Schedule is subject to changes and regatta dates

Month: January to June 2024 Squad: Optimist HP, A1, A2, A3, Laser HP

January

Dates	Training	Training Time	Location	Events	Coach on Duty	Remarks
	Yes/No	3			,	
		12.30pm - 3.30pm		A3	Coach Murphy	
	1 [1.00pm - 4.00pm	7	A2	Coach Low	7
6-Jan-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	1
	1 [2.00pm - 5.00pm	1 [Opti HP	Coach XiaoDong	1
	1 [2.30pm - 5.30pm	1	Laser HP	Coach Hu	1
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
7-Jan-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
	[2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
	1 1	12.30pm - 3.30pm	_	A3	Coach Murphy	
	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	
13-Jan-24	1 .00	1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	CSC ILCA Open
	Yes	According to NoR/SI	CSC	Laser HP	Coach Hu	
	1 1	12.30pm - 3.30pm		A3	Coach Murphy	No training for Laser HP sailors not
	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	participating in the regatta
14-Jan-24		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
	Yes	According to NoR/SI	CSC	Laser HP	Coach Hu	
		12.30pm - 3.30pm	1	A3	Coach Murphy	
	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	
20-Jan-24		1.30pm - 4.30pm		A1	Coach Ignatius	
	Yes	According to NoR/SI	CSC	Opti HP	Coach XiaoDong	CSC Opti Championship (Gold)
	Yes	2.30pm - 5.30pm	NSRCC	Laser HP	Coach Hu	
		12.30pm - 3.30pm	l l	A3	Coach Murphy	No training for Opti HP sailors not
	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	participating in the regatta
21-Jan-24		1.30pm - 4.30pm		A1	Coach Ignatius	
	Yes	According to NoR/SI	CSC	Opti HP	Coach XiaoDong	
	Yes	2.30pm - 5.30pm	NSRCC	Laser HP	Coach Hu	
						_
		12.30pm - 3.30pm	-	A3	Coach Murphy	4
		1.00pm - 4.00pm	<u>-</u>	A2	Coach Low	4
27-Jan-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	4
		2.00pm - 5.00pm	4	Opti HP	Coach XiaoDong	4
	+	2.30pm - 5.30pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm	-	A3	Coach Murphy	4
00 1 04	,,	1.00pm - 4.00pm	1 Nepoc	A2	Coach Low	4
l 28-Jan-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
	F		7	0 01115	0 1 10 5	
	[2.00pm - 5.00pm 2.30pm - 5.30pm] [Opti HP Laser HP	Coach XiaoDong Coach Hu	

February

Dates	Training Yes/No	Training Time	Location	Events	Coach on Duty	Remarks
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	1	A2	Coach Low	
3-Feb-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
		2.00pm - 5.00pm	1	Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm	1	Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	1	A2	Coach Low	
4-Feb-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
		2.00pm - 5.00pm	1	Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
10-Feb-24	No					
10-1 65-24	140					
						No Training for all Squads due to Chinese
						New year
11-Feb-24	No					
		12.30pm - 3.30pm	-	A3	Coach Murphy	_
47 Fab 04		1.00pm - 4.00pm	Nepec	A2	Coach Low	
17-Feb-24	Yes	1.30pm - 4.30pm	NSRCC	A1 Opti HP	Coach Ignatius	
	-	2.00pm - 5.00pm	4		Coach XiaoDong	_
	-	2.30pm - 5.30pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm	4	A3 A2	Coach Murphy	
18-Feb-24	Yes	1.00pm - 4.00pm 1.30pm - 4.30pm	NSRCC	A2 A1	Coach Low Coach Ignatius	_
10-1-60-24	'65	2.00pm - 5.00pm	- Nonce	Opti HP	Coach XiaoDong	_
		2.30pm - 5.30pm	-	Laser HP	Coach Hu	_
		2.30pm - 3.30pm		Lasei ne	Coacii nu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	1	A2	Coach Low	7
24-Feb-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
		2.00pm - 5.00pm	1	Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm	1	Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	1	A2	Coach Low	
25-Feb-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	

