

SAF Yacht Club Squad Training Schedule (Updated on 10 December 2019)

Month: January - June 2019

Squad: Optimist HP, A1 & A2

Dates	Training	Training Starts Time	Location	Events	Coach on Duty	Remarks
	Yes / No					
5-Jan-19	Yes	0930 - 1230	NSRCC	A3 Squad	Coach Low	
		1.30pm - 4.30pm		A2 Squad	Coach Gracina & Coach Low	
		2.00pm - 5.00pm		A1 Squad	Coach Bryan Quek	
				HP Squad	Coach Xiaodong	
6-Jan-19	Yes	0930 - 1230	NSRCC	A3 Squad	Coach Bryan & Hu	
		1.30pm - 4.30pm		A2 Squad	Coach Gracina	
		2.00pm - 5.00pm		A1 Squad	Coach Bryan Quek	
				HP Squad	Coach Bryan & Xiaodong	
8-Jan-19	No	11:00am	NSRCC - NSC	Transfer of Boat to NSC (GOLD FLEET QUALIFYING REGATTA and NSC Cup Series 1)		Sailors are not required to be around during boat transfer.
12 & 13 Jan 19	Regatta	Refer to Sailing Instructions	NSC	Gold Fleet Qualifying Regatta	Coach Bryan Quek	Invited sailors only. Invitation will be sent by SingaporeSailing
12-Jan-19	Yes	0930 - 1230	NSC	A3 Squad	Coach Low	sailors who are not participating in Gold Fleet Qualifying regatta to combine trg with Coach Xiaodong Squad (Opti HP)
		1.30pm - 4.30pm		A2 Squad	Coach Gracina & Coach Low	
		2.00pm - 5.00pm		A1 Squad	Coach Bryan Quek	
				HP Squad	Coach Xiaodong	
13-Jan-19	Yes	0930 - 1230	NSC	A3 Squad	Coach Low	sailors who are not participating in Gold Fleet Qualifying regatta to combine trg with Coach Xiaodong Squad (Opti HP)
		1.30pm - 4.30pm		A2 Squad	Coach Gracina & Coach Low	
		2.00pm - 5.00pm		A1 Squad	Coach Bryan Quek	
				HP Squad	Coach Xiaodong	
18 - 20 Jan 19	Regatta	Refer to Sailing Instructions	NSC	NSC Cup Series 1	all coaches	There will be no training for sailors who are not taking part in the regatta
22-Jan-19	No	11:00am	NSC - NSRCC	Transfer of Boat back to NSRCC		Sailors are not required to be around during boat transfer.
26-Jan-19	Yes	0930 - 1230	NSRCC	A3 Squad	Coach Low	
		1.30pm - 4.30pm		A2 Squad	Coach Gracina & Coach Low	
		2.00pm - 5.00pm		A1 Squad	Coach Bryan Quek	
				HP Squad	Coach Xiaodong	
27-Jan-19	Yes	0930 - 1230	NSRCC	A3 Squad	Coach Low	
		1.30pm - 4.30pm		A2 Squad	Coach Gracina & Coach Low	
		2.00pm - 5.00pm		A1 Squad	Coach Bryan Quek	
				HP Squad	Coach Xiaodong	
Promotion excersice will take effect on 2 February 2019						
All A3 sailors will be promoted to A2 wef. 2 February 2019						
2-Feb-19	Yes	1.30pm - 4.30pm	NSRCC	A2 Squad	Coach Gracina & Low	
		2.00pm - 5.00pm		A1 Squad	Coach Bryan Quek	
				HP Squad	Coach Xiaodong	
3-Feb-19	Yes	1.30pm - 4.30pm	NSRCC	A2 Squad	Coach Gracina & Low	
		2.00pm - 5.00pm		A1 Squad	Coach Bryan Quek	
				HP Squad	Coach Xiaodong	
9-Feb-19		9.30am - 5.00pm	Sembawang	Byte & Laser Conversion Course		Registration closing date is : Sat, 02 February 2019

