Month: July - Dec 2021 Squad: Laser HP Squad

|   | Training            |   |                               |  |  |  |
|---|---------------------|---|-------------------------------|--|--|--|
| Dates   | Yes / No            | Training Starts Time  | Location                      | Events   | Coach on Duty  | Remarks  |
|   |                     |   |                               |  |  |  |
| 3-Jul-21  | Yes                 | 2:30pm-5:30pm   | NSRCC                         | Laser Squad Training   | Coach Hu   |  |
| 4-Jul-21  | Yes                 | 2:30pm-5:30pm   | NSRCC                         | Laser Squad Training   | Coach Hu   |  |
|   |                     |   |                               |  |  |  |
| 10-Jul-21                                       | Yes                 | 2:30pm-5:30pm   | NSRCC                         | Laser Squad Training   | Coach Hu   |  |
| 11-Jul-21                                       | Yes                 | 2:30pm-5:30pm   | NSRCC                         | Laser Squad Training   | Coach Hu   |  |
|   |                     |   |                               |  |  |  |
| 17-Jul-21                                       | Yes                 | 2:30pm-5:30pm   | NSRCC                         | Laser Squad Training   | Coach Hu   |  |
| 18-Jul-21                                       | Yes                 | 2:30pm-5:30pm   | NSRCC                         | Laser Squad Training   | Coach Hu   |  |
|   |                     |   |                               |  |  |  |
| 24-Jul-21                                       | Yes                 | 2:30pm-5:30pm   | NSRCC                         | Laser Squad Training   | Coach Hu   |  |
| 25-Jul-21                                       | Yes                 | 2:30pm-5:30pm   | NSRCC                         | Laser Squad Training   | Coach Hu   |  |
|   |                     |   |                               |  |  |  |
| 31-Jul-21                                       | Yes                 | 2:30pm-5:30pm   | NSRCC                         | Laser Squad Training   | Coach Hu   |  |
| 1-Aug-21  | Yes                 | 2:30pm-5:30pm   | NSRCC                         | Laser Squad Training   | Coach Hu   |  |
|   |                     |   |                               |  |  |  |
| 7-8 Aug   | Regatta             | Refer to<br>Sailing Instructions  | NSC                           | Pesta Sukan Regatta (Laser)  | Coach Hu   | No training for sailors not participating in the regatta |
|   |                     | J   |                               |  |  |  |
| 7-Aug-21  | No                  |   | NSRCC                         |  |  | No Training due to regatta                               |
| 8-Aug-21  | No                  |   | NSRCC                         |  |  | No Training due to regatta                               |
|   |                     |   |                               |  |  |  |
| 14-Aug-21                                       | Yes                 | 2:30pm-5:30pm   | NSRCC                         | Laser Squad Training   | Coach Hu   |  |
| 15-Aug-21                                       | Yes                 |   |                               | 3  |  |  |
|   |                     | 2:30pm-5:30pm   | NSRCC                         | Laser Squad Training   |  |  |
|   | 100                 | 2:30pm-5:30pm   | NSRCC                         | Laser Squad Training   | Coach Hu   |  |
| 21-Aug-21                                       | Yes                 | 2:30pm-5:30pm<br>2:30pm-5:30pm  | NSRCC<br>NSRCC                | Laser Squad Training  Laser Squad Training   |  |  |
| 21-Aug-21<br>22-Aug-21                          |                     |   |                               |  | Coach Hu   |  |
|   | Yes                 | 2:30pm-5:30pm   | NSRCC                         | Laser Squad Training   | Coach Hu<br>Coach Hu                                       |  |
|   | Yes                 | 2:30pm-5:30pm   | NSRCC                         | Laser Squad Training   | Coach Hu<br>Coach Hu                                       |  |
| 22-Aug-21                                       | Yes<br>Yes          | 2:30pm-5:30pm<br>2:30pm-5:30pm  | NSRCC<br>NSRCC                | Laser Squad Training  Laser Squad Training   | Coach Hu  Coach Hu  Coach Hu                               |  |
| 22-Aug-21<br>28-Aug-21                          | Yes<br>Yes          | 2:30pm-5:30pm<br>2:30pm-5:30pm<br>2:30pm-5:30pm                                   | NSRCC<br>NSRCC                | Laser Squad Training Laser Squad Training  Laser Squad Training  | Coach Hu  Coach Hu  Coach Hu  Coach Hu                     |  |
| 22-Aug-21<br>28-Aug-21                          | Yes<br>Yes          | 2:30pm-5:30pm<br>2:30pm-5:30pm<br>2:30pm-5:30pm                                   | NSRCC<br>NSRCC                | Laser Squad Training Laser Squad Training  Laser Squad Training  | Coach Hu  Coach Hu  Coach Hu  Coach Hu                     |  |
