	Tueinin					
Dates	Training Yes / No	Training Starts Time	Location	Events	Coach on Duty	Remarks
		12.30pm - 3.30pm		A3 Squad	Coach Low	
3-Jul-21	Yes	1.00pm - 4.00pm	NSRCC	A2 Squad	Coach Gracina	
3-001-21	103	1.30pm - 4.30pm	Nonco	A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
		12.30pm - 3.30pm		A3 Squad	Coach Low	
4-Jul-21	Yes	1.00pm - 4.00pm	NSRCC	A2 Squad	Coach Gracina	
4-Jul-2 I	163	1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
		12.30pm - 3.30pm		A3 Squad	Coach Low	
	.,	1.00pm - 4.00pm		A2 Squad	Coach Gracina	
10-Jul-21	Yes	1.30pm - 4.30pm	NSRCC	A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm	1	HP Squad	Coach Xiaodong	
		12.30pm - 3.30pm		A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
11-Jul-21	Yes	1.30pm - 4.30pm	NSRCC	A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
	ı					
		12.30pm - 3.30pm		A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
17-Jul-21	Yes	1.30pm - 4.30pm	NSRCC	A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
		12.30pm - 3.30pm		A3 Squad	Coach Low	
		1.00pm - 4.00pm	- NSRCC	A2 Squad	Coach Gracina	
18-Jul-21	Yes	1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
		2.00pm - 5.00pm		пг очиви	Coacii Alaodolig	
	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
24-Jul-21		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
24-Jui-2 i		2.00pm - 5.00pm		A1 Squad	Coach Xiaodong	
		2.00pm - 5.00pm		HP Squad	Coach Alaodong	
	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
25-Jul-21		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
20-Jul-2 I		0.00 5.00		A1 Squad	Coach Xiaodong	
		2.00pm - 5.00pm		HP Squad		
	•	•	•	<u> </u>	•	
					Coach Low	
31 July-1 Aug	Regatta	Refer to	NSC	Pesta Sukan Regatta (Silver Fleet)	Coach Gracina	No training for sailors not participating in the regatta
		Sailing Instructions			Coach Micheal Tan	
04 1 : 5 :	Yes		NSRCC -			No training for A squad due to regatta
31-Jul-21						HP training as per normal
 		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
				- 7		
			1			No training for A squad due to regatta
1-Aug-21	Yes		NSRCC			HP training as per normal
		2.00pm - 5.00pm	ļ	HP Squad	Coach Xiaodong	TIF training as per normal

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
	1	10.00	1	100		
		12.30pm - 3.30pm	1	A3 Squad	Coach Low	No toolston for the count does to recent
7-Aug-21	Yes	1.00pm - 4.00pm	NSRCC	A2 Squad	Coach Gracina	No training for Hp squad due to regatta
, and the second		1.30pm - 4.30pm	-	A1 Squad	Coach Micheal Tan	A squad training as per normal
		12.30pm - 3.30pm		A3 Squad	Coach Low	
0.4 . 04	.,	1.00pm - 4.00pm	NSRCC	A2 Squad	Coach Gracina	No training for Hp squad due to regatta
8-Aug-21	Yes	1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	A squad training as per normal
		12.30pm - 3.30pm		A3 Squad	Coach Low	
14 A 24	Yes	1.00pm - 4.00pm	NSRCC	A2 Squad	Coach Gracina	
14-Aug-21	res	1.30pm - 4.30pm	NOKCC	A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm	1	HP Squad	Coach Xiaodong	
		12.30pm - 3.30pm		A3 Squad	Coach Low	
45 A.v. 04	Vaa	1.00pm - 4.00pm	NSRCC	A2 Squad	Coach Gracina	
15-Aug-21	Yes	1.30pm - 4.30pm	NSRCC	A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm	1	HP Squad	Coach Xiaodong	
		12.30pm - 3.30pm		A3 Squad	Coach Low	
21-Aug-21	V	1.00pm - 4.00pm	NSRCC	A2 Squad	Coach Gracina	
21-Aug-21	Yes	1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
		12.30pm - 3.30pm		A3 Squad	Coach Low	
22 Aug 21	Van	1.00pm - 4.00pm	NEDCC	A2 Squad	Coach Gracina	
22-Aug-21	Yes	1.30pm - 4.30pm	NSRCC	A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
		12.30pm - 3.30pm		A3 Squad	Coach Low	
28-Aug-21	Yes	1.00pm - 4.00pm	NSRCC	A2 Squad	Coach Gracina	
20-Aug-21	Tes	1.30pm - 4.30pm	NSRCC	A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
	Yes	12.30pm - 3.30pm	NSRCC -	A3 Squad	Coach Low	
29-Aug-21		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm	l	HP Squad	Coach Xiaodong	
	Yes	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
4-Sep-21		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
P = -		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
		12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
5-Sep-21	Yes	1.00pm - 4.00pm		A2 Squad	Coach Gracina	