9-Feb-19	Yes	1.30pm - 4.30pm	NSRCC	A2 Squad	Coach Gracina & Low	
		2.00pm - 5.00pm		A1 Squad	Coach Bryan Quek	
10-Feb-19	Yes	1.30pm - 4.30pm	NSRCC	HP Squad	Coach Xiaodong	
		2.00pm - 5.00pm		A2 Squad	Coach Gracina & Low	
16-Feb-19	Yes	1.30pm - 4.30pm	NSRCC	A1 Squad	Coach Bryan Quek	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
17-Feb-19	Yes	1.30pm - 4.30pm	NSRCC	A2 Squad	Coach Gracina & Low	
		2.00pm - 5.00pm		A1 Squad	Coach Bryan Quek	
19-Feb-19	No	11:00am	NSRCC - RM	Transfer of Boat to RM (RM Optimist Regatta)		Sailors are not required to be around during boat transfer.
23 & 24 Feb 19	Regatta	Refer to Sailing Instructions	RM	RM Optimist Regatta	all coaches	There will be no training for sailors who are not taking part in the regatta
26-Feb-19	No	11:00am	RM - NSRCC	Transfer of Boat back to NSRCC		Sailors are not required to be around during boat transfer.
2-Mar-19	Yes	1.30pm - 4.30pm	NSRCC	A2 Squad	Coach Gracina & Low	
		2.00pm - 5.00pm		A1 Squad	Coach Bryan Quek	
3-Mar-19	Yes	1.30pm - 4.30pm	NSRCC	HP Squad	Coach Xiaodong	
		2.00pm - 5.00pm		A2 Squad	Coach Gracina & Low	
9-Mar-19	Yes	1.30pm - 4.30pm	NSRCC	A1 Squad	Coach Bryan Quek	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
10-Mar-19	Yes	1.30pm - 4.30pm	NSRCC	A2 Squad	Coach Gracina & Low	
		2.00pm - 5.00pm		A1 Squad	Coach Bryan Quek	
16-Mar-19	Yes	1.30pm - 4.30pm	NSRCC	HP Squad	Coach Xiaodong	
		2.00pm - 5.00pm		A2 Squad	Coach Gracina & Low	
17-Mar-19	Yes	1.30pm - 4.30pm	NSRCC	A1 Squad	Coach Bryan Quek	Sailors to rack up boats
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
19-Mar-19	No	11:00am	NSRCC - NSC	Transfer of Boat to NSC		Sailors are not required to be around during boat transfer.
20 - 23 Mar 19	Regatta	Refer to Sailing Instructions	NSC	National Youth Sailing Championship 2019	all Coaches	There will be no training for sailors who are not taking part in the regatta
There will be no training on 24 March 2019 - REST DAY. Training resume on 30 March 2019						
30 - 31 Mar 19	Regatta	Refer to Sailing Instructions	NSC	Sing Siam Regatta 2019	all Coaches	There will be no training for sailors who are not taking part in the regatta
		1.30pm - 4.30pm		A2 Squad	Coach Gracina & Low	

6-Apr-19	Yes	1.30pm - 4.30pm	NSC	A1 Squad	Coach Bryan Quek	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
7-Apr-19	Yes	1.30pm - 4.30pm	NSC	A2 Squad	Coach Gracina & Low	
		2.00pm - 5.00pm		A1 Squad	Coach Bryan Quek	
				HP Squad	Coach Xiaodong	

9 - 12 April 2019 : NATIONAL INTERSCHOOL

13-Apr-19	No	11:00am	NSC - NSRCC	Transfer of Boat to NSRCC	Sailors are not required to be around during boat transfer.
-----------	----	---------	-------------	---------------------------	--

14-Apr-19	Yes	1.30pm - 4.30pm	NSRCC	A2 Squad	Coach Gracina & Low	
		2.00pm - 5.00pm		A1 Squad	Coach Bryan Quek	
				HP Squad	Coach Xiaodong	

There will be no training on 20 - 21 April 2019 due to SAFYC Regatta (Dinghy) Training resume on 27 April

27 - 28 April 2019	Regatta	Refer to Sailing Instructions	NSRCC	16th SAFYC REGATTA (OPTI)	all Coaches	There will be no training for sailors who are not taking part in the regatta
--------------------	---------	-------------------------------	-------	----------------------------------	-------------	---

There will be no training on 4 - 12 May 2019 due to examinations break. Training resume on 18 May 2019.

