Schedule is subject to changes and regatta dates

Dates	Training Yes/No	Training Time	Location	Events	on Duty	Remarks
		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm	1	A2	Coach Low	
1-Jul-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	1
		2.00pm - 5.00pm	i i	Opti HP	Coach XiaoDong	1
		2.30pm-530pm	1	Laser HP	Coach Hu	1
		12.30pm - 3.30pm	$\overline{}$	A3	Coach Joelle	
		1.00pm - 4.00pm	1	A2	Coach Low	
2-Jul-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	1
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	1
		2.30pm-530pm	1	Laser HP	Coach Hu	1
		•			•	•
		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm	1	A2	Coach Low	
8-Jul-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	1
		2.00pm - 5.00pm	1	Opti HP	Coach XiaoDong	
		2.30pm-530pm	1	Laser HP	Coach Hu	1
		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm	1	A2	Coach Low	1
9-Jul-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	1
		2.00pm - 5.00pm	1	Opti HP	Coach XiaoDong	1
		2.30pm-530pm	1	Laser HP	Coach Hu	1
					-	•
		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm	1	A2	Coach Low	1
15-Jul-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	1
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	1
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm	1	A2	Coach Low	
16-Jul-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	1
		2.00pm - 5.00pm	1	Opti HP	Coach XiaoDong	1
		2.30pm-530pm	1	Laser HP	Coach Hu	1
-						
				A3	Coach Joelle	
				A2	Coach Low	NOO 0
22-Jul-23	Yes	As Per NoR/Si	NSC	A1	Ignatius	NSC Cup No training for sailors not participat
				Opti HP	Coach XiaoDong	No training for sallors not participat
				Laser HP	Coach Hu	
				A3	Coach Joelle	
				A2	Coach Low	
23-Jul-23	Yes	As Per NoR/Si	NSC	A1	Ignatius	NSC Cup
				Opti HP	Coach XiaoDong	No training for sailors not participat
				Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm		A2	Coach Low	
29-Jul-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm	opin .	Opti HP	Coach XiaoDong	
		2.30pm-530pm	1	Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm	1	A2	Coach Low	1
30-Jul-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
30-Jui-23		2.00pm - 5.00pm	1	Opti HP	Coach XiaoDong	1

				A3	Coach Joelle	
5-Aug-23 Yes		Yes As Per NoR/Si		A2	Coach Low	Pesta Sukan Regatta
	Yes		NSC	A1	Ignatius	No training for sailors not participating
				Opti HP	Coach XiaoDong	No training for sallors not participating
				Laser HP	Coach Hu	
				A3	Coach Joelle	
				A2	Coach Low	Pesta Sukan Regatta No training for sailors not participating
6-Aug-23 Yes	Yes	As Per NoR/Si	NSC	A1	Ignatius	
				Opti HP	Coach XiaoDong	
				Laser HP	Coach Hu	
		•				•
		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm]	A2	Coach Low	
12-Aug-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm] [Opti HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm]	A2	Coach Low	
13-Aug-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm	NSRCC	A3	Coach Joelle	
		1.00pm - 4.00pm		A2	Coach Low	
19-Aug-23	Yes 1.30pm - 4.30pm 2.00pm - 5.00pm			A1	Ignatius	
				Opti HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm	1	A3	Coach Joelle	
		1.00pm - 4.00pm	J l	A2	Coach Low	
20-Aug-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm]	Opti HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm	4	A3	Coach Joelle	4
