

SAF Yacht Club Squad Training Schedule

Month: January to June 2023

Squad: Laser

Schedule is subject to changes and regatta dates

Dates	Training Yes/No	Training Time	Location	Events	Coach on Duty	Remarks
7-Jan-23	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
8-Jan-23						
14-Jan-23	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
15-Jan-23						
21-Jan-23	No					<i>No training due to CNY</i>
22-Jan-23						
28-Jan-23	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
29-Jan-23						
4-Feb-23	Yes	10am	Changi Sailing Club	Laser	Coach Hu & Coach Murphy	There will be no training for sailors that are not taking part in the regatta. The date for boat transfer to CSC will be 1st February 2023.
5-Feb-23						
11-Feb-23	Yes	2.30pm - 5.30pm	Changi Sailing Club	Laser	Coach Hu & Coach Murphy	<i>Training will be conducted in CSC</i>
12-Feb-23						
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 tentative date for boat transfer back to NSRCC will be 22 February 2023.
19-Feb-23						
25-Feb-23	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
26-Feb-23						
4-Mar-23	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
5-Mar-23						
11-Mar-23	Yes	According to NoR/Si	NSC	Laser	Coach Hu & Coach Murphy	Singapore Youth Sailing Championship Launching location TBC No training for sailors not participating
12-Mar-23						
13-Mar-23						
14-Mar-23						
18-Mar-23	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
19-Mar-23						
25-Mar-23	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
26-Mar-23						

1-Apr-23	Yes	According to NoR/Si	NSRCC	Laser	Coach Hu & Coach Murphy	<u>SAFYC Regatta (Dinghy)</u> No training for sailors not participating
2-Apr-23						
8-Apr-23	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
9-Apr-23						
15-Apr-23	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
16-Apr-23						
22-Apr-23	No		NSRCC	Laser		<u>Sing-Siam Regatta</u> No training for sailors not participating
23-Apr-23						
29-Apr-23	No			Laser		No Training due to SAFYC Regatta (Optimist)
30-Apr-23						
6-May-23	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
7-May-23						
13-May-23	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
14-May-23						
20-May-23	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
21-May-23						
27-May-23	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
28-May-23						
3-Jun-23	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
4-Jun-23						
10-Jun-23	No					No training due to Carnival by the Straits (TBC)
11-Jun-23						
17-Jun-23	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
18-Jun-23						
24-Jun-23	Yes	2.30pm - 5.30pm	NSRCC	Laser	Coach Hu & Coach Murphy	
25-Jun-23						