

SAF Yacht Club Squad Training Schedule (Updated on 28 April 2021)

Month: July - Dec 2021

Squad: Optimist HP, A1, A2 & A3

Dates	Training	Training Starts Time	Location	Events	Coach on Duty	Remarks
	Yes / No					
3-Jul-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
4-Jul-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
10-Jul-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
11-Jul-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
17-Jul-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
18-Jul-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
24-Jul-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		2.00pm - 5.00pm		A1 Squad	Coach Xiaodong	
				HP Squad		
25-Jul-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		2.00pm - 5.00pm		A1 Squad	Coach Xiaodong	
				HP Squad		
31 July-1 Aug	Regatta	Refer to Sailing Instructions	NSC	Pesta Sukan Regatta (Silver Fleet)	Coach Low Coach Gracina Coach Micheal Tan	No training for sailors not participating in the regatta
31-Jul-21	Yes		NSRCC			No training for A squad due to regatta HP training as per normal
1-Aug-21	Yes		NSRCC			No training for A squad due to regatta HP training as per normal
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	

7-8 Aug	Regatta	Refer to Sailing Instructions	NSC	Pesta Sukan Regatta (Gold Fleet)	Coach Xiaodong	No training for sailors not participating in the regatta
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7-Aug-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	No training for Hp squad due to regatta A squad training as per normal
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
8-Aug-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	No training for Hp squad due to regatta A squad training as per normal
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	

14-Aug-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
15-Aug-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	

21-Aug-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
22-Aug-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	

28-Aug-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
29-Aug-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	

4-Sep-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
5-Sep-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	

11-Sep-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
12-Sep-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
18-Sep-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
19-Sep-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
25-Sep-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
26-Sep-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
2-Oct-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
3-Oct-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	

9-Oct-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
10-Oct-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
16-Oct-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
17-Oct-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
23-Oct-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
24-Oct-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
30-Oct-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
31-Oct-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
6-Nov-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
7-Nov-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
13-Nov-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
14-Nov-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	

20-Nov-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
21-Nov-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
27-Nov-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
28-Nov-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
4-Dec-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
5-Dec-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
11-Dec-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
12-Dec-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
18-Dec-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
19-Dec-21	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
25-Dec-21	No		NSRCC			No Training due to Christmas
26-Dec-21	No		NSRCC			No Training Year-end Break