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

## Schedule is subject to changes and regatta dates

June

Julie						
Dates	Training Yes/No	Training Time	Location	Events	Coach	Remarks
1-Jun-24	No					No Training due to Carnival by the Straits
2-Jun-24	No					No Training due to Carnival by the Straits

		As Per NoR/Si		A3		
	No	As Per NoR/Si	RSYC	A2		RSYC Knockout Race (Silver) No Training for silver Fleet sailors.
8-Jun-24		As Per NoR/Si		A1		NO Training for silver Fleet Sallors.
	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	
		As Per NoR/Si		A3		
	No	As Per NoR/Si	RSYC	A2		RSYC Knockout Race (Silver) No Training for silver Fleet sailors.
9-Jun-24		As Per NoR/Si		A1		NO Training for silver Fleet Sallors.
	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	

		12.30pm - 3.30pm		A3	Coach Murphy
		1.00pm - 4.00pm		A2	Coach Low
15-Jun-24	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		A2	Coach Low
16-Jun-24	Yes	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	
	22-Jun-24		1.00pm - 4.00pm	NSRCC	A2	Coach Low	
		Yes	1.30pm - 4.30pm		A1	Ignatius	
			2.00pm - 5.00pm		HP	Coach XiaoDong	
			2.30pm-530pm		Laser HP	Coach Hu	
		Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	
			1.00pm - 4.00pm		A2	Coach Low	
	23-Jun-24		1.30pm - 4.30pm		A1	Ignatius	
			2.00pm - 5.00pm	]	HP	Coach XiaoDong	
			2 30pm-530pm	1	Laser HP	Coach Hu	1

		12.30pm - 3.30pm		A3	Coach Murphy
		1.00pm - 4.00pm	NSRCC	A2	Coach Low
29-Jun-24	Yes	1.30pm - 4.30pm		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		A2	Coach Low
30-Jun-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius
		2.00pm - 5.00pm	l l	HP	Coach XiaoDong
		2.30pm-530pm	I I	Laser HP	Coach Hu

July

Dates	Training Yes/No	Training Time	Location	Events	Coach	Remarks
		12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	RSYC Knockout Race Gold Flee
		1.00pm - 4.00pm	NSRCC	A2	Coach Low	KOTO KIIOCKOUT KACE GOIGT IEE
6-Jul-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	No Training for HP sailors not participa
		As per NoR/Si	RSYC	HP	Coach XiaoDong	Training as usual for all other squad
		2.30pm-530pm	NSRCC	Laser HP	Coach Hu	Training as assaulter an earler squad
		12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	DOVO Kanadania Bana Onlid Flan
		1.00pm - 4.00pm	NSRCC	A2	Coach Low	RSYC Knockout Race Gold Flee
7-Jul-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	No Toole is a fee UB or illow or a continuo
		As per NoR/Si	RSYC	HP	Coach XiaoDong	No Training for HP sailors not participa Training as usual for all other squad
		2.30pm-530pm	NSRCC	Laser HP	Coach Hu	Training as usual for all other squad
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	7	A2	Coach Low	1
13-Jul-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm	1	HP	Coach XiaoDong	1
		2.30pm-530pm	<b>⊣</b> ⊢	Laser HP	Coach Hu	1
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
14-Jul-24	Yes	1.30pm - 4.30pm	NSRCC -	A1	Ignatius	1
		2.00pm - 5.00pm	⊣ ······ ⊢	HP	Coach XiaoDong	1
		2.30pm-530pm	<b>⊣</b> ⊢	Laser HP	Coach Hu	1
20-Jul-24	Yes	12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm	NSRCC	A3 A2 A1	Coach Murphy Coach Low Ignatius	
		2.00pm - 5.00pm	<b>」</b> ∟	HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm	<b>」</b>	A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
21-Jul-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm		HP	Coach XiaoDong	
		2.30pm-530pm				
		2.3upm-53upm		Laser HP	Coach Hu	
					Coach Hu	1
		As Per NoR/Si		A3		
					Coach Hu	NSC Cup 2024
		As Per NoR/Si		A3	Coach Hu  Coach Murphy	NSC Cup 2024
27-Jul-24	Yes	As Per NoR/Si As Per NoR/Si	NSC	A3 A2	Coach Hu  Coach Murphy Coach Low	
27-Jul-24	Yes	As Per NoR/Si As Per NoR/Si As Per NoR/Si	NSC	A3 A2 A1	Coach Hu  Coach Murphy Coach Low Ignatius	
27-Jul-24	Yes	As Per NoR/Si As Per NoR/Si As Per NoR/Si As Per NoR/Si	NSC	A3 A2 A1 HP	Coach Hu  Coach Murphy Coach Low Ignatius Coach XiaoDong	
27-Jul-24	Yes	As Per NoR/Si As Per NoR/Si As Per NoR/Si As Per NoR/Si As Per NoR/Si	NSC	A3 A2 A1 HP Laser HP	Coach Hu  Coach Murphy Coach Low Ignatius Coach XiaoDong Coach Hu	No Training for sailors not participati
		As Per NoR/Si		A3 A2 A1 HP Laser HP	Coach Hu  Coach Murphy Coach Low Ignatius Coach XiaoDong Coach Hu  Coach Murphy	No Training for sailors not participati  NSC Cup 2024
27-Jul-24 28-Jul-24	Yes	As Per NoR/Si	NSC NSC	A3 A2 A1 HP Laser HP A3 A2	Coach Hu  Coach Murphy Coach Low Ignatius Coach XiaoDong Coach Hu Coach Hurphy Coach Low	No Training for sailors not participati

