



# INTERNATIONAL 420 CLASS ASSOCIATION

2nd ASIA AND OCEANIA COACHES SEMINAR

Wakayama, Japan

31<sup>st</sup> Oct to 3<sup>rd</sup> Nov 2010

**Introduction:** The International 420 Class Association in collaboration with the Japanese Sailing Federation will organize from 31<sup>st</sup> Oct to 3<sup>rd</sup> Nov 2010, the Second Asia and Oceania Coaches Seminar at National Training Center Wakayama, Japan.

Venue: National Training Center Wakayama (Wakayama Sailing Center)

1514 Kemi, Wakayama, 641-0014 Japan

Tel: +81-73-448-0251 Fax: +81-73-494-3252

Email: [wsc@citrus.ocn.ne.jp](mailto:wsc@citrus.ocn.ne.jp)

Website: <http://www.wakayama-sailing.org/>

Contact person: Kunio Suzuki / Atsuko Nakamura

**Travel:** Each overseas coach participant must cover his own travel costs to and from Wakayama,

Japan. National Training Center Wakayama is about 1 hour from Kansai International Airport. Take Airport Limousine bus to JR Wakayama station and taxi to Wakayama Sailing Center at Wakayama Marina city. Limousine bus fare is ¥1000 and estimated taxi fare is about ¥2500.

**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:**

• **Sunday, 31<sup>st</sup> October**

09:15/09:30 - Opening session with 420CA Vice-president, Japan Sailing Federation

representative, National Training Centre representative, and Lead Coach.

09:30/10:00 - Introduction - Discussion - Briefing

10:00/11:00 - Course Program - 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

• **Monday, 1<sup>st</sup> November**

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

• **Tuesday, 2<sup>nd</sup> November**

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

• **Wednesday, 3<sup>rd</sup> November**

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

14:00/16:30 - Afloat- Coaches exercises

17:00/17:30 - Debrief- Discussion

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 25. If the seminar is over-subscribed, entries will be limited to a maximum of two per country at the discretion of the organizers. 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 420CA website.

**Registration:** Coaches interested in participating on this seminar must send their entries, through their National Class Association or Member National Authorities, by 15th of October to:

Jose Massapina  
Av. Dr. Mateus Teixeira de Asevedo, 76  
8800-379 Tavira  
PORTUGAL  
Fax: + 351 289 514 292  
Mobil phone: + 351 962 079 454

**Accommodation:** The accommodation will be free for overseas coaches, offered by AVALORM KINOKUNI, in shared dormitories.

**Meals:** The full board of meals (breakfast + lunch with one soft drink + dinner with one soft drink) will be paid by 420CA.

**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.