

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
7-Oct-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	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 Murphy	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	No	-	-	A3	-	No training for all NSRCC Squads
	-	-	-	A2	-	
	-	-	-	A1	-	
	-	-	-	HP	-	
15-Oct-23	No	-	-	Laser HP	Coach Hu	No training for all NSRCC Squads
	-	-	-	A3	-	
	-	-	-	A2	-	
	-	-	-	A1	-	
21-Oct-23	No	-	-	HP	-	No Training for all Optimist squads due to exam break
	-	-	-	A3	-	
	-	-	-	A2	-	
	-	-	-	A1	-	
21-Oct-23	Yes	2.30pm-5:30pm	NSRCC	Laser HP	Coach Hu	
	No	-	-	A3	-	No Training for all Optimist squads due to exam break
				A2	-	
A1				-		
22-Oct-23	Yes	2.30pm-5:30pm	NSRCC	Laser HP	Coach Hu	
	No	-	-	A3	-	No Training for all Optimist squads due to exam break
				A2	-	
-	-	-	A1	-		
28-Oct-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	
		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	
29-Oct-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	
		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	

4-Nov-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	
		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 Murphy	
		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 Murphy	
		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 Murphy	
		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 Murphy	
		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 Murphy	
		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	TBC	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	RSYC Optimist Knockout Race TBC
		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	TBC	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	RSYC Optimist Knockout Race TBC
		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 Murphy	48th ILCA OPEN Training for Optimist Squad at CSC is <b>TBC</b> No training for ILCA sailors not participating in Regatta
				A2	Coach Low	
				A1	Ignatius	
				HP	Coach XiaoDong	
	Yes	As Per NoR/Si	NSRCC	Laser HP	Coach Hu	
3-Dec-23	Yes	2pm-5pm (TBC)	CSC	A3	Coach Murphy	48th ILCA OPEN Training for Optimist Squad at CSC is <b>TBC</b> No training for ILCA sailors not participating in Regatta
				A2	Coach Low	
				A1	Ignatius	
				HP	Coach XiaoDong	
	Yes	As Per NoR/Si	NSRCC	Laser HP	Coach Hu	
6-Dec-23	Yes	As Per NoR/Si	CSC	A3	Coach Murphy	CSC Optimist Championships (Silver) No Training for sailors not participating in the Regatta
				A2	Coach Low	
				A1	Ignatius	
	No	-		Opti HP	-	
	No	-		Laser HP	-	
7-Dec-23	Yes	As Per NoR/Si	CSC	A3	Coach Murphy	CSC Optimist Championships (Silver) No Training for sailors not participating in the Regatta
				A2	Coach Low	
				A1	Ignatius	
	No	-		Opti HP	-	
	No	-		Laser HP	-	
8-Dec-23	Yes	As Per NoR/Si	CSC	A3	Coach Murphy	CSC Optimist Championships (Silver) No Training for sailors not participating in the Regatta
				A2	Coach Low	
				A1	Ignatius	
	No	-		Opti HP	-	
	No	-		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	-	
	Yes	2.00pm - 5.00pm	CSC	HP	Coach XiaoDong	
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	
10-Dec-23	No	-		A3	-	No Training for Opti Silver Fleet Training at CSC for Opti Gold Fleet Training at NSRCC for ILCA
				A2	-	
				A1	-	
	Yes	2.00pm - 5.00pm	CSC	HP	Coach XiaoDong	
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	
12-Dec-23	No	-		A3	-	CSC Optimist Championships (Gold Fleet) No training for all sailors not participating
				A2	-	
				A1	-	
	Yes	As Per NoR/Si	CSC	HP	Coach XiaoDong	
				Laser HP	-	
13-Dec-23	No	-		A3	-	CSC Optimist Championships (Gold Fleet) No training for all sailors not participating
				A2	-	
				A1	-	
	Yes	As Per NoR/Si	CSC	HP	Coach XiaoDong	
				Laser HP	-	
14-Dec-23	No	-		A3	-	CSC Optimist Championships (Gold Fleet) No training for all sailors not participating
				A2	-	
				A1	-	
	Yes	As Per NoR/Si	CSC	HP	Coach XiaoDong	
				Laser HP	-	
15-Dec-23	No	-		A3	-	CSC Optimist Championships (Gold Fleet) No training for all sailors not participating
				A2	-	
				A1	-	
	Yes	As Per NoR/Si	CSC	HP	Coach XiaoDong	
	No	-		Laser HP	-	
16-Dec-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	No training for Opti HP Squad
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
	No	-		HP	-	
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	
17-Dec-23	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	No training for Opti HP Squad
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
	No	-		HP	-	
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	

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