SAF Yacht Club Squad Training Schedule

Month: January to June 2023 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
		10.00am - 1.00pm	NSRCC	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
7-Jan-23	Yes	1.00pm - 4.00pm		A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm	1	HP	Coach Xiaodong	
		10.00am - 1.00pm	NSRCC	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
8-Jan-23	Yes	1.00pm - 4.00pm	1	A2	Coach Ignatius	
		1.30pm - 4.30pm	1 1	A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
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		10.00am - 1.00pm		A4	Coach Ignatius	
		12.30pm - 3.30pm	1 1	A3	Coach Low	
14-Jan-23	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Ignatius	
		1.30pm - 4.30pm	1 F	A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
		10.00am - 1.00pm		A4	Coach Ignatius	
		12.30pm - 3.30pm] [A3	Coach Low	
15-Jan-23	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
		10.00am - 1.00pm] [A4	Coach Ignatius	
		12.30pm - 3.30pm	_	A3	Coach Low	
28-Jan-23	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Ignatius	
		1.30pm - 4.30pm] [A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
		10.00am - 1.00pm	4 L	A4	Coach Ignatius	
		12.30pm - 3.30pm	╡∟	A3	Coach Low	
29-Jan-23	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Ignatius	
		1.30pm - 4.30pm	┥ └	A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

		10.00am - 1.00pm		A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
4-Feb-23	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm]	HP	Coach Xiaodong	
		10.00am - 1.00pm	NSRCC	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
5-Feb-23	Yes	1.00pm - 4.00pm		A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

		10.00am - 1.00pm		A4	Coach Ignatius	
		12.30pm - 3.30pm	NSRCC	A3	Coach Low	
11-Feb-23	11-Feb-23 Yes	1.00pm - 4.00pm		A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
		10.00am - 1.00pm	NSRCC	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
12-Feb-23	Yes	1.00pm - 4.00pm		A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

		10.00am - 1.00pm		A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
18-Feb-23	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
		10.00am - 1.00pm		A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
19-Feb-23	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Ignatius	
		1.30pm - 4.30pm]	A1	Coach Mike]
		2.00pm - 5.00pm	1	HP	Coach Xiaodong]

		10.00am - 1.00pm		A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
25-Feb-23	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
		10.00am - 1.00pm	NSRCC	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
26-Feb-23	Yes	1.00pm - 4.00pm		A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

		10.00am - 1.00pm		A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
4-Mar-23	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
		10.00am - 1.00pm	NSRCC	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
5-Mar-23	Yes	1.00pm - 4.00pm		A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

11-Mar-23	Yes	According to NoR/Si	NSC	All Optimist Training Squad	All NSRCC Coaches	Singapore Youth Sailing Championships - No Training for sailors not participating
12-Mar-23	Yes	According to NoR/Si	NSC	All Optimist Training Squad	All NSRCC Coaches	Singapore Youth Sailing Championships
13-Mar-23	Yes	According to NoR/Si	NSC	All Optimist Training Squad	All NSRCC Coaches	Singapore Youth Sailing Championships
14-Mar-23	Yes	According to NoR/Si	NSC	All Optimist Training Squad	All NSRCC Coaches	Singapore Youth Sailing Championships

	Yes	10.00am - 1.00pm		A4	Coach Ignatius	
		12.30pm - 3.30pm	NSRCC	A3	Coach Low	
18-Mar-23		1.00pm - 4.00pm		A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
		10.00am - 1.00pm	NSRCC	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
19-Mar-23	Yes	1.00pm - 4.00pm		A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

		10.00am - 1.00pm		A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
25-Mar-23	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Ignatius	
	1.30pm - 4.30pm		A1	Coach Mike		
		2.00pm - 5.00pm		HP	Coach Xiaodong	
		10.00am - 1.00pm	NSRCC	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
26-Mar-23 Ye	Yes	1.00pm - 4.00pm		A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