P		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	

Yes	12.30pm - 3.30pm	NSRCC	'	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	
	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
Voc	1.00pm - 4.00pm		A2 Squad	Coach Gracina	
res	1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
	2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
	12.30pm - 3.30pm		A3 Squad	Coach Low	
Voc	1.00pm - 4.00pm	Nedcc	A2 Squad	Coach Gracina	
168	1.30pm - 4.30pm	NSRCC	A1 Squad	Coach Micheal Tan	
	2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
	12.30pm - 3.30pm		A3 Squad	Coach Low	
V	1.00pm - 4.00pm	Nence	A2 Squad	Coach Gracina	
Yes	1.30pm - 4.30pm	NSRCC	A1 Squad	Coach Micheal Tan	
	2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
	12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
V	1.00pm - 4.00pm		A2 Squad	Coach Gracina	
Yes	1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
	2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
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	
•				•	
	12.30pm - 3.30pm		A3 Squad	Coach Low	
Yes	1.00pm - 4.00pm	NSRCC	A2 Squad	Coach Gracina	
	1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
	2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
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	
	1 11				
	Yes Yes Yes Yes	Yes 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 2.00pm - 5.00pm 13.0pm - 4.30pm 2.00pm - 5.00pm 2.00pm - 5.00pm 12.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.00pm 2.00pm - 5.00pm 12.30pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 1.00pm - 5.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 1.00pm - 5.00pm 1.00pm - 5.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 12.30pm - 4.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 12.30pm - 4.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 12.30pm - 4.00pm 12.00pm - 4.00pm 12.30pm - 4.00pm 12.00pm - 4.00pm 12.00pm 12.00pm - 4.00pm 12.00pm - 4.00pm 12.00pm - 4.00pm 12.00pm 12.00pm - 4.00pm 12.00pm - 4.00pm 12.00pm 12.00pm - 4.00pm 12.00pm 12.00pm - 4	Yes 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm NSRCC 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm NSRCC Yes 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm NSRCC Yes 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm NSRCC Yes 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm NSRCC Yes 1.30pm - 4.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm NSRCC Yes 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm NSRCC Yes 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm NSRCC	Yes	Yes

		12.30pm - 3.30pm		A3 Squad	Coach Low	
				'	Coach Gracina	
9-Oct-21	Yes	1.00pm - 4.00pm	NSRCC	A2 Squad		
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
		12.30pm - 3.30pm		A3 Squad	Coach Low	
10-Oct-21	Yes	1.00pm - 4.00pm	NSRCC	A2 Squad	Coach Gracina	
10-001-21	103	1.30pm - 4.30pm	HOROG	A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
		12.30pm - 3.30pm		A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
16-Oct-21	Yes	1.30pm - 4.30pm	NSRCC	A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm	İ	HP Squad	Coach Xiaodong	
		12.30pm - 3.30pm		A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
17-Oct-21	Yes		NSRCC			
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
	_	40.00 0.00		100	1 0	
		12.30pm - 3.30pm		A3 Squad	Coach Low	
23-Oct-21	Yes	1.00pm - 4.00pm	NSRCC	A2 Squad	Coach Gracina	
20 00(2)		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
		12.30pm - 3.30pm		A3 Squad	Coach Low	
04.0.1.04	V	1.00pm - 4.00pm	Nonco	A2 Squad	Coach Gracina	
24-Oct-21	Yes	1.30pm - 4.30pm	NSRCC	A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
				- 11111		
		12.30pm - 3.30pm		A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
30-Oct-21	Yes	1.30pm - 4.30pm	NSRCC	A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
		2.00piii - 3.00piii		Tii Oquau		
		40.00 0.00		40.0		
		12.30pm - 3.30pm		A3 Squad	Coach Low	
31-Oct-21	Yes	1.00pm - 4.00pm	NSRCC	A2 Squad	Coach Gracina	
31-Oct-21	Yes	1.00pm - 4.00pm 1.30pm - 4.30pm	NSRCC	A2 Squad A1 Squad		
31-Oct-21	Yes	1.00pm - 4.00pm	NSRCC	A2 Squad	Coach Gracina	
