation and the 420 Class Association of Hungary, will organize a 420 Coaches and Sailors Clinic from the 20th to the 24th of June 2022.

Venue:

Balatoni Yacht Club,
H-8226 Alsóörs, Hungary
E-mail: balatonyachtclub@gmail.com
Web: www.byc1912.hu

Contact person:

Botond Weores
E-Mail: bweores@t-online.hu
Phone: +36 309 776 581

Travel, accommodation and support:

Coaches and Sailors participant must cover his/her own travel, accommodation and meal costs. For assistance, please contact: Botond Weores at bweores@t-online.hu

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: Nikos Drougkas (GRE)

CLINIC FORMAT AND SCHEDULE

Day 1 – 20 June

Morning session

- Opening session
- Institutional presentation of the I420CA, made by the President, José Massapina
- Introduction & Course Programme





INTERNATIONAL 420 CLASS ASSOCIATION

DEVELOPMENT 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 – 21 June

Morning session

- 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 – 22 June

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 – 23 June

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 – 24 June

Morning session

- Race strategy
- Briefing about the afternoon session

Afternoon session





INTERNATIONAL 420 CLASS ASSOCIATION DEVELOPMENT PROGRAMME

- 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*

Eligibility and Entries

The Clinic will be open to Coaches and Sailors of all youth classes from Hungary and to 420 coaches and sailors of countries around Hungary. 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 **15th of June 2022** to:

I420CA President - José Massapina

Av. Dr. Mateus Teixeira de Azevedo, 76
8800-379 Tavira
PORTUGAL

Email: jose.massapina@marinaalbufeira.com

Fax: + 351 289 510 180

Mobile: + 351 966 909 710

or to:

Botond Weores

E-Mail: bweores@t-online.hu

Phone: +36 309 776 581

Additional Information:

Support Boats: Please note, that Lake Balaton is a natural preservation area and the use of powerboats is strictly regulated by Hungarian law. Only boats with proper permits may be used as support boats for the event. There will be temporary permits available for support boats. **Please make sure to contact the organizers by 30th of May 2022 to obtain a temporary permit in case you are planning to bring a support boat.**



How to reach the venue: The clinic will be run at Balatoni Yacht Club, H-8226 Alsóörs, Hungary, approximately 150 Km from Budapest International Airport (**BUD**) by car.

Accommodations:

Please check the list of hotels below and contact directly. For more information and assistance on accommodation, please contact Botond Weöres thru bweores@t-online.hu

Hotel Laroba Wellness***

8226 Füredi u. 42.
E-mail: repcio@hotellaroba.hu
Tel: +36 87 575 210
web: www.hotellaroba.hu

Hotel Aranysas***

8226 Alsóörs, Szegfű u. 13/a
Contact: Pajewski Andrea
E-mail: aranysasbalaton@gmail.com
Tel: +36 70 627 1677
web: <https://aranysashotel.hu>

Hotel Mayer* Superior**

8226 Alsóörs, Suhatag u. 4-6.
Contact: Mayer Zsanett
E-mail: szallas@hotelmayer.hu
Tel: +36 20 942 7488
Web: www.hotelmayer.hu

Pelso Camping

Lakeside mobile houses of different size and pitches for camper vans

8226 Alsóörs, Kemping u. 19.
Contact: Kele Nóra
E-mail: info@pelsocamping.hu
Tel: +36 20 667 3576
Web: <http://pelsocamping.hu>

Sailing Area:

The venue is located at Balaton Lake, Hungary
Wind: 0 - 25 knots direction variable
Water temp: ~ 20-25 °C
Air temp: ~20 -30 °C
Depth: 3-4 meters