



INTERNATONAL 420 CLASS ASSOCIATION

DEVELOPMENT PROGRAMME

420 Pre-Worlds Coaches and Sailors Clinic

French 420 Class Association

And *Centre Nautique Biscarrosse Olympique*

14th to 18th of April 2026

General Conditions and Programme for the clinic

INTRODUCTION

The International 420 Class Association in collaboration with the 420 Class Association of France will organize a 420 Coaches and Sailors Clinic from the 14th to the 18th of April 2026.

Venue

Centre Nautique Biscarrosse Olympique

1427 Av. Pierre Georges Latécoère, Biscarrosse, France

gestionbase@cnbo.fr

www.cnbo.fr

Contact person:

Ricardo Marques

gestionbase@cnbo.fr

Phone: + 33656683687

Travel, accommodation and support:

Coaches and Sailors participant must cover his/her own travel, accommodation and meal costs. For assistance, please contact: Ricardo Marques, gestionbase@cnbo.fr



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. This action is also to show the sailors and coaches the venue and specifically, the racing areas of the 2026 420 World Championship.

Head Coach:

Nikos Drougkas (GRE)

CLINIC FORMAT AND SCHEDULE

- **Day 1 – 14 April**

Morning session

- Opening session
- Institutional presentation of the I420CA, made by the President, José Massapina
- 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 – 15 April**

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 – 16 April**

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 – 17 April**
- **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 – 18 April**
- **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 from France and to 420 coaches and sailors of other countries all over the world. 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 **10th of April 2026** to:

I420CA President - José Massapina

Email: jose.massapina@marinaalbufeira.com

Mobile: + 351 966 909 710

and to

Club Director - Ricardo Marques

Gestionbase@cnbo.fr

Mobile: +33656683687

How to reach the venue: The clinic will be run at **Centre Nautique Biscarrosse Olympique, 1427 Av. Pierre Georges Latécoère, Biscarrosse, France**, approximately 80 Km from Bordeaux Airport (**BOD**) by car.

Boats: Each sailor/team should bring their own boat. For those that can't bring their boat, the club will have two boats to be used by everyone.

Accommodations:

Please check the list below and contact directly. For more information and assistance on accommodation, please contact Ricardo Marques gestionbase@cnbo.fr

Camping la rive (high quality bungalows / cabins)

info@yellohvillage-larive.com

Address : 6523 route de Bordeaux

40600 Biscarrosse

+33 (0)5 58 78 12 33.

Website https://www.yellohvillage.fr/camping/la_rive



Camping Campéole Navarrosse (high quality bungalows / cabins)

712 Chem. de Navarrosse, 40600 Biscarrosse

reservation@ms-vacances.com

<https://www.ms-vacances.com/destinations/nouvelle-aquitaine/campings-landes/camping-club-navarrosse-plage/>

Sailing Area:

The venue is located at **lake Sud of Biscarrosse**

Wind: 0 - 25 knots direction variable

Water temp: ~ 15-22 °C

Air temp: ~20 -30 °C

Depth: 3-4 meters



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[/twitter.com/420Class](https://twitter.com/420Class)

[/youtube.com/Int420Dinghy](https://youtube.com/Int420Dinghy)