31-Oct-21	Yes	1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm	NSRCC	A2 Squad A1 Squad	Coach Gracina Coach Micheal Tan	
31-Oct-21	Yes	1.00pm - 4.00pm 1.30pm - 4.30pm	NSRCC	A2 Squad A1 Squad	Coach Gracina Coach Micheal Tan	
		1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm		A2 Squad A1 Squad HP Squad	Coach Gracina Coach Micheal Tan Coach Xiaodong	
31-Oct-21 6-Nov-21	Yes	1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm	NSRCC	A2 Squad A1 Squad HP Squad A3 Squad	Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low	
		1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm		A2 Squad A1 Squad HP Squad A3 Squad A2 Squad	Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Gracina	
		1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm		A2 Squad A1 Squad HP Squad A3 Squad A2 Squad A1 Squad HP Squad HP Squad	Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Gracina Coach Micheal Tan	
6-Nov-21	Yes	1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm	NSRCC	A2 Squad A1 Squad HP Squad A3 Squad A2 Squad A1 Squad HP Squad A1 Squad HP Squad A3 Squad	Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low	
		1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm		A2 Squad A1 Squad HP Squad A3 Squad A2 Squad A1 Squad HP Squad A1 Squad HP Squad A3 Squad A3 Squad A3 Squad	Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Low Coach Coach Low Coach Gracina	
6-Nov-21	Yes	1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm	NSRCC	A2 Squad A1 Squad HP Squad A3 Squad A2 Squad A1 Squad HP Squad A1 Squad A2 Squad A3 Squad A3 Squad A3 Squad A3 Squad A3 Squad A2 Squad A1 Squad	Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Micheal Tan	
6-Nov-21	Yes	1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm	NSRCC	A2 Squad A1 Squad HP Squad A3 Squad A2 Squad A1 Squad HP Squad A1 Squad HP Squad A3 Squad A3 Squad A3 Squad	Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Low Coach Coach Low Coach Gracina	
6-Nov-21	Yes	1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.00pm 2.00pm - 5.00pm	NSRCC	A2 Squad A1 Squad HP Squad A3 Squad A2 Squad A1 Squad HP Squad A1 Squad HP Squad A3 Squad A4 Squad A7 Squad A9 Squad A9 Squad A1 Squad A1 Squad A1 Squad	Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Coach Low Coach Gracina Coach Micheal Tan Coach Micheal Tan Coach Micheal Tan Coach Micheal Tan Coach Xiaodong	
6-Nov-21	Yes	1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.00pm 2.00pm - 5.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm	NSRCC	A2 Squad A1 Squad HP Squad A3 Squad A2 Squad A1 Squad HP Squad A1 Squad HP Squad A3 Squad A3 Squad A4 Squad A9 Squad A1 Squad A1 Squad A1 Squad A1 Squad	Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Gracina Coach Low Coach Gracina Coach Micheal Tan Coach Micheal Tan Coach Micheal Tan Coach Micheal Tan Coach Xiaodong	
6-Nov-21	Yes	1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.00pm 1.30pm - 4.00pm 1.30pm - 5.00pm 1.00pm - 4.00pm 1.00pm - 4.00pm	NSRCC	A2 Squad A1 Squad HP Squad A3 Squad A2 Squad A1 Squad HP Squad A1 Squad A2 Squad A3 Squad A3 Squad A2 Squad A1 Squad A2 Squad A1 Squad A1 Squad A2 Squad A1 Squad A2 Squad	Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Gracina Coach Low Coach Gracina Coach Micheal Tan Coach Micheal Tan Coach Micheal Tan Coach Micheal Tan Coach Gracina	
6-Nov-21 7-Nov-21	Yes	1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 12.30pm - 4.30pm 2.00pm - 5.00pm 11.30pm - 4.30pm 1.00pm - 4.00pm 1.30pm - 3.30pm 1.00pm - 5.00pm	NSRCC NSRCC	A2 Squad A1 Squad HP Squad A3 Squad A2 Squad A1 Squad HP Squad A3 Squad A3 Squad A3 Squad A4 Squad A9 Squad A1 Squad A2 Squad A1 Squad A1 Squad A1 Squad A1 Squad A1 Squad A1 Squad	Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Gracina Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Micheal Tan Coach Micheal Tan Coach Xiaodong	
6-Nov-21 7-Nov-21	Yes	1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 1.30pm - 4.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm	NSRCC NSRCC	A2 Squad A1 Squad HP Squad A3 Squad A2 Squad A1 Squad HP Squad A3 Squad A3 Squad A3 Squad A1 Squad A9 Squad A1 Squad	Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Gracina Coach Low Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Gracina Coach Xiaodong	
