

SAF Yacht Club Squad Training Schedule

Month: July to October 2022

Squad: Laser

Schedule is subject to changes and regatta dates

Dates	Training Yes/No	Training Time	Location	Events	Coach on Duty	Remarks
2-Jul-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
3-Jul-22						
9-Jul-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
10-Jul-22						
16-Jul-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
17-Jul-22						
23-Jul-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
24-Jul-22						
30-Jul-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
31-Jul-22						
6-Aug-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
7-Aug-22						
13-Aug-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
14-Aug-22						
20-Aug-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
21-Aug-22						
27-Aug-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
28-Aug-22						
3-Sep-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
4-Sep-22						
10-Sep-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
11-Sep-22						
17-Sep-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
18-Sep-22						
24-Sep-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
25-Sep-22						
1-Oct-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
2-Oct-22						

8-Oct-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
9-Oct-22						
15-Oct-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
16-Oct-22						
22-Oct-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
23-Oct-22						
29-Oct-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
30-Oct-22						
5-Nov-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
6-Nov-22						
12-Nov-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
13-Nov-22						
19-Nov-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
20-Nov-22						
26-Nov-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
27-Nov-22						
3-Dec-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
4-Dec-22						
10-Dec-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
11-Dec-22						
17-Dec-22	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
18-Dec-22						