1-Apr-23	No			lo training due to 9	SAFYC Regatta (Ding	
2-Apr-23	No					,,,,,,,, .
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		10.00am - 1.00pm	1	A4	Coach Ignatius	_
		12.30pm - 3.30pm		A3	Coach Low	
8-Apr-23	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Ignatius	
		1.30pm - 4.30pm	1	A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	1
		10.00am - 1.00pm		A4	Coach Ignatius	
		12.30pm - 3.30pm	1	A3	Coach Low	1
9-Apr-23	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Ignatius	1
		1.30pm - 4.30pm	1	A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
r						-
		10.00am - 1.00pm	1	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
15-Apr-23	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Ignatius	
		1.30pm - 4.30pm	1 1	A1	Coach Mike	1
		2.00pm - 5.00pm	1	HP	Coach Xiaodong	1
		10.00am - 1.00pm		A4	Coach Ignatius	
		12.30pm - 3.30pm	1	A3	Coach Low	1
16-Apr-23	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Ignatius	1
		1.30pm - 4.30pm	1	A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
		1			1	
22-Apr-23	No		SBW			No Training due to Sing-Siam Regatta
23-Apr-23	No		SBW			No Training due to Sing-Siam Regatta
·					1	
29-Apr-23	Yes	According to NoR/Si	NSRCC	All Optimist Training Squad	All NSRCC Coaches	SAFYC Regatta (Optimist Gold & Silver)- No training for sailors not participating
30-Apr-23	Yes	According to NoR/Si	NSRCC	All Optimist Training Squad	All NSRCC Coaches	SAFYC Regatta (Optimist Gold & Silver)
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		10.00am - 1.00pm	1	A4	Coach Ignatius	
		12.30pm - 3.30pm	1	A3	Coach Low	
6-May-23	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
		10.00am - 1.00pm		A4	Coach Ignatius	
		12.30pm - 3.30pm	1	A3	Coach Low	
7-May-23	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Ignatius	7
		1.30pm - 4.30pm	1	A1	Coach Mike	7
		2.00pm - 5.00pm	1	HP	Coach Xiaodong	7
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		10.00am - 1.00pm	1	A4	Coach Ignatius	
		12.30pm - 3.30pm	1	A3	Coach Low	1
13-May-23	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Ignatius	1
		1.30pm - 4.30pm	1	A1	Coach Mike	1
		2.00pm - 5.00pm	1	HP	Coach Xiaodong	1
		10.00am - 1.00pm		A4	Coach Ignatius	
		12.30pm - 3.30pm	1	A3	Coach Low	1
14-May-23	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Ignatius	1
, .		1.30pm - 4.30pm	1	A1	Coach Mike	1
		2.00pm - 5.00pm	1	HP	Coach Xiaodong	-
		2.000111 0.0000111	-		obaon Maodong	
		10.00am - 1.00pm	1	A4	Coach Ignatius	
		12.30pm - 3.30pm	1	A3	Coach Low	-
20-May-23	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Ignatius	-
		1.30pm - 4.30pm	1	A1	Coach Mike	-
		2.00pm - 5.00pm	4	HP	Coach Xiaodong	-
		10.00am - 1.00pm		A4	Coach Ignatius	
		12.30pm - 3.30pm	4	A3	Coach Low	-
21-May-23	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Ignatius	-
21 may 20		1.30pm - 4.30pm		A1	Coach Mike	-
		2.00pm - 5.00pm	4	HP	Coach Xiaodong	-
		2.00pm - 5.00pm		LIE	Coacit Alabdolig	
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27-May-23	Yes	According to NoR/Si	RM	All Optimist Training Squad	All NSRCC Coaches	RM Optimist Championship- No training for sailors not participating
28-May-23	Yes	According to NoR/Si	RM	All Optimist Training Squad	All NSRCC Coaches	RM Optimist Championship

		10.00am - 1.00pm		A4	Coach Ignatius	
3-Jun-23		12.30pm - 3.30pm	NSRCC	A3	Coach Low	
	Yes	1.00pm - 4.00pm		A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
		10.00am - 1.00pm	NSRCC	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
4-Jun-23	Yes	1.00pm - 4.00pm		A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

10-Jun-23	No	No training due to Carnival By the Straits
11-Jun-23	No	

17-Jun-23	Yes	10.00am - 1.00pm		A4	Coach Ignatius	
		12.30pm - 3.30pm	1 Г	A3	Coach Low	
		1.00pm - 4.00pm	NSRCC	A2	Coach Ignatius	
		1.30pm - 4.30pm	1 Г	A1	Coach Mike	
		2.00pm - 5.00pm	1 [HP	Coach Xiaodong	
18-Jun-23	Yes	10.00am - 1.00pm		A4	Coach Ignatius	
		12.30pm - 3.30pm	1 [A3	Coach Low	
		1.00pm - 4.00pm	NSRCC	A2	Coach Ignatius	
		1.30pm - 4.30pm	1	A1	Coach Mike	
		2.00pm - 5.00pm	1 [HP	Coach Xiaodong	
					• – –	
	Yes	10.00am - 1.00pm		A4	Coach Ignatius	-
24-Jun-23		12.30pm - 3.30pm	1 [A3	Coach Low	
		1.00pm - 4.00pm	NSRCC	A2	Coach Ignatius	
		1.30pm - 4.30pm	1 [A1	Coach Mike	
		2.00pm - 5.00pm	1 [HP	Coach Xiaodong	
	Yes	10.00am - 1.00pm		A4	Coach Ignatius	
		12.30pm - 3.30pm	1 [A3	Coach Low	
25-Jun-23		1.00pm - 4.00pm	NSRCC	A2	Coach Ignatius	
		1.30pm - 4.30pm	1	A1	Coach Mike	1