

420 Coach: Federico Lopez
 Head Coach: Agustin Ferrario

Royal Nova Scotia Yacht Squadron
 420 Race Team 2014

Agustin Ferrario
 coach@rnsys.com

2014	May			June			July			August			September			
o	50%	Boat handling		30%	Boat handling			10%	Boat handling		10%	Boat handling		20%	Boat handling	
c	30%	Speed		50%	Speed			30%	Speed		20%	Speed		40%	Speed	
u	15%	Starts		15%	Starts			40%	Starts		35%	Starts		30%	Starts	
s	5%	Tactics		5%	Tactics			20%	Tactics		35%	Tactics		10%	Tactics	
Date		LOCAL	AWAY		LOCAL	AWAY			LOCAL			LOCAL	AWAY		LOCAL	
1st	T			S			1st	T			F			M		
2nd	F			M			2nd	W	RNSYS		S	RNSYS		T		
3rd	S	Spring Series		T	After school		3rd	T			S				W	
4th	S			W			4th	F			M				T	
5th	M			T	After school		5th	S			T			F		
6th	T			F			6th	S			W		travel	S	Fall Series	
7th	W			S	Spring Series		7th	M	RNSYS		T		travel/sail	S		
8th	T	After school		S			8th	T				F		train	M	
9th	F			M			9th	W			S		train	T	After school	
10th	S	Spring Series		I	After school		10th	I	YOTS		S		registration	W		
11th	S			W			11th	F				M			T	After school
12th	M			T	After school		12th	S	ARK Bedford		T		CORK Irl (Kingston)	F		
13th	I	After school		F			13th	S				W			S	Fall Series
14th	W			S	Spring Series		14th	M			I			S		
15th	T	After school		S			15th	T	High performance camp (SMSC)		F		travel	M		
16th	F			M			16th	W				S		travel	T	After school
17th	S	Spring Series		T	After school		17th	T				S			W	
18th	S				W			18th	F			M			I	After school
19th	M			T	After school		19th	S	SAIL EAST (SMSC)		T	DYC Training & Bamsey Cup		F		
20th	I	After school		F			20th	S					W		S	Fall Series
21st	W			S			21st	M			T			S		
22nd	T	After school		S			22nd	T		travel	F			M		
23rd	F			M			23rd	W		train	S			T	After school	
24th	S	RNSYS Regatta		I			24th	I		train	S			W		
25th	S				W	RNSYS		25th	F			M	RNSYS		I	After school
26th	M			T			26th	S	Hyannis		T				F	
27th	I	After school		F			27th	S				W				S
28th	W			S			28th	M		travel	T			S		
29th	I	After school		S			29th	I			F			M		
30th	F			M	RNSYS		30th	W			S			T	After school	
31st	S	Spring Series					31st	I	RNSYS		S	Kennedy Cup				