6-Nov-21 7-Nov-21	Yes	1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 1.30pm - 4.30pm 1.00pm - 4.00pm 1.30pm - 3.30pm 1.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 5.00pm 1.30pm - 4.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm	NSRCC NSRCC	A2 Squad A1 Squad HP Squad A3 Squad A2 Squad A1 Squad HP Squad A3 Squad A3 Squad A2 Squad A1 Squad A2 Squad A1 Squad A1 Squad A1 Squad HP Squad HP Squad HP Squad A3 Squad A7 Squad A8 Squad A9 Squad A9 Squad A1 Squad A1 Squad A1 Squad A2 Squad A3 Squad A3 Squad A3 Squad A4 Squad A5 Squad A5 Squad	Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Gracina Coach Low Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Gracina Coach Siaodong Coach Low Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low	
6-Nov-21 7-Nov-21 13-Nov-21	Yes Yes Yes	1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 1.30pm - 4.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm	NSRCC NSRCC	A2 Squad A1 Squad HP Squad A3 Squad A2 Squad A1 Squad HP Squad A3 Squad A3 Squad A3 Squad A1 Squad A9 Squad A1 Squad	Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Gracina Coach Low Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Gracina Coach Xiaodong	
6-Nov-21 7-Nov-21	Yes	1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm 1.30pm - 4.30pm 1.00pm - 4.00pm 1.30pm - 3.30pm 1.00pm - 5.00pm 12.30pm - 3.30pm 1.00pm - 5.00pm 1.30pm - 4.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm	NSRCC NSRCC	A2 Squad A1 Squad HP Squad A3 Squad A2 Squad A1 Squad HP Squad A3 Squad A3 Squad A2 Squad A1 Squad A2 Squad A1 Squad A1 Squad A1 Squad HP Squad HP Squad HP Squad A3 Squad A7 Squad A8 Squad A9 Squad A9 Squad A1 Squad A1 Squad A1 Squad A2 Squad A3 Squad A3 Squad A3 Squad A4 Squad A5 Squad A5 Squad	Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Low Coach Gracina Coach Low Coach Gracina Coach Micheal Tan Coach Xiaodong Coach Gracina Coach Micheal Tan Coach Micheal Tan Coach Xiaodong Coach Low	

		12.30pm - 3.30pm		A3 Squad	Coach Low	
00 Nov. 04	V	1.00pm - 4.00pm	NSRCC	A2 Squad	Coach Gracina	
20-Nov-21	Yes	1.30pm - 4.30pm	NSKCC	A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
		12.30pm - 3.30pm		A3 Squad	Coach Low	
		1.00pm - 4.00pm	1	A2 Squad	Coach Gracina	
21-Nov-21	Yes	1.30pm - 4.30pm	NSRCC	A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
<u> </u>		2.000111 0.000111		TH Oquad	Coddit Aldodolig	
		12.30pm - 3.30pm		A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
27-Nov-21	Yes	1.30pm - 4.30pm	NSRCC	A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
		12.30pm - 3.30pm		A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
28-Nov-21	Yes	1.30pm - 4.30pm	NSRCC	A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm				
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
		12.30pm - 3.30pm		A3 Squad	Coach Low	
		1.00pm - 4.00pm		A2 Squad	Coach Gracina	
4-Dec-21	Yes	1.30pm - 4.30pm	NSRCC	A2 Squad A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
		12.30pm - 3.30pm		A3 Squad	Coach Low	
5-Dec-21	Yes	1.00pm - 4.00pm	NSRCC	A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
		1	1	1		
		12.30pm - 3.30pm		A3 Squad	Coach Low	
11-Dec-21	Yes	1.00pm - 4.00pm	NSRCC	A2 Squad	Coach Gracina	
		1.30pm - 4.30pm		A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
		12.30pm - 3.30pm	NSRCC	A3 Squad	Coach Low	
12-Dec-21	Yes	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	
					•	
	1	12.30pm - 3.30pm]	A3 Squad	Coach Low	
18-Dec-21	Yes	1.00pm - 4.00pm	NSRCC	A2 Squad	Coach Gracina	
	100	1.30pm - 4.30pm	1.01.00	A1 Squad	Coach Micheal Tan	
	<u> </u>	2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
		12.30pm - 3.30pm		A3 Squad	Coach Low	
19-Dec-21	Yes	1.00pm - 4.00pm	NSRCC	A2 Squad	Coach Gracina	
10-060-21	163	1.30pm - 4.30pm	1401.00	A1 Squad	Coach Micheal Tan	
		2.00pm - 5.00pm		HP Squad	Coach Xiaodong	
25-Dec-21	No		NSRCC			No Training due to Christmas
20-De0-21	INU		NORGO			No Training due to Christmas
	1					
26 D 04	NI-		Nepec			No Training Very and Breek
26-Dec-21	No		NSRCC			No Training Year-end Break
	1		1			