| 22-Aug-21<br>28-Aug-21<br>29-Aug-21             | Yes Yes Yes Yes     | 2:30pm-5:30pm<br>2:30pm-5:30pm<br>2:30pm-5:30pm<br>2:30pm-5:30pm                  | NSRCC NSRCC NSRCC NSRCC       | Laser Squad Training  Laser Squad Training  Laser Squad Training  Laser Squad Training                       | Coach Hu Coach Hu Coach Hu Coach Hu Coach Hu               |  |
| 22-Aug-21<br>28-Aug-21<br>29-Aug-21<br>4-Sep-21 | Yes Yes Yes Yes Yes | 2:30pm-5:30pm<br>2:30pm-5:30pm<br>2:30pm-5:30pm<br>2:30pm-5:30pm<br>2:30pm-5:30pm | NSRCC NSRCC NSRCC NSRCC NSRCC | Laser Squad Training  Laser Squad Training  Laser Squad Training  Laser Squad Training  Laser Squad Training | Coach Hu  Coach Hu  Coach Hu  Coach Hu  Coach Hu  Coach Hu |  |
| 22-Aug-21<br>28-Aug-21<br>29-Aug-21<br>4-Sep-21 | Yes Yes Yes Yes Yes | 2:30pm-5:30pm<br>2:30pm-5:30pm<br>2:30pm-5:30pm<br>2:30pm-5:30pm<br>2:30pm-5:30pm | NSRCC NSRCC NSRCC NSRCC NSRCC | Laser Squad Training  Laser Squad Training  Laser Squad Training  Laser Squad Training  Laser Squad Training | Coach Hu  Coach Hu  Coach Hu  Coach Hu  Coach Hu  Coach Hu |  |

| 18-Sep-21 | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
|-----------|-----|---------------|-------|----------------------|----------|------------------------------|
| 19-Sep-21 | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
|           |     |               |       |                      |          |                              |
| 25-Sep-21 | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
| 26-Sep-21 | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
|           |     |               |       |                      |          |                              |
| 2-Oct-21  | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
| 3-Oct-21  | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
|           |     |               |       |                      |          |                              |
| 9-Oct-21  | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
| 10-Oct-21 | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
|           |     |               |       |                      |          |                              |
| 16-Oct-21 | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
| 17-Oct-21 | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
|           |     |               |       |                      |          |                              |
| 23-Oct-21 | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
| 24-Oct-21 | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
|           |     |               |       |                      |          |                              |
| 30-Oct-21 | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
| 31-Oct-21 | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
|           |     |               |       |                      |          |                              |
| 6-Nov-21  | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
| 7-Nov-21  | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
|           |     |               |       |                      |          |                              |
| 13-Nov-21 | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
| 14-Nov-21 | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
|           |     |               |       |                      | _        |                              |
| 20-Nov-21 | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
| 21-Nov-21 | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
|           |     |               |       |                      | _        |                              |
| 27-Nov-21 | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
| 28-Nov-21 | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
|           |     |               |       |                      |          |                              |
| 4-Dec-21  | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
| 5-Dec-21  | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
|           |     |               |       |                      |          |                              |
| 11-Dec-21 | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
| 12-Dec-21 | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
|           |     |               |       |                      |          |                              |
| 18-Dec-21 | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
| 19-Dec-21 | Yes | 2:30pm-5:30pm | NSRCC | Laser Squad Training | Coach Hu |                              |
|           |     |               |       |                      |          |                              |
| 25-Dec-21 | No  |               | NSRCC |                      |          | No Training due to Chirstmas |
| 26-Dec-21 | No  |               | NSRCC |                      |          | No Training Year-end Break   |
|           |     |               |       |                      |          |                              |