



## ITINERARY – Irish 420 Class Association, Halloween Coaching

Irish 420 Class Association and Lough Ree Yacht Club are delighted to be hosting the 2023, 420 Class Halloween Training Camp on Saturday 28<sup>th</sup> to Monday 30<sup>th</sup> October 2023.



### ITINERARY

Friday 27 <sup>th</sup> Oct	Drop boat off at LRYC, Club access requires a call to Martina 086 6068810 or Paul 087 772 7666 to open the gate. Trailers should be parked in the Back Field and 420s on trolleys on the shore.	Martina / Paul
Saturday 28 <sup>th</sup> October	8.30am gate will be open for access to club for vehicles and boats, clubhouse and facilities will be open. 8.30am onwards –Sailors rigging. 10am - Sailors Briefing (in sailing gear with Jibs up, ready to launch) 1pm working lunch, sailors should bring their own lunch, Tea, coffee will be available. Camping kitchen will be open (Microwave, kettle) 5pm but actual finish time may be later as will be weather dependant	Martina/ Paul / Ceara/ Ray
Sunday 29 <sup>th</sup> October	10am - Rigged and ready (unless coaches advise otherwise). 1pm working lunch, sailors should bring their own lunch, tea, coffee will be available. Camping kitchen will be open (Microwave, kettle) 5pm but actual finish time may be later as will be weather dependant 8pm Rugby RCF, link to save a table Dead Centre Brewing will follow.	Martina/ Paul/ Ceara/ Ray
Monday 30 <sup>th</sup> October	10am - Rigged and ready (unless coaches advise otherwise). 1pm working lunch, sailors should bring their own lunch, tea, coffee will be available. Camping kitchen will be open (Microwave, kettle) 4.30pm finish and pack up / move to 420 boat park area and securely stow until the Ulsters.	Martina/ Paul/ Ceara/ Ray

**What to Bring:** Packed lunch - Applegreen or Supervalu are the nearest 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.**

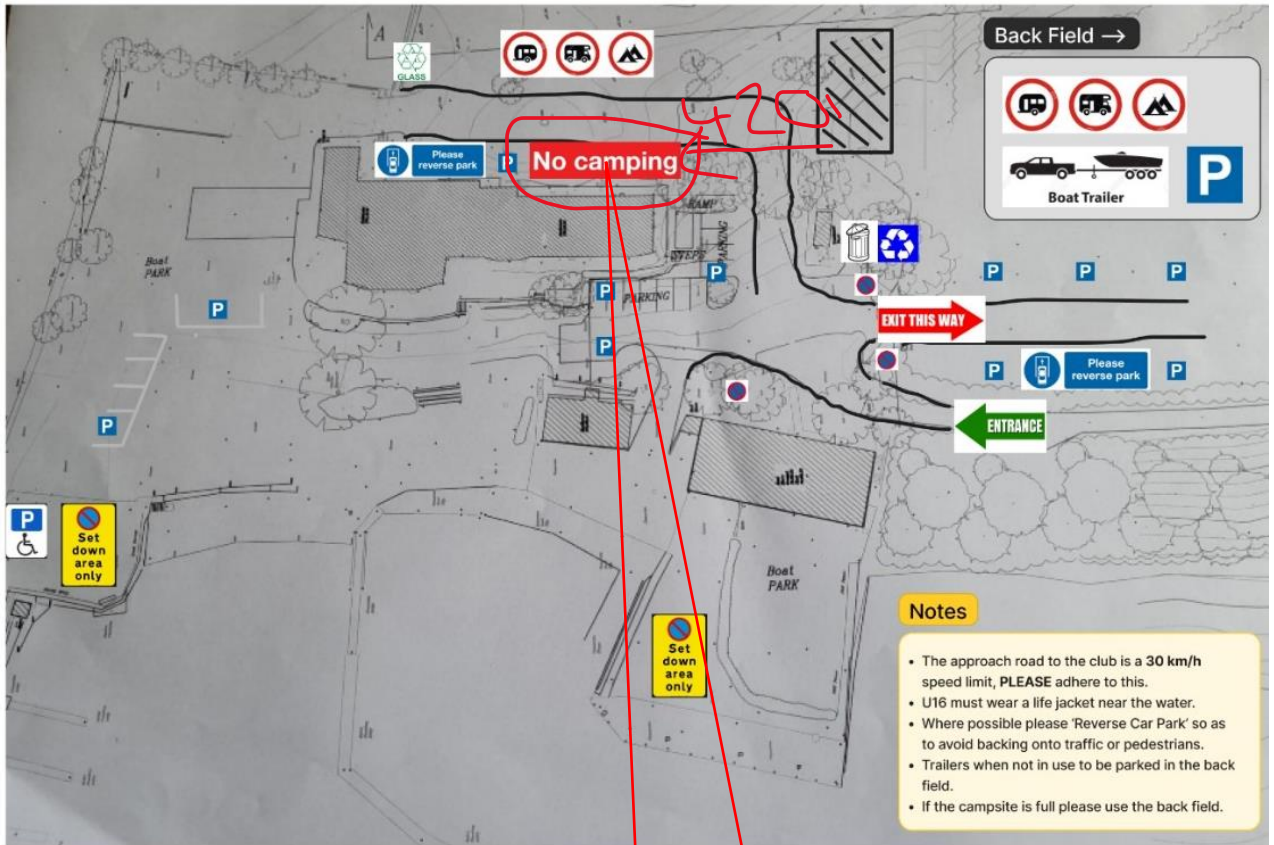
**Coaches:** Graeme Grant, Cara McDowell, Paddy Whyte, Ben Graf, Aly O Sullivan, Eoghan Duffy and Alex Leech

**420 Association Committee members** in LRYC will be Martina Whyte (LRYC) 086 6068810, Ceara Sweetman (WHBTC) 087 2863839, Ray Hanley (KYC) 08 7 621 0997. Parent assistance welcome and appreciated. Volunteer sheet will follow.

**Times of Coaching:** 10am – 5pm, with lunch at 1pm, unless otherwise advised on WhatsApp. The coaches intend to spend at least 15 hours on the water over the three days and encourage sailors to be punctual. Start and finish times may vary to suit local weather conditions so please check the Irish 420 Class sailors Group WhatsApp for updates.

**Boat preparation :**Your coaches recommend checking over your boat before the training session and having mast up, ready to rig on by 9am Saturday Morning. Map overleaf

**Map of new Club layout overleaf – significant access changes made in 2023!**



You can leave your 420 here on its trolley