

SAF Yacht Club Squad Training Schedule

Month: July to December 2023

Squad: Optimist HP, A1, A2, A3 , Laser HP

Schedule is subject to changes and regatta dates

Dates	Training Yes/No	Training Time	Location	Events	on Duty	Remarks
1-Jul-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Joelle	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm-5.30pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Joelle	
2-Jul-23	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm-5.30pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm		A2	Coach Low	
8-Jul-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm-5.30pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
9-Jul-23	Yes	2.00pm - 5.00pm	NSRCC	Opti HP	Coach XiaoDong	
		2.30pm-5.30pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
15-Jul-23	Yes	2.30pm-5.30pm	NSRCC	Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm-5.30pm		Laser HP	Coach Hu	
16-Jul-23	Yes	2.30pm-5.30pm	NSRCC	Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm-5.30pm		Laser HP	Coach Hu	
22-Jul-23	Yes	As Per NoR/Si	NSC	A3 A2 A1 Opti HP Laser HP	Coach Joelle Coach Low Ignatius Coach XiaoDong Coach Hu	NSC Cup No training for sailors not participating
23-Jul-23	Yes	As Per NoR/Si	NSC	A3 A2 A1 Opti HP Laser HP	Coach Joelle Coach Low Ignatius Coach XiaoDong Coach Hu	NSC Cup No training for sailors not participating
29-Jul-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Joelle	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm-5.30pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Joelle	
30-Jul-23	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm-5.30pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Joelle	
		1.00pm - 4.00pm		A2	Coach Low	

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

2-Sep-23	Yes	As Per NoR/SI	NSC	A3	Coach Joelle	Singapore National Sailing Championships 2023 No Training for sailors not participating
				A2	Coach Low	
				A1	Ignatius	
				Opti HP	Coach XiaoDong	
				Laser HP	Coach Hu	
3-Sep-23	Yes			A3	Coach Joelle	
				A2	Coach Low	
				A1	Ignatius	
				Opti HP	Coach XiaoDong	
				Laser HP	Coach Hu	
4-Sep-23	Yes			A3	Coach Joelle	
				A2	Coach Low	
				A1	Ignatius	
				Opti HP	Coach XiaoDong	
				Laser HP	Coach Hu	
5-Sep-23	Yes			A3	Coach Joelle	
				A2	Coach Low	
				A1	Ignatius	
				Opti HP	Coach XiaoDong	
				Laser HP	Coach Hu	

9-Sep-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Joelle	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	
10-Sep-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Joelle	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	

16-Sep-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Joelle	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	
17-Sep-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Joelle	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	

23-Sep-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Joelle	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	
24-Sep-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Joelle	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	

30-Sep-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Joelle	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	
1-Oct-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Joelle	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	

7-Oct-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Joelle	No Training for Laser HP due to exam break
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		HP	Coach XiaoDong	
	No	-	Laser HP	Coach Hu		
8-Oct-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Joelle	No Training for Laser HP due to exam break
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		HP	Coach XiaoDong	
	No	-	Laser HP	Coach Hu		
14-Oct-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Joelle	No Training for Laser HP due to exam break
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		HP	Coach XiaoDong	
	No	-	Laser HP	Coach Hu		
15-Oct-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Joelle	No Training for Laser HP due to exam break
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		HP	Coach XiaoDong	
	No	-	Laser HP	Coach Hu		
21-Oct-23	No	-		A3		No Training for all Optimist squads due to exam break
	Yes	2.30pm-5:30pm	NSRCC	Laser HP	Coach Hu	
22-Oct-23	No	-		A3		No Training for all Optimist squads due to exam break
	Yes	2.30pm-5:30pm	NSRCC	Laser HP	Coach Hu	
28-Oct-23	No	-		A3		No Training for all Optimist squads due to exam break
	Yes	2.30pm-5:30pm	NSRCC	Laser HP	Coach Hu	
29-Oct-23	No	-		A3		No Training for all Optimist squads due to exam break
	Yes	2.30pm-5:30pm	NSRCC	Laser HP	Coach Hu	

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

2-Dec-23	Yes	2pm-5pm (TBC)	CSC	A3	Coach Joelle	48th ILCA OPEN Training for Optimist Squad at CSC is TBC No training for ILCA sailors not participating in Regatta
				A2	Coach Low	
				A1	Ignatius	
				HP	Coach XiaoDong	
				Yes	As Per NoR/SI	
3-Dec-23	Yes	2pm-5pm (TBC)	CSC	A3	Coach Joelle	48th ILCA OPEN Training for Optimist Squad at CSC is TBC No training for ILCA sailors not participating in Regatta
				A2	Coach Low	
				A1	Ignatius	
				HP	Coach XiaoDong	
				Yes	As Per NoR/SI	
6-Dec-23	Yes	As Per NoR/SI	CSC	A3	Coach Joelle	CSC Optimist Championships (Silver) No Training for sailors not participating in the Regatta
				A2	Coach Low	
				A1	Ignatius	
				Opti HP	-	
				Laser HP	-	
7-Dec-23	Yes	As Per NoR/SI	CSC	A3	Coach Joelle	CSC Optimist Championships (Silver) No Training for sailors not participating in the Regatta
				A2	Coach Low	
				A1	Ignatius	
				Opti HP	-	
				Laser HP	-	
8-Dec-23	Yes	As Per NoR/SI	CSC	A3	Coach Joelle	CSC Optimist Championships (Silver) No Training for sailors not participating in the Regatta
				A2	Coach Low	
				A1	Ignatius	
				Opti HP	-	
				Laser HP	-	
9-Dec-23	No	-		A3	-	No Training for Opti Silver Fleet Training at CSC for Opti Gold Fleet Training at NSRCC for ILCA
				A2	-	
				A1	-	
				HP	-	
				Yes	2.00pm - 5.00pm	
10-Dec-23	Yes	2.30pm-5.30pm	NSRCC	A3	-	No Training for Opti Silver Fleet Training at CSC for Opti Gold Fleet Training at NSRCC for ILCA
				A2	-	
				A1	-	
				HP	-	
				Yes	2.00pm - 5.00pm	
12-Dec-23	No	-		A3	-	CSC Optimist Championships (Gold Fleet) No training for all sailors not participating
				A2	-	
				A1	-	
				HP	-	
				Yes	As Per NoR/SI	
13-Dec-23	No	-		A3	-	CSC Optimist Championships (Gold Fleet) No training for all sailors not participating
				A2	-	
				A1	-	
				HP	-	
				Yes	As Per NoR/SI	
14-Dec-23	No	-		A3	-	CSC Optimist Championships (Gold Fleet) No training for all sailors not participating
				A2	-	
				A1	-	
				HP	-	
				Yes	As Per NoR/SI	
15-Dec-23	No	-		A3	-	CSC Optimist Championships (Gold Fleet) No training for all sailors not participating
				A2	-	
				A1	-	
				HP	-	
				Yes	As Per NoR/SI	
16-Dec-23	Yes	12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm	NSRCC	A3	Coach Joelle	No training for Opti HP Squad
				A2	Coach Low	
				A1	Ignatius	
				HP	-	
				Yes	2.30pm-5.30pm	
17-Dec-23	Yes	12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm	NSRCC	A3	Coach Joelle	No training for Opti HP Squad
				A2	Coach Low	
				A1	Ignatius	
				HP	-	
				Yes	2.30pm-5.30pm	

No training for last 2 weeks of December, Training will Resume in Jan 2024 .)