	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	
26-Aug-23		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	1
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm	4	A3	Coach Joelle	4
		1.00pm - 4.00pm	J	A2	Coach Low	
27-Aug-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	1
		2.00pm - 5.00pm	4	Opti HP	Coach XiaoDong	4
		2.30pm-530pm		Laser HP	Coach Hu	

				А3	Coach Joelle	
2-Sep-23	Yes			A2	Coach Low	
2 00p 20	165			A1	Ignatius	
				Opti HP	Coach XiaoDong	
				Laser HP	Coach Hu	
	3-Sep-23 Yes			A3	Coach Joelle	
			NSC	A2	Coach Low	•
3-Sep-23				A1	Ignatius	- I
				Opti HP	Coach XiaoDong	Singapore National Sailing
				Laser HP	Coach Hu	Championships 2023
		As Per NoR/Si	NSC			
				A3	Coach Joelle	No Training for sailors not participating
4-Sep-23	Yes			A2	Coach Low	
				A1	Ignatius	
				Opti HP	Coach XiaoDong	
				Laser HP	Coach Hu	
				A3	Coach Joelle	
5-Sep-23	Yes			A2	Coach Low	
0 00p 20	100			A1	Ignatius	
				Opti HP	Coach XiaoDong	
				Laser HP	Coach Hu	
		12.30pm - 3.30pm	1	A3	Coach Joelle	
		1.00pm - 4.00pm	1	A2	Coach Low	
9-Sep-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm		A2	Coach Low	
10-Sep-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm]	Opti HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm	1	A3	Coach Joelle	
	.,	1.00pm - 4.00pm		A2	Coach Low	
16-Sep-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm		A2	Coach Low	
17-Sep-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm	1	Opti HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	
		12 20nm 2 20r		A2	Casab Jaalls	
		12.30pm - 3.30pm	1	A3 A2	Coach Joelle	- I
23-Sep-23	Yes	1.00pm - 4.00pm	NSRCC		Coach Low	
23-36p-23	162	1.30pm - 4.30pm 2.00pm - 5.00pm	Nonce	A1 Opti HP	Ignatius Coach XiaoDong	
		2.00pm - 5.00pm 2.30pm-530pm	-	Laser HP	Coach Hu	
		12.30pm - 3.30pm 1.00pm - 4.00pm	1	A3 A2	Coach Joelle Coach Low	-
24-Sep-23	Yes		NSRCC			
		1.30pm - 4.30pm	1 1	A1 Opti HP	Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	1
		12.30pm - 3.30pm		A3	Coach Joelle	1 .
		1.00pm - 4.00pm	1	A2	Coach Low	1
30-Sep-23	Yes	1.30pm - 4.30pm	NSRCC	A2 A1	Ignatius	1
' '		2.00pm - 5.00pm 2.30pm-530pm	Nonce	Opti HP	Coach XiaoDong	1
				Laser HP	Coach Hu	1
		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm	1	A2	Coach Low	1
1-Oct-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	i I
		2.00pm - 5.00pm	1	Opti HP	Coach XiaoDong	1
		2.30pm-530pm	1	Laser HP	Coach Hu	1
		L.oopin ooopin		Lubui I II	Codon na	

		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm	-	A3 A2	Coach Low	+
7-Oct-23	Yes	1.30pm - 4.30pm	NSRCC -	A2 A1	Ignatius	No Training for Laser HP due to exam
7-00025		2.00pm - 5.00pm	4 F	HP	Coach XiaoDong	break
-	No	2.00pm - 5.00pm		Laser HP	Coach Hu	-
	INU	12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm	4 F	A2	Coach Low	-
8-Oct-23	Yes	1.30pm - 4.30pm	NSRCC -	A2 A1	Ignatius	No Training for Laser HP due to exam
0-00123		2.00pm - 5.00pm	- H	HP	Coach XiaoDong	break
-	No	2.00pm - 5.00pm		Laser HP	Coach Hu	-
	INU	-		Laser FIF	Coacii nu	
		12.30pm - 3.30pm	T T	A3	Coach Joelle	1
		1.00pm - 4.00pm	1 -	A2	Coach Low	+
14-Oct-23	Yes	1.30pm - 4.30pm	NSRCC -	A1	Ignatius	No Training for Laser HP due to exam
14 00. 20		2.00pm - 5.00pm	1 H	HP	Coach XiaoDong	break
