## 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
		12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	
	Yes	1.00pm - 4.00pm		A2	Coach Low	No Training for Laser HP due to exam
7-Oct-23	165	1.30pm - 4.30pm		A1	Ignatius	break
		2.00pm - 5.00pm		HP	Coach XiaoDong	Dieak
	No			Laser HP	Coach Hu	
	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	No Training for Laser HP due to exam
		1.00pm - 4.00pm		A2	Coach Low	
8-Oct-23		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		HP	Coach XiaoDong	Dieak
	No	-		Laser HP	Coach Hu	
		•				•
				A3		
	No			A2		No training for all NSRCC Squads
14-Oct-23	1			A1		
				HP		
	No	-		Laser HP	Coach Hu	
				A3		
	No			A2		
15-Oct-23	NO			A1		No training for all NSRCC Squads
				HP		
	No	-		Laser HP	Coach Hu	1
	No			A3		No Training for all Optimist squads due t exam break
				A2		
21-Oct-23				A1		
				HP		
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	
	No			A3		No Training for all Optimist squads due to exam break
				A2		
22-Oct-23				A1		
				HP		
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	
		12.30pm - 3.30pm	4	A3	Coach Murphy	4
28-Oct-23	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	4
28-Oct-23		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	4
		2.30pm-530pm		Laser HP	Coach Hu	
	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	4
		1.00pm - 4.00pm		A2	Coach Low	4
29-Oct-23		1.30pm - 4.30pm		A1	Ignatius	<b>↓</b>
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	4
		2.30pm-530pm		Laser HP	Coach Hu	1

		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	1 1	A2	Coach Low	
4-Nov-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm		HP	Coach XiaoDong	
		2.30pm-530pm	1 1	Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	1 1	A2	Coach Low	
5-Nov-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm		HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	
		•				•
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	1 1	A2	Coach Low	
11-Nov-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm		HP	Coach XiaoDong	
		2.30pm-530pm	1 1	Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	1 1	A2	Coach Low	
12-Nov-23	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm	1 1	HP	Coach XiaoDong	
		2.30pm-530pm	1	Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
	Yes	1.00pm - 4.00pm	] [	A2	Coach Low	
18-Nov-23		1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm	]	HP	Coach XiaoDong	
		2.30pm-530pm	1	Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
	Yes	1.00pm - 4.00pm	]	A2	Coach Low	
19-Nov-23		1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm	1 1	HP	Coach XiaoDong	
		2.30pm-530pm	]	Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
	TBC	1.00pm - 4.00pm	NSRCC	A2	Coach Low	RSYC Optimist Knockout Race
25-Nov-23		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		HP	Coach XiaoDong	150
		2.30pm-530pm	1	Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
26-Nov-23	TBC	1.00pm - 4.00pm	NSRCC	A2	Coach Low	RSYC Optimist Knockout Race
		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		HP	Coach XiaoDong	IBC

				A3	Coach Murphy	46th ILCA OPEN
2-Dec-23	.,					Training for Optimist Squad at CSC is
	Yes	2pm-5pm (TBC)	CSC	A2	Coach Low	TBC
			1 1	A1	Ignatius	No training for ILCA sailors not participating in Regatta
	Yes	As Per NoR/Si	NSRCC	HP Laser HP	Coach XiaoDong Coach Hu	participating in regatta
	162	AS FEI NURVOI	Noncc			46th ILCA OPEN
				A3	Coach Murphy	Training for Optimist Squad at CSC is
3-Dec-23	Yes	2pm-5pm (TBC)	csc	A2	Coach Low	TBC No training for ILCA sailors not
0 200 20			1 1	A1	Ignatius	participating in Regatta
ļ				HP	Coach XiaoDong	F
	Yes	As Per NoR/Si	NSRCC	Laser HP	Coach Hu	
	Yes	As Per NoR/Si	csc	A3	Coach Murphy	
6-Dec-23	Yes		CSC	A2	Coach Low	CSC Optimist Championships (Silver) No Training for sailors not participating in
				A1	Ignatius	the Regatta
	No No	-			-	
	No					
				A3	Coach Murphy	
7-Dec-23	Yes	As Per NoR/Si	CSC	A2	Coach Low	CSC Optimist Championships (Silver)
7-Dec-23				A1	Ignatius	No Training for sailors not participating in the Regatta
	No	_				the regata
			_	Laser HP		
				A3	Coach Murphy	
	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
	No			Opti HP		the Regatta
	110			Laser HP		
						•
				A3		
	No			A2	-	No Training for Opti Silver Fleet
9-Dec-23				A1	-	Training at CSC for Opti Gold Fleet Training at NSRCC for ILCA
	Yes	2.00pm - 5.00pm	CSC	HP	Coach XiaoDong	Halling at NSRCC for IECA
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	
				A3		
	No			A2	-	No Training for Opti Silver Fleet
10-Dec-23				A2 A1	-	Training at CSC for Opti Gold Fleet
	Yes	2.00pm - 5.00pm	CSC	HP	Coach XiaoDong	Training at NSRCC for ILCA
i	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	
				A3		
	No			A2	-	CSC Optimist Championships (Gold
12-Dec-23				A1		Fleet)
	Yes	As Per NoR/Si	CSC	HP	Coach XiaoDong	No training for all sailors not participating
				Laser HP		
				A3		
	No			A2	-	CSC Optimist Championships (Gold
13-Dec-23				A2 A1	-	Fleet)
	Yes	As Per NoR/Si	CSC	HP	Coach XiaoDong	No training for all sailors not participating
				Laser HP		
14-Dec-23				A3		
	No				-	CSC Optimist Championships (Go
				A2 A1		Fleet)
	Yes	As Per NoR/Si	CSC	HP	Coach XiaoDong	No training for all sailors not participating
	100	710 T CI TROITECT	000	Laser HP	Oddon 74aoDong	
				A3		
	No					CSC Optimist Championships (Gold
15-Dec-23				A2		Fleet)
	Vac	An Day NoD/C	CSC	A1 HP	Coools ViceDo	No training for all sailors not participating
	Yes	As Per NoR/Si	CSC	Laser HP	Coach XiaoDong	
16-Dec-23		12.30pm - 3.30pm		A3	Coach Murphy	
	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	No training for Opti HP Squad
	No Yes	2 30nm 530nm	NSRCC	HP Laser HP	Coach Hu	
	162	2.30pm-530pm 12.30pm - 3.30pm	INORUC	A3	Coach Murphy	
17-Dec-23	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	†
		1.30pm - 4.30pm	1	A1	Ignatius	No training for Opti HP Squad
	No			HP		
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	