

**Press Release**  
**13 May, 2011**

## **INTERNATIONAL 420 CLASS LAUNCHES ONLINE 420 TRAINING VIDEO**



The International 420 Class Association is pleased to announce the launch of a free online Training Video to provide coaching and training tips for both the beginner and experienced 420 sailors. Sailors are always looking for ways to improve their sailing techniques, improve manoeuvres and get the most out of the time spent on the water and this online resource is set to provide a significant step towards this objective.

José Massapina, 420 Class Vice-President responsible for the 420 Development Programme commented, *“Training and improving techniques can be challenging and this instructional video is a bit like having your own personal video coach to help you get faster and talk you through skills and tactics.”* Recognizing the input from the partners involved, Massapina added, *“We are delighted to have produced the video which has been a major project for the class and I am confident it will benefit many young sailors around the world. Our thanks to Nick Drougkas, the Greek sailors sailing and demonstrating the techniques and Icarus who have produced the video.”*

This is the first specific training video produced by the International 420 Class Association and introduces a range of specific techniques, and demonstrates how to master them in different wind and sea conditions and what to consider when undertaking a range of manoeuvres.

*“If you get your technique right you'll be efficient, produce better results and avoid potential injuries,”* explained [Nick Drougkas](#), the world class coach behind the video. *“Boat set up is explained, alongside body and boat movement. The commentary and visual presentation provide an easily understood training tool. Watch the video, go out and practice, review your day's sailing and improve your skills,”* he added.

Animated graphic overlays demonstrate specific points to consider in completing manoeuvres, accompanied by an excellent voice over. Designed to help sailors improve their skills and sail their boats better, the video provides a free and excellent resource for 420 sailors around the world. Coaches can also benefit from the video and look at new approaches to training and coaching.

Developed by the International 420 Class Association in partnership with Nick Drougkas and Icarus – the training video is broken down into easily digestible sections, which you can view as separate video clips. The video focuses on:

Preparation and General Skills  
Light Winds  
Medium Winds

## Strong Winds

Users can either choose to view online or may download the files via [www.420sailing.org](http://www.420sailing.org) or go to [www.prosailingcoach.com/?page\\_id=45](http://www.prosailingcoach.com/?page_id=45)

In addition to the English version, the videos are also available to download in French, Spanish and German. If ISAF MNAs or 420 National Class Associations would like a translation of the video into any other languages please contact José Massapina on: [jose.massapina@marinaalbufeira.com](mailto:jose.massapina@marinaalbufeira.com)

### **About the International 420 Class**

The International 420 Class dinghy is an ISAF International Class and two-person dinghy for young sailors. The 420 is an established worldwide performance two-person trapeze and spinnaker racing dinghy and the world's top youth training boat, which is used as the selected equipment at the ISAF Youth Sailing World Championships - offering the perfect pathway from youth to Olympic sailing.

There are 56,000 420 dinghies worldwide, sailed at school, club, open, national and international levels. There are many second hand boats available, active clubs and excellent tuition for all levels.

The International 420 Class Association is responsible to manage and promote 420 sailing around the world in partnership with the 420 National Class Associations.

#### **More Information:**

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