	No	2.00pm - 5.00pm		Laser HP	Coach Hu	
	110	12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm	1 -	A2	Coach Low	+
15-Oct-23	Yes	1.30pm - 4.30pm	NSRCC -	A1	Ignatius	No Training for Laser HP due to exam
10 001 20		2.00pm - 5.00pm	1 H	HP	Coach XiaoDong	break
_		2.00pm - 3.00pm			Coacii Alaobolig	
	No				Coach Hu	
	No	-		Laser HP	Coach Hu	
	No	-			Coach Hu	
		-		A3	Coach Hu	
21-Oct-23	No No			A3 A2	Coach Hu	
21-Oct-23		-		A3 A2 A1	Coach Hu	No Training for all Optimist squads due to exam break
21-Oct-23	No	2 30nm.530nm	NSRCC	A3 A2 A1 HP		
21-Oct-23		2.30pm-530pm	NSRCC	A3 A2 A1 HP Laser HP	Coach Hu Coach Hu	
21-Oct-23	No Yes	2.30pm-530pm	NSRCC	A3 A2 A1 HP Laser HP A3		exam break
21-Oct-23 22-Oct-23	No	2.30pm-530pm	NSRCC	A3 A2 A1 HP Laser HP A3 A2		exam break No Training for all Optimist squads due to
	No Yes	2.30pm-530pm	NSRCC	A3 A2 A1 HP Laser HP A3		exam break
	No Yes No			A3 A2 A1 HP Laser HP A3 A2 A1 HP	Coach Hu	exam break No Training for all Optimist squads due to
	No Yes	2.30pm-530pm 2.30pm-530pm	NSRCC NSRCC	A3 A2 A1 HP Laser HP A3 A2 A1		exam break No Training for all Optimist squads due to
	No Yes No			A3 A2 A1 HP Laser HP A3 A2 A1 HP	Coach Hu	exam break No Training for all Optimist squads due to
	No Yes No Yes			A3 A2 A1 HP Laser HP Laser HP A3 A2 A1 HP Laser HP	Coach Hu	exam break No Training for all Optimist squads due to exam break
	No Yes No			A3 A2 A1 HP Laser HP A3 A2 A1 HP Laser HP A3 A2 A1 HP Laser HP	Coach Hu	exam break No Training for all Optimist squads due to exam break No Training for all Optimist squads due to
22-Oct-23	No Yes No Yes			A3 A2 A1 HP Laser HP Laser HP A3 A2 A1 HP Laser HP	Coach Hu	exam break No Training for all Optimist squads due to exam break
22-Oct-23	No Yes No Yes			A3 A2 A1 HP Laser HP A3 A2 A1 HP Laser HP A3 A2 A1 A1 A3 A2 A1	Coach Hu	exam break No Training for all Optimist squads due to exam break No Training for all Optimist squads due to
22-Oct-23	No Yes No Yes No	2.30pm-530pm	NSRCC	A3 A2 A1 HP Laser HP A3 A2 A1 HP Laser HP A3 A2 A1 HP Laser HP A3 A2 A1 HP	Coach Hu Coach Hu	exam break No Training for all Optimist squads due to exam break No Training for all Optimist squads due to
22-Oct-23	No Yes No Yes No Yes	2.30pm-530pm	NSRCC	A3 A2 A1 HP Laser HP Laser HP A3 A2 A1 HP Laser HP Laser HP Laser HP A3 A2 A1 HP Laser HP A3	Coach Hu Coach Hu	exam break No Training for all Optimist squads due to exam break No Training for all Optimist squads due to exam break
22-Oct-23	No Yes No Yes No	2.30pm-530pm	NSRCC	A3 A2 A1 H3 H3 H3 L3ser H9	Coach Hu Coach Hu	No Training for all Optimist squads due to exam break No Training for all Optimist squads due to exam break No Training for all Optimist squads due to exam break
22-Oct-23 28-Oct-23	No Yes No Yes No Yes	2.30pm-530pm	NSRCC	A3 A2 A1 HP Laser HP A3 A2 A1 A2 A1 A3 A2 A3	Coach Hu Coach Hu	No Training for all Optimist squads due to exam break No Training for all Optimist squads due to

		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm	1	A2	Coach Low	
4-Nov-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm	1	HP	Coach XiaoDong	
		2.30pm-530pm	1	Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm	1	A2	Coach Low	
5-Nov-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm	i i	HP	Coach XiaoDong	
