

SAF Yacht Club Squad Training Schedule

Month: July to December 2022

Squad: Optimist HP, A1, A2, A3 and A4

Schedule is subject to changes and regatta dates

Dates	Training Yes/No	Training Time	Location	Events	Coach on Duty	Remarks
2-Jul-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
3-Jul-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
9-Jul-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
10-Jul-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
16-Jul-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
17-Jul-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
23-Jul-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
24-Jul-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

30-Jul-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
31-Jul-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

6-Aug-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
7-Aug-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

13-Aug-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
14-Aug-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

20-Aug-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
21-Aug-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

27-Aug-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
28-Aug-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

3-Sep-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
4-Sep-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

10-Sep-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
11-Sep-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

17-Sep-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
18-Sep-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

24-Sep-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
25-Sep-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

1-Oct-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
2-Oct-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

8-Oct-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
9-Oct-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

15-Oct-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
16-Oct-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

22-Oct-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
23-Oct-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

29-Oct-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
30-Oct-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

5-Nov-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
6-Nov-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

12-Nov-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
13-Nov-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

19-Nov-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
20-Nov-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

26-Nov-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
27-Nov-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

3-Dec-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
4-Dec-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

10-Dec-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
11-Dec-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

17-Dec-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
18-Dec-22	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Edward	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Gracina	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	