March

Dates	Training	Training Time	Location	Events	Coach on Duty	Remarks
Battoo	Yes/No	Training Time	Location	Lvonto	ocacii cii Baty	Nomano
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
2-Mar-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
		2.00pm - 5.00pm	↓	Opti HP	Coach XiaoDong	_
		2.30pm - 5.30pm		Laser HP	Coach Hu	
	-	12.30pm - 3.30pm		A3	Coach Murphy	
3-Mar-24	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	-
3-IVIAI-24	l res	1.30pm - 4.30pm 2.00pm - 5.00pm	NSKCC	A1 Opti HP	Coach Ignatius Coach XiaoDong	-
	-	2.30pm - 5.30pm	┥ ⊦	Laser HP	Coach Hu	-
		2.30pm - 3.30pm		Lasei IIF	Coacii iiu	
				A3	Coach Murphy	
				A2	Coach Low	
9-Mar-24	Yes	According to NoR/SI	NSC	A1	Coach Ignatius	
				Opti HP	Coach XiaoDong	
				Laser HP	Coach Hu	
				A3	Coach Murphy	
				A2	Coach Low	
10-Mar-24	Yes	According to NoR/SI	NSC	A1	Coach Ignatius	
				Opti HP	Coach XiaoDong	Singapore YouthSailing Championships
				Laser HP	Coach Hu	No Training for anilous and a subject of its
			-	A3	Coach Murphy	No Training for sailors not participating in the regatta
11-Mar-24	Yes	According to NoR/SI	NSC	A2 A1	Coach Low Coach Ignatius	lile regatta
1 1-iviai-24	165	According to Nork/Si	I NOC	Opti HP	Coach XiaoDong	-
				Laser HP	Coach Hu	
				A3	Coach Murphy	_
				A2	Coach Low	
12-Mar-24	Yes	According to NoR/SI	NSC	A1	Coach Ignatius	
				Opti HP	Coach XiaoDong	
				Laser HP	Coach Hu	
		12.30pm - 3.30pm	↓ ↓	A3	Coach Murphy	
	_	1.00pm - 4.00pm		A2	Coach Low	_
16-Mar-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	_
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	-
	+ +	2.30pm - 5.30pm		Laser HP A3	Coach Murphy	
		12.30pm - 3.30pm 1.00pm - 4.00pm	┨	A3 A2	Coach Murphy Coach Low	-
17-Mar-24	Yes	1.30pm - 4.30pm	NSRCC	A2 A1	Coach Ignatius	-
17-IVIGI-24	'63	2.00pm - 5.00pm	1 Nortoo	Opti HP	Coach XiaoDong	┪
		2.30pm - 5.30pm	1	Laser HP	Coach Hu	7
		2.00рт 0.00рт	1	Lacortii	Codon na	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm]	A2	Coach Low	
23-Mar-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
		2.00pm - 5.00pm] [Opti HP	Coach XiaoDong	_
		2.30pm - 5.30pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm	1 [A3	Coach Murphy	_
	,	1.00pm - 4.00pm	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	A2	Coach Low	4
24-Mar-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	4
	-	2.00pm - 5.00pm	4	Opti HP	Coach XiaoDong	4
		2.30pm - 5.30pm		Laser HP	Coach Hu	
				A3	Coach Murphy	
				A3 A2	Coach Low	
30-Mar-24	No			A2 A1	Coach Ignatius	20th SAFYC Regatta (Dinghy)
55 .AGI 27				Opti HP	Coach XiaoDong	Zotil O/II To Negatia (Diligily)
	Yes	According to NoR/SI	NSRCC	Laser HP	Coach Hu	No Training for Laser HP sailors not
	.00	. ISSUITANING TO THOM OF	113.100	A3	Coach Murphy	participating in the regatta
					Coach Low	, , , ,
31-Mar-24	No			A2 A1	Coach Ignatius	No Training for all Opti Squads
				Opti HP	Coach XiaoDong	
	Yes	According to NoR/SI	NSRCC	Laser HP	Coach Hu	