		2.30pm-530pm	1	Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm	1	A2	Coach Low	
11-Nov-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm	1	HP	Coach XiaoDong	
		2.30pm-530pm	1	Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm	1	A2	Coach Low	
12-Nov-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm	1	HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	
		•			•	•
		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm	1	A2	Coach Low	
18-Nov-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm	1	HP	Coach XiaoDong	
		2.30pm-530pm	1	Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm	1	A2	Coach Low	
19-Nov-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm	1	HP	Coach XiaoDong	
		2.30pm-530pm	1	Laser HP	Coach Hu	
		•			•	•
		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm	1	A2	Coach Low	
25-Nov-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm		HP	Coach XiaoDong	
	l					
		2.30pm-530pm	1	Laser HP	Coach Hu	
				Laser HP A3		
		2.30pm-530pm			Coach Hu	
26-Nov-23	Yes	2.30pm-530pm 12.30pm - 3.30pm	NSRCC	A3	Coach Hu Coach Joelle	
26-Nov-23	Yes	2.30pm-530pm 12.30pm - 3.30pm 1.00pm - 4.00pm	NSRCC	A3 A2	Coach Hu Coach Joelle Coach Low	

				A3	Coach Joelle	46th ILCA OPEN Training for Optimist Squad at CSC is
2-Dec-23	Yes	2pm-5pm (TBC)	csc	A2	Coach Low	TBC
2-060-23				A1	Ignatius	No training for ILCA sailors not
				HP	Coach XiaoDong	participating in Regatta
	Yes	As Per NoR/Si	NSRCC	Laser HP	Coach Hu	
				A3	Coach Joelle	46th ILCA OPEN Training for Optimist Squad at CSC is
3-Dec-23	Yes	2pm-5pm (TBC)	csc	A2	Coach Low	TBC
0 200 20				A1	Ignatius	No training for ILCA sailors not
				HP	Coach XiaoDong	participating in Regatta
	Yes	As Per NoR/Si	NSRCC	Laser HP	Coach Hu	
		•			•	
	Yes	As Per NoR/Si	csc	А3	Coach Joelle	CSC Optimist Championships (Silver)
6-Dec-23				A2	Coach Low	No Training for sailors not participating in
				A1	Ignatius	the Regatta
	No	-		Opti HP	-	
	No			Laser HP		
				A3	Coach Joelle	
	Yes	As Per NoR/Si	CSC	A2	Coach Low	CSC Optimist Championships (Silver)
7-Dec-23			1	A1	Ignatius	No Training for sailors not participating in
				Opti HP	igriatius	the Regatta
	No		1	Laser HP	-	
				A3	Coach Joelle	
	Yes	As Per NoR/Si	CSC	A2	Coach Low	CSC Optimist Championships (Silver)
8-Dec-23				A1	Ignatius	No Training for sailors not participating in
				Opti HP	ignatio	the Regatta
	No			Laser HP		
						_
				A3		
	No			A2	1	No Training for Opti Silver Fleet
9-Dec-23			1	A1	+	Training at CSC for Opti Gold Fleet
	Yes	2.00pm - 5.00pm	CSC	HP	Coach XiaoDong	Training at NSRCC for ILCA
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	-
	100	2.00pm 000pm	Nontoe		Codon na	
				A3		
	No			A2	Η	No Training for Opti Silver Fleet
10-Dec-23			1	Δ1	1	Training at CSC for Opti Gold Fleet
	Yes	2.00pm - 5.00pm	CSC	HP	Coach XiaoDong	Training at NSRCC for ILCA
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	1
					-	
				A3		
	No					
12-Dec-23	IVO	1		A2	1 -	CSC Optimist Championships (Gold
12-Dec-23				A1		Fleet) No training for all sailors not participating
	Yes	As Per NoR/Si	CSC	HP	Coach XiaoDong	No training for all salions not participating
				Laser HP		
				A3	1	
	No					CSC Optimist Championships (Gold
13-Dec-23				A2		
13-060-23				A1		Fleet). No training for all sailors not participating.
