Month: January to June 2023 Squad: Laser

Schedule is subject to changes and regatta dates

Training Training Training Time Location Events Coach on Duty Remarks							
8-Jan-23	Dates		Training Time	Location	Events	Coach on Duty	Remarks
14-Jan-23		Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
15-Jan-23	8-Jan-23						
15-Jan-23	14lan-23						
22-Jan-23		Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
22-Jan-23							
28-Jan-23		No					No training due to CNY
29-Jan-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy	22-Jan-23						
29-Jan-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy	28- Jan-23		T	I		T	
Yes 10am Changi Sailing Club Laser Coach Hu & Coach Murphy The date for boat transfer to CSC will be 1st February 2023. 11-Feb-23 Yes 2.30pm - 5.30pm Changi Sailing Club Laser Coach Hu & Coach Murphy Training will be conducted in CSC 18-Feb-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy There will be no training for sailors that are not taking part in the regatta. The tenative date for boat transfer back to NSRCC will be 1st February 2023. 19-Feb-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy 25-Feb-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy 11-Mar-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy 11-Mar-23 Yes According to NoR/Si NSC Laser Coach Hu & Coach Murphy 11-Mar-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy 11-Mar-23 Yes According to NoR/Si NSC Laser Coach Hu & Coach Murphy 18-Mar-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy 18-Mar-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy 18-Mar-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy 25-Mar-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy 25-Mar-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy 25-Mar-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy		Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
Yes 10am Changi Sailing Club Laser Coach Hu & Coach Murphy Training will be not training to CSC will be 1st February 2023. 11-Feb-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy Training will be not training for sailors that are not taking part in the regatta. The date for boat transfer to CSC will be 1st February 2023. The rewill be not training for sailors that are not taking part in the regatta. The tenative date for boat transfer back to NSRCC will be 22 February 2023. 25-Feb-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy 4-Mar-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy 11-Mar-23 Yes According to NoR/Si NSC Laser Coach Hu & Coach Murphy 11-Mar-23 Yes According to NoR/Si NSC Laser Coach Hu & Coach Murphy 11-Mar-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy 13-Mar-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy 14-Mar-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy 15-Mar-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy 16-Mar-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy 17-Mar-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy 18-Mar-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy 18-Mar-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy				•			
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19-Feb-23	12-1 CD- 23						
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18-Mar-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy 25-Mar-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy							No training for sailors not participating
19-Mar-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy 25-Mar-23 Yes 2.30pm - 5.30pm NSRCC Laser Coach Hu & Coach Murphy			·	•		•	
25-Mar-23 Yes 2 30pm - 5 30pm NSRCC Laser Coach Hu & Coach Murphy		Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
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Yes Zaupm - 5.30pm NSRUU Laser Luach Hu & Coach Murphy L	25-Mar-23		T	l			1
		Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	

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1-Apr-23	Yes	According to NoR/Si	NSRCC	Laser	Coach Hu & Coach Murphy	SAFYC Regatta (Dinghy)
2-Apr-23					Coach Hu & Coach Mulphy	No training for sailors not participating
8-Apr-23	.,	0.00 5.00	NSRCC			
9-Apr-23	Yes	2.30pm - 5.30pm		Laser	Coach Hu & Coach Murphy	
15-Apr-23	Vaa	2 200 5 200	NSRCC	Laser		
16-Apr-23	Yes	2.30pm - 5.30pm			Coach Hu & Coach Murphy	
22-Apr-23	No		NSRCC	Lann		Sing-Siam Regatta
23-Apr-23	NO		NONCC	Laser		No training for sailors not participating
29-Apr-23	No			Laser		No Training due to SAFYC Regatta
30-Apr-23	INO			Lasei		(Optimist)
				•		
6-May-23	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
7-May-23		F				
40 May 00						
13-May-23	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
14-May-23						
20 May 22		1		Ī		
20-May-23	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
21-May-23		·				
27-May-23				1		
28-May-23	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
		•				
3-Jun-23		T				
4-Jun-23	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
				1		
10-Jun-23	No	1				No training due to Carnival by the Straits
11-Jun-23						(TBC)
11 0011 20				1	l	(.20)
17-Jun-23						
18-Jun-23	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
10-3411-23		1		<u> </u>	I	
24-Jun-23	1	2.30pm - 5.30pm	NSRCC	Laser	1	
25-Jun-23	Yes				Coach Hu & Coach Murphy	
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