



# INTERNATIONAL 420 CLASS ASSOCIATION DEVELOPMENT PROGRAMME

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## MYANMAR COACHES & SAILORS CLINIC

**Venue: Yangon, Myanmar**

**Date: 7-11 September 2016**

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**Introduction:** The International 420 Class Association in collaboration with the Myanmar Yachting Federation will organize from 7-11 September 2016, a Coaches & Sailors Clinic at Yangon Sailing Club, Yangon, Myanmar.

**Venue:**

**Hosted by Yangon Sailing Club**  
132 Inya Road, Yangon, Myanmar

**Organized by Myanmar Yachting Federation**  
No. 132, Inya Road, Kamayut Township,  
YANGON, MYANMAR

**Contact person:**

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**Travel, accommodation and meals:**

Each coach and participant must cover his own travel, accommodation and meals costs.

**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:**

Nikos Drougkas (GRE)

### **CLINIC FORMAT AND SCHEDULE**

#### **Day 1**

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

- Opening session with I420CA Vice-president, Myanmar Yachting Federation representative, and Lead Coach.
- Introduction & Course Programme (José Massapina)
- Presentation of the I420CA made by VP José Massapina
- 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
- 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
- Clinic Ends



**Notes:**

- *The Clinic programme may be changed by the Head Coach.*
- *The Clinic will be taught in English and translated by Sai Pyae Sone Hein (Assistant Head Coach and Aung Myin Thu Senior Coach)*

**Eligibility and Entry:**

The clinic will be open to coaches and sailors of all classes. The maximum of entries accepted are 30 of each (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. All entries must be endorsed by their relevant NCA or MNA. Spaces at the Clinic will be limited, so apply early.

**Sailor Invitations:**

Sailors will be invited by the Myanmar Yachting Federation with the agreement of the I420CA.

**Registration:**

Coaches interested in participating in this Clinic must send their entries, by email through their National Class Association or Member National Authority, by **15 August** to:

**I420CA VP - José Massapina**

Av. Dr. Mateus Teixeira de Azevedo, 76

8800-379 Tavira

PORTUGAL

Fax: + 351 289 514 292

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

Mobil phone: + 351 966 909 710

Or to:

**Phone Kyaw Moe Myint (Carl)**

**Myanmar Yachting Federation - General Manager**

84-85 Hlaing Myint Moh Lane #1, 10<sup>th</sup> Quarter, Hlaing Tsp.

YANGON, MYANMAR

Tel. +951 507 100, 521 003, 516 201, 516 896 Fax. +951 501 501

Email: [phonekyaw27@gmail.com](mailto:phonekyaw27@gmail.com)

**Mementos:**

A polo shirt will be provided to all coaches and a t-shirt to all 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)

