



INTERNATIONAL 420 CLASS ASSOCIATION

5th European 420 Coaches Seminar Yacht Club «Khimik», Togliatti, Samara Region, Russia 25th to 28th of June 2012

Introduction: The International 420 Class Association in collaboration with the Russian Yachting Federation will organize from 25th to 28th of June 2012, the fifth European Coaches Seminar at Togliatti, Russia.

Venue:

Yacht Club «Khimik»
Lesoparkovoe shosse 51
Togliatti, Samara Region
Russia
Tel. +7 926 345 93 24 or +7 495 637 03 55
Fax +7 495 637 09 05
E-mail: rus-sailing@yandex.ru
Contact: Mrs. Anastasia Chernova

Travel: Each coach participant must cover his own travel costs to and from the venue of the seminar in Russia. The Yacht Club «Khimik» is about 40 kms from the nearest airport which Samara Airport. The nearest railway station is Zhigulevskoe which is about 20 km from the yacht club – trains are via Moscow.

Target of the Seminar: To share the maximum amount of technical, tactics, organizational and other training information with 420 coaches and collect some important information from the coaches.

Lead Coach: The lead coach of the seminar will be Jim Saltonstall M.B.E. from GBR.

Seminar Format and Schedule:

- **Monday, 25th June**
 - 09:15/09:30 – Opening session with I420CA Vice-president, Russian Yachting Federation representative, Yacht Club Druzhba representative, and Lead Coach.
 - 09:30/10:00 – Introduction – Discussion – Briefing
 - 10:00/11:00 – Course Programme – Coaches Qualities
 - 11:00/11:20 – Coffee break
 - 11:20/12:30 – Leadership Actions – Coaching for whom?
Championship Preparation – 10 Aspects of the sport
 - 12:30/13:30 – Self Preparation – Physical
 - 13:30/14:30 – Lunch
 - 14:45/16:00 – Afloat – Coaches exercises
 - 16:30/17:30 – Debrief / Discussion

- **Tuesday, 26th June**
 - 09:30/10:00 – Boat Preparation
 - 10:00/11:00 – Boat Handling
 - 11:00/11:20 – Coffee break
 - 11:20/12:30 – Boat Tuning
 - 12:30/13:30 – Race Strategy
 - 13:30/14:30 – Lunch
 - 14:45/16:00 – Afloat – Coaches exercises
 - 16:30/17:30 – Debrief / Discussion

- **Wednesday, 27th June**
 - 09:30/10:30 – Starting
 - 10:30/11:00 – Coffee break
 - 11:00/12:30 – Tactics
 - 12:30/13:30 – Lunch
 - 13:30/14:30 – Racing Rules
 - 14:45/16:00 – Afloat – Coaches exercises
 - 16:30/17:30 – Debrief - Discussion

- **Thursday, 28th June**
 - 09:30/10:30 – Protests
 - 10:30/11:00 – Coffee break
 - 11:00/11:30 – Compass work
 - 11:30/12:30 – Meteorology
 - 13:00/14:00 – Lunch
 - 14:00/16:00 – Afloat – Coaches exercises
 - 16:30/17:00 – Debrief - Discussion
 - 17:00/18:00 – 420 Class Association – The present and the future
 - 18:00 – Closure of the seminar.

Note 1: For the afloat sessions each coach should prepare either, a practical on shore session, or an afloat exercise, brief the sailors and execute the exercise allowing approximately 30 minutes for each coach.

Note 2: The seminar will be taught in English.

Eligibility and Entries: The seminar will be open to experienced coaches. The maximum of entries accepted are 35. If the seminar is over-subscribed, entries will be limited according with the application date and 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.

Invitations: The invitations will be sent to the NCAs and MNAs of each country, and posted on the I420CA website.

Registration: Coaches interested in participating on this seminar must send their entries, through their National Class Association or Member National Authorities, by 20th of June to:

Anastasia Chernova
Russian Yachting Federation
rus-sailing@yandex.ru
Tel +7 926 345 93 24; +7 495 637 03 55; Fax +7 495 637 09 05

If you have any doubts about the seminar you can also contact:

José Massapina
Vice-president of the International 420 Class Association
Mail: jose.massapina@marinaalbufeira.com
Mobil phone: + 351 962 079 454

Accommodation and Meals: Each coach will be responsible for their meals and accommodation. Accommodation options include:

Hotel "Nadezhda", Lesoparkovoe shosse 36, Togliatti.
www.nadejda.e-stile.ru email: sannadejda@yandex.ru,

Hotel "Russkiy bor", Lesoparkovoe shosse 12, Togliatti.
www.rusbor.ru email: rusbor3@mail.ru

Hotel "Fortuna", Lesoparkovoe shosse 55, Togliatti: +7 (8482) 48-93-70

Gifts: A small gift will be provided to all the coach participants. It will be provided also notebooks and pens for everyone.

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