



# INTERNATIONAL 420 CLASS ASSOCIATION DEVELOPMENT PROGRAMME

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## Turkish 420 Coaches and Sailors Pré-Worlds Clinic Turkish Sailing Federation Urla – Izmir - Turkey 13<sup>th</sup> to 17<sup>th</sup> of April 2023

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### General Conditions and Programme of the clinic

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#### INTRODUCTION

The International 420 Class Association in collaboration with the Turkish Sailing Federation, will organize a 420 Coaches and Sailors Clinic from the 13<sup>th</sup> to the 17<sup>th</sup> of April 2023.

#### Venue:

Goztepe Sailing Club

**Address:** Torasan, 502. Sk. No:66, 35430 Urla/İzmir

Phone: +90 541 925 1925

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#### Contact person:

Tayfun Erey

E-Mail: [tayfunerey@tyf.org.tr](mailto:tayfunerey@tyf.org.tr)

Phone: +90 (536) 651 84 93

#### Travel, accommodation and support:

Coaches and Sailors participant must cover his/her own travel, accommodation and meal costs. For assistance, please contact: Dilara Guler at [dilara@tyf.org.tr](mailto:dilara@tyf.org.tr)



## **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**

- **Morning session**

- Opening session
- Introduction & Course 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**

- **Morning session**

- Institutional presentation, made by the member of the International 420 Class (treasurer), Jackie Taylor and presentation of the four development tools
- 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**

- **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**
- **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.

**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 Turkey and countries around. 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 **5<sup>th</sup> of April 2023** to:

**I420CA President - José Massapina**

Av. Dr. Mateus Teixeira de Azevedo, 76

8800-379 Tavira

PORTUGAL

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

Fax: + 351 289 510 180

Mobile: + 351 966 909 710

*or to:*

Tayfun Erey

E-Mail: [tayfunerey@tyf.org.tr](mailto:tayfunerey@tyf.org.tr)

Phone: +90 (536) 651 84 93

**Additional Information:**

**How to reach the venue:** The clinic will be run at Goztepe Sailing Club, (Torasan, 502. Sk. No:66, 35430 Urla/İzmir), approximately 50 Km from the city of Izmir. It can be accessed via the Izmir Adnan Menderes International Airport.

**Visa requirements:**

Participants should contact their travel agency or Consulate in their country to inquire about Visa requirements and current travel restrictions.

**Accommodations:**

The closest hotels for this clinic are Hotel Ferush; Burlahan Hotel For more information and assistance on accommodation, please contact Dilara Guler, [dilara@tyf.org.tr](mailto:dilara@tyf.org.tr)

Mobilphone +90 (553) 264 0096



**Sailing Area:**

The venue is located at 38°19'13<sup>a</sup>N 26°42'11<sup>\*</sup>E

Prevailing Wind: 12 - 16 knots – 330 – 000 Direction

Water temp: ~ 17°C

Air temp: ~ 16°C

Depth: 10-12 meters



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