April

Dates	Training Yes/No	Training Time	Location	Events	Coach on Duty	Remarks
				A3	Coach Murphy	
	Yes	According to NoR/SI	NSRCC -	A2	Coach Low	1
6-Apr-24	res	According to NOR/SI	NSRCC	A1	Coach Ignatius	20th SAFYC Regatta (Optimist)
				Opti HP	Coach XiaoDong	
	No			Laser HP	Coach Hu	No Training for Optimist sailors not
				A3	Coach Murphy	participating in the regatta
	Yes	Asserding to NoD/SI	NSRCC -	A2	Coach Low	1
7-Apr-24	res	According to NoR/SI	NSRCC	A1	Coach Ignatius	No Training for all Laser HP Squad
				Opti HP	Coach XiaoDong	
	No			Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
13-Apr-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
		2.00pm - 5.00pm]	Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	1	A2	Coach Low	
14-Apr-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm]	A2	Coach Low	
20-Apr-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
		2.00pm - 5.00pm]	Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
21-Apr-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm] [A2	Coach Low	_
27-Apr-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	_
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	_
		2.30pm - 5.30pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm]	A3	Coach Murphy	
		1.00pm - 4.00pm] [A2	Coach Low	_
28-Apr-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	_
		2.00pm - 5.00pm] [Opti HP	Coach XiaoDong	_
		2.30pm - 5.30pm		Laser HP	Coach Hu	

Dates	Training Yes/No	Training Time	Location	Events	Coach on Duty	Remarks
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	1 Г	A2	Coach Low	1
4-May-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
		2.00pm - 5.00pm	1 [Opti HP	Coach XiaoDong	1
		2.30pm - 5.30pm	1 Г	Laser HP	Coach Hu	1
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm] [A2	Coach Low	
5-May-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
		2.00pm - 5.00pm	1 Г	Opti HP	Coach XiaoDong	1
		2.30pm - 5.30pm		Laser HP	Coach Hu	
	1 1	12.30pm - 3.30pm		A3	Coach Murphy	T
		1.00pm - 4.00pm	1 -	A2	Coach Low	†
11-May-24	Yes	1.30pm - 4.30pm	NSRCC -	A1	Coach Ignatius	1
TT-Way-24	103	2.00pm - 5.00pm	1 Nortoo	Opti HP	Coach XiaoDong	1
	-	2.30pm - 5.30pm	┪ ⊢	Laser HP	Coach Hu	1
		12.30pm - 3.30pm	+	A3	Coach Murphy	
	-	1.00pm - 4.00pm	┪ ト	A2	Coach Low	1
12-May-24	Yes -	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	1
12-1VIQY-24	103	2.00pm - 5.00pm		Opti HP	Coach XiaoDong	1
		2.30pm - 5.30pm		Laser HP	Coach Hu	†
		2.00pm - 0.00pm		Lasci III	Coacii i ia	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	NSRCC	A2	Coach Low	1
18-May-24	Yes	1.30pm - 4.30pm		A1	Coach Ignatius	1
,		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	1
		2.30pm - 5.30pm	1	Laser HP	Coach Hu	1
		12.30pm - 3.30pm	1	A3	Coach Murphy	
		1.00pm - 4.00pm	1	A2	Coach Low	1
19-May-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	1
. ,		2.00pm - 5.00pm	1 1	Opti HP	Coach XiaoDong	1
		2.30pm - 5.30pm	† F	Laser HP	Coach Hu	1
				A3	Coach Murphy	
	Yes	According to NoR/SI	RM -	A2	Coach Low	
25-May-24	100	7 toostang to 14014'S	L	A1	Coach Ignatius	
				Opti HP	Coach XiaoDong	RM Optimist Championships
	Yes	2.30pm - 5.30pm	NSRCC	Laser HP	Coach Hu	
				A3	Coach Murphy	No Training for Optimist sailors not
	Yes	According to NoR/SI	RM -	A2	Coach Low	participating in the regatta
26-May-24	100			A1	Coach Ignatius	
				Opti HP	Coach XiaoDong	
	Yes	2.30pm - 5.30pm	NSRCC	Laser HP	Coach Hu	

