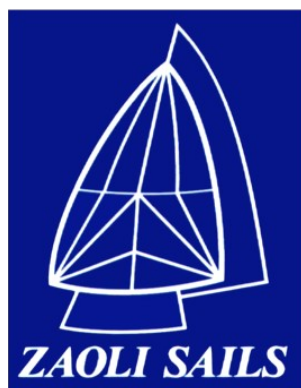


420 TRAINING CAMP

15-17 October 2010

Aregai, Imperia, Italy

Powered by Zaoli Sails



Notice of Training Camp

1. Venue

The Training Camp will be held from 15 to 17 October 2010, in Imperia Italy. Boats will be hosted at Yacht Club Aregai

2. Eligibility

The Camp is open to all sailors wishing to improve their racing skills, boat handling and fine tunings. Those teams expressing interest, may also have the opportunity to test the new models 2010-2011 from Zaoli Sails under development.

The Camp is organized by some of the best International coaches:

Riccardo de FELICE (ITA)
coach of **2010 World and European Champions Girls**
De la Fuente Juan (ARG)
470 Bronze Medal Sydney 2000, Gold Medal European 2005
Three times to the Olympic Games

3. Programme

Maximum number of boats : 20

The teams will be divided to groups of 4-7 boats

The groups will move between the coaches and the sailors will make the most of every coach expertise

14/10 Thu Arrival day during the afternoon

15/10 Fri Boat handling – Boat tuning, in the evening Theory (system, etc.)

16/10 Sat two training session :boat handling – Racing, , starting drills, tactic, the evening Theory (systems, etc.)

17/10 Sun one training **session**: Trimming & Tuning, Racing and Goodbye

4. Entry and Payment

To register please complete and submit the Entry Form below and send by e-mail to the given address

420 Training Camp 15-17 October 2010; Imperia

5. Entry Fees

5.1 The entry fees are:

(a) 3 days **Only Coaching**:EUR.120,00 per boat per day

(b) 3 days of **Coaching & Accommodation** all-inclusive: EUR.220,00 per boat per day
Including Hotel, breakfast, lunch-pack & dinner for the whole period.

(c) The **full entry fee** for 3 days "All-inclusive" is EUR. 660,00 per boat.
This includes Training, accommodation and meals starting with dinner on the arrival day and finishing with lunch on the official departure day

(c.1) If you wish to take part to the Camp for less than 3 days, the entry fee will be adjusted depending on effective days of Training and accommodation.

5.2 The charter boat fee is not included. Please see "charter boats" further below.

5.3 Payment Instructions:

After completing and submitting the registration form you will be sent an email with the payment instructions.

6. Accommodation

6.1 Official lodging will be provided from the arrival day until the official departure day.

6.2 All meals will be provided, starting with dinner on the official arrival day, ending with lunch on the official departure day

7. Transportation

7.1 Aregai could be reached very easily by bus from Nice Airport or Genova - more information will be provided after booking.

8. Charter Boats

8.1 Charter boats will be available to participants on request.

8.2 Charter boats will be supplied from the organizers fully equipped but without sails.

8.3 Charter Fee may vary from EUR.250,00 to EUR.400,00€ for the whole period of training, depending on the conditions of each boat

9. Contacts

For further information please contact:

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