

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
7-Jan-23	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
8-Jan-23	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
14-Jan-23	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
15-Jan-23	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
28-Jan-23	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
29-Jan-23	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	

4-Feb-23	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Ignatius
		12.30pm - 3.30pm		A3	Coach Low
		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
5-Feb-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Low
		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

11-Feb-23	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Ignatius
		12.30pm - 3.30pm		A3	Coach Low
		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-Feb-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Low
		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	10.00am - 1.00pm	NSRCC	A4	Coach Ignatius
		12.30pm - 3.30pm		A3	Coach Low
		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
19-Feb-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Low
		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-Feb-23	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Ignatius
		12.30pm - 3.30pm		A3	Coach Low
		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
26-Feb-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Low
		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	10.00am - 1.00pm	NSRCC	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
		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	
5-Mar-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Low	
		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	

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

18-Mar-23	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
		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	
19-Mar-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Low	
		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	10.00am - 1.00pm	NSRCC	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
		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	
26-Mar-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Low	
		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	

1-Apr-23	No	No training due to SAFYC Regatta (Dinghy)
2-Apr-23	No	

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

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

22-Apr-23	No		SBW			No Training due to Sing-Siam Regatta
23-Apr-23	No		SBW			No Training due to Sing-Siam Regatta

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)

6-May-23	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
7-May-23	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
13-May-23	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
14-May-23	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
20-May-23	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
21-May-23	Yes	10.00am - 1.00pm	NSRCC	A4	Coach Ignatius	
		12.30pm - 3.30pm		A3	Coach Low	
		1.00pm - 4.00pm		A2	Coach Ignatius	
		1.30pm - 4.30pm		A1	Coach Mike	
		2.00pm - 5.00pm		HP	Coach Xiaodong	
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

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

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