

ITINERARY – Irish 420 Association, Spring Coaching

Irish 420 Class Association and Kinsale Yacht Club are delighted to be hosting the 2023, 420 Class Spring Training from Monday 13th – Thursday 16th February 2023. The 420 Munster Championship follows on Friday 17th - Saturday 18th Feb.

Sunday 12 th Feb	Trailer Parking:P17 WD21 It is relatively secure, has CCTV, nonetheless, trailers will be left at owners risk. Recommend to chain/lock/disable Club open for rigging etc.	
Monday 13 th Feb	10am - Sailors Briefing. 11.00am Parent Coffee in Trident or Actons Hotel 1pm Lunchtime – sailors to bring lunch each day. SOUP will be provided	Ceara/ Martina/Alan/ Conor /Ray
Tuesday 14 th Feb	10am - Rigged and ready (unless coaches advises otherwise). 10.15am Regular KYC coffee morning in the Clubhouse. 1pm – Lunchtime - sailors to bring lunch. SOUP will be provided 5pm Motivational coach talk with pizza TBC	Ceara/ Martina/Alan/ Conor/Ray
Wednesday	10am - Rigged and ready (unless coaches advise otherwise). 1pm Lunchtime - sailors to bring lunch. SOUP will be provided 7pm Sailor Dinner and table quiz in KYC	Ceara/ Martina/Alan/ Conor/Ray
Thursday	10am - Rigged and ready (unless coaches advises otherwise). 1pm – Lunchtime - sailors to bring lunch.SOUP will be provided Presentation: Currabinny Trophy for most improved sailors	Ceara/ Martina/Alan/ Conor/Ray
Friday 17 th & Saturday 18 th Feb	420 Munster Championships Format & time as advised on NOR TBA Race Prize giving 2pm (TBC)Pack up and Trailer retrieval	Ceara/ Martina/Alan/ Conor/Ray

What to Bring: Packed lunch - order can be placed with café next door / Supervalu for Soup /sandwiches.

Warm clothes and maybe spare sailing gear for afternoon sessions if it's very cold. Wet suits are essential with lots of thermal layers. Windproof outer layer, gloves, socks and a hat essential. A pen and notebook /sailing journal for taking notes during briefing and debriefing sessions.

Remember the most important item to pack is your desire to learn and develop your skills as sailors.

Coaches: Graeme Grant, Cara McDowell, Micheal O'Suilleabhain and Hugo Mika

420 Association Committee members in Kinsale will be Ceara Sweetman (WHBTC) 087 2863839, Martina Whyte (LRYC) 086 6068810, Alan Donnelly (GBSC) 087 8099107, Conor mobile, Ray Mobile

Spares: Tom Mapplebeck: 086 247 5551 will be available on site in KYC with spares.

CH Marine 021 431 5700 based in Cork City for general chandlery, burgees and clothing.