12.30pm - 3.30pm	Dates	Training Yes/No	Training Time	Location	Events	Coach on Duty	Remarks
1-Jun-24 Yes		103/110	12.30pm - 3.30pm		A3	Coach Murphy	
1-Jun-24				NSRCC	A2		1
2.00pm - 5.00pm	1-Jun-24	Yes			A1		
2.30pm - 5.30pm				1	Opti HP		
2-Jun-24 Yes				1	Laser HP	Coach Hu	
2-Jun-24			12.30pm - 3.30pm		A3	Coach Murphy	
2.00pm - 5.00pm			1.00pm - 4.00pm	1	A2	Coach Low	
12.30pm - 5.30pm	2-Jun-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	1
12.30pm - 3.30pm			2.00pm - 5.00pm	1	Opti HP	Coach XiaoDong]
1.00pm - 4.00pm			2.30pm - 5.30pm		Laser HP	Coach Hu	
1.00pm - 4.00pm							
8-Jun-24 Yes 1.30pm - 4.30pm NSRCC A1							
2.00pm - 5.00pm						Coach Low	
1.30pm - 3.30pm	8-Jun-24	Yes		NSRCC		Coach Ignatius	
12.30pm - 3.30pm				_			
1.00pm - 4.00pm							
9-Jun-24 Yes							
12.00pm - 5.00pm		1 [_			
12.30pm - 5.30pm	9-Jun-24	Yes		NSRCC			
12.30pm - 3.30pm							
15-Jun-24 Yes 1.00pm - 4.00pm NSRCC A1 Coach Low A2 Coach Low A3 Coach Miceobeng Coach Hu A2 Coach Low A3 Coach Murphy A2 Coach Low A1 Coach Ignatius A2 Coach Low A2 Coach Low A3 Coach Murphy A2 Coach Low A3 Coach Murphy A2 Coach Low A1 Coach Ignatius Coach Hu A3 Coach Murphy A2 Coach Low A1 Coach Ignatius Coach Hu A3 Coach Murphy A2 Coach Low A1 Coach Ignatius Coach			2.30pm - 5.30pm		Laser HP	Coach Hu	
15-Jun-24 Yes 1.00pm - 4.00pm NSRCC A1 Coach Low A2 Coach Low A3 Coach Miceobeng Coach Hu A2 Coach Low A3 Coach Murphy A2 Coach Low A1 Coach Ignatius A2 Coach Low A2 Coach Low A3 Coach Murphy A2 Coach Low A3 Coach Murphy A2 Coach Low A1 Coach Ignatius Coach Hu A3 Coach Murphy A2 Coach Low A1 Coach Ignatius Coach Hu A3 Coach Murphy A2 Coach Low A1 Coach Ignatius Coach					·		
15-Jun-24				_			
2.00pm - 5.00pm 2.30pm - 5.30pm Laser HP Coach XiaoDong		,		NSRCC			
16-Jun-24 Yes	15-Jun-24	Yes					
12.30pm - 3.30pm							
16-Jun-24 Yes							
16-Jun-24 Yes				Nonco			
22-Jun-24 Yes	40.1.04	.,					
2.30pm - 5.30pm	16-Jun-24	l Yes		I NSRCC			
A3				-			
Yes			2.30pm - 5.30pm		Laser HP	Coach Hu	
Yes					Λ3	Coach Murphy	
According to NoR/SI							
No	22-Jun-24	Yes	Accordng to NoR/SI	NSRCC			Friendship Regatta 2024
No	22-0u11-24						Friendship Regatta 2024
Yes		No					No Training for Ontimist sailors not
Yes		140					
23-Jun-04 Yes							parasipating in the regular
12.30pm - 3.30pm	23-Jun-04	Yes	According to NoR/SI	NSRCC			No Training for Laser HP Squad
12.30pm - 3.30pm	20 04 0 .						·
12.30pm - 3.30pm		No					
1.00pm - 4.00pm					20001111	55451.714	
1.00pm - 4.00pm			12.30pm - 3.30pm		A3	Coach Murphy	
29-Jun-24 Yes				NSRCC			1
2.00pm - 5.00pm	29-Jun-24	Yes					1
2.30pm - 5.30pm		'"	2.00pm - 5.00pm	1			1
12.30pm - 3.30pm				1			1
1.00pm - 4.00pm		1					
30-Jun-24 Yes 1.30pm - 4.30pm NSRCC A1 Coach Ignatius Opti HP Coach XiaoDong				1			1
2.00pm - 5.00pm Opti HP Coach XiaoDong	30-Jun-24	Yes		NSRCC			1
				1		Ÿ	1
				1			1