18-May-19	Yes	1.30pm - 4.30pm	NSRCC	A2 Squad	Coach Gracina & Low	
		2.00pm - 5.00pm		A1 Squad	Coach Bryan Quek	
19-May-19	Yes	1.30pm - 4.30pm	NSRCC	HP Squad	Coach Xiaodong	
		2.00pm - 5.00pm		A2 Squad	Coach Gracina & Low	
				A1 Squad	Coach Bryan Quek	
				HP Squad	Coach Xiaodong	

25-May-19	Yes	1.30pm - 4.30pm	NSRCC	A2 Squad	Coach Gracina & Low	
		2.00pm - 5.00pm		A1 Squad	Coach Bryan Quek	
26-May-19	Yes	1.30pm - 4.30pm	NSRCC	HP Squad	Coach Xiaodong	
		2.00pm - 5.00pm		A2 Squad	Coach Gracina & Low	
				A1 Squad	Coach Bryan Quek	
				HP Squad	Coach Xiaodong	

1-Jun-19	Yes	1.30pm - 4.30pm	NSRCC	A2 Squad	Coach Gracina & Low	
		2.00pm - 5.00pm		A1 Squad	Coach Bryan Quek	
2-Jun-19	Yes	1.30pm - 4.30pm	NSRCC	HP Squad	Coach Xiaodong	
		2.00pm - 5.00pm		A2 Squad	Coach Gracina & Low	
				A1 Squad	Coach Bryan Quek	
				HP Squad	Coach Xiaodong	

8-Jun-19	Yes	1.30pm - 4.30pm	NSRCC	A2 Squad	Coach Gracina & Low	
		2.00pm - 5.00pm		A1 Squad	Coach Bryan Quek	
9-Jun-19	Yes	1.30pm - 4.30pm	NSRCC	HP Squad	Coach Xiaodong	
		2.00pm - 5.00pm		A2 Squad	Coach Gracina & Low	
				A1 Squad	Coach Bryan Quek	
				HP Squad	Coach Xiaodong	

11-Jun-19	No	11:00am	NSRCC - NSC	Transfer of Boat to NSC (Singapore National Sailing Championship)	Sailors are not required to be around during boat transfer.
-----------	----	---------	-------------	--	--

12 - 15 Jun 19	Regatta	Refer to Sailing Instructions	NSC	Singapore National Sailing Championships	all coaches	There will be no training for sailors who are not taking part in the regatta
----------------	---------	-------------------------------	-----	---	-------------	---

18-Jun-19	No	11:00am	NSC - NSRCC	Transfer of Boat back to NSRCC		Sailors are not required to be around during boat transfer.
22-Jun-19	Yes	1.30pm - 4.30pm	NSRCC	A2 Squad	Coach Gracina & Low	
		2.00pm - 5.00pm		A1 Squad	Coach Bryan Quek	
				HP Squad	Coach Xiaodong	
23-Jun-19	Yes	1.30pm - 4.30pm	NSRCC	A2 Squad	Coach Gracina & Low	
		2.00pm - 5.00pm		A1 Squad	Coach Bryan Quek	
				HP Squad	Coach Xiaodong	
29-Jun-19	Yes	1.30pm - 4.30pm	NSRCC	A2 Squad	Coach Gracina & Low	
		2.00pm - 5.00pm		A1 Squad	Coach Bryan Quek	
				HP Squad	Coach Xiaodong	
30-Jun-19	Yes	1.30pm - 4.30pm	NSRCC	A2 Squad	Coach Gracina & Low	
		2.00pm - 5.00pm		A1 Squad	Coach Bryan Quek	
				HP Squad	Coach Xiaodong	