	Yes	As Per NoR/Si	CSC	HP	Coach XiaoDong	
				Laser HP		
				A3		
	No					CSC Optimist Championships (Gold
14-Dec-23				A2		Fleet)
				A1		No training for all sailors not participating
	Yes	As Per NoR/Si	CSC	HP	Coach XiaoDong	
				Laser HP		
	No.			A3		
	No					CSC Optimist Championships (Gold
15-Dec-23	No			A2		CSC Optimist Championships (Gold Fleet)
15-Dec-23		- An Dee No CiCi	000	A2 A1	-	Fleet)
15-Dec-23	Yes	As Per NoR/Si	CSC	A2 A1 HP	Coach XiaoDong	
15-Dec-23		As Per NoR/Si	CSC	A2 A1	Coach XiaoDong	Fleet)
15-Dec-23	Yes	-	CSC	A2 A1 HP Laser HP	-	Fleet)
15-Dec-23	Yes No	12.30pm - 3.30pm		A2 A1 HP Laser HP	Coach Joelle	Fleet)
	Yes	12.30pm - 3.30pm 1.00pm - 4.00pm	CSC	A2 A1 HP Laser HP	Coach Joelle Coach Low	Fleet) No training for all sailors not participating
15-Dec-23	Yes No Yes	12.30pm - 3.30pm		A2 A1 HP Laser HP A3 A2 A1	Coach Joelle	Fleet)
	Yes No Yes	12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm	NSRCC	A2 A1 HP Laser HP A3 A2 A1	Coach Joelle Coach Low Ignatius	Fleet) No training for all sailors not participating
	Yes No Yes	12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.30pm-530pm		A2 A1 HP Laser HP A3 A2 A1 HP Laser HP	Coach Joelle Coach Low Ignatius Coach Hu	Fleet) No training for all sailors not participating
	Yes No Yes	12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.30pm-530pm 12.30pm - 3.30pm	NSRCC NSRCC	A2 A1 HP Laser HP A3 A2 A1 HP Laser HP A3	Coach Joelle Coach Low Ignatius Coach Hu Coach Joelle	Fleet) No training for all sailors not participating
16-Dec-23	Yes No Yes	12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.30pm-530pm 12.30pm - 3.30pm 1.00pm - 4.00pm	NSRCC	A2 A1 HP Laser HP A3 A2 A1 HP Laser HP A3 A2	Coach Joelle Coach Low Ignatius Coach Hu Coach Joelle Coach Low	No training for all sailors not participating No training for Opti HP Squad
	Yes No Yes	12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.30pm-530pm 12.30pm - 3.30pm	NSRCC NSRCC	A2 A1 HP Laser HP A3 A2 A1 HP Laser HP A3	Coach Joelle Coach Low Ignatius Coach Hu Coach Joelle	Fleet) No training for all sailors not participating
16-Dec-23	Yes No Yes	12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 2.30pm-530pm 12.30pm - 3.30pm 1.00pm - 4.00pm	NSRCC NSRCC	A2 A1 HP Laser HP A3 A2 A1 HP Laser HP A3 A2	Coach Joelle Coach Low Ignatius Coach Hu Coach Joelle Coach Low	No training for all sailors not participating No training for Opti HP Squad