Dates	Training	Training Time	Location	Events	Coach	Remarks
	Yes/No	As Per NoR/Si		40	Coach Murphy	
		As Per NoR/Si As Per NoR/Si	+ +	A3 A2	Coach Murphy Coach Low	
		As Per NoR/Si	+ +	A2 A1	Ignatius	Pesta Sukan Regatta 2024
3-Aug-24	Yes	As Per NoR/Si	NSC	HP	Coach XiaoDong	No Training for sailors not participating
		AS Per Nor/Si	- +	HP .	Coach AlaoDong	
		As Per NoR/Si		Laser HP	Coach Hu	
		As Per NoR/Si		A3	Coach Murphy	
		As Per NoR/Si	7	A2	Coach Low	Pesta Sukan Regatta 2024
	.,	As Per NoR/Si	T [	A1	Ignatius	No Training for sailors not participating
4-Aug-24	Yes	As Per NoR/Si	NSC	HP	Coach XiaoDong	
		As Per NoR/Si		Laser HP	Coach Hu	
ļ						
		As Per NoR/Si		A3	Coach Murphy	
		As Per NoR/Si		A2	Coach Low	Friendship Regatta 2024
		As Per NoR/Si		A1	Ignatius	No Training for ILCA and sailors not participating
10-Aug-24	Yes	As Per NoR/Si	NSRCC	HP	Coach XiaoDong	
						This is a second to a
						This is a non-ranking regatta
		As Per NoR/Si		A3	Coach Murphy	
		As Per NoR/Si		A2	Coach Low	Friendship Regatta 2024 No Training for ILCA and sailors not
11-Aug-24 Yes	Vac	As Per NoR/Si	NSRCC	A1	Ignatius	participating
	163	As Per NoR/Si	Nonce	HP	Coach XiaoDong	paracipating
		As Per NoR/Si		Laser HP	Coach Hu	This is a non-ranking regatta
		12.30pm - 3.30pm	1 1	A3	Coach Murphy	
		1.00pm - 4.00pm	7	A2	Coach Low	1
17-Aug-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	]
		2.00pm - 5.00pm	_	HP	Coach XiaoDong	]
		2.30pm-530pm		Laser HP	Coach Hu	1
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
18-Aug-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	_
		2.00pm - 5.00pm	<b>」</b> □	HP	Coach XiaoDong	1
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	7	A2	Coach Low	1
24-Aug-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	]
		2.00pm - 5.00pm		HP	Coach XiaoDong	1
		2.30pm-530pm		Laser HP	Coach Hu	1
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	_	A2	Coach Low	]
25-Aug-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm	7 F	HP	Coach XiaoDong	1
		2.30pm-530pm		Laser HP	Coach Hu	

September

September						
Dates	Training	Training Time	Location	Events	Coach	Remarks
	Yes/No					
		As Per NoR/Si		A3 A2	Coach Murphy	Singapore National Sailing Championships
31-Aug-24	Yes	As Per NoR/Si As Per NoR/Si	NSC	A2 A1	Coach Low Ignatius	2024 No Training for sailors not participating
31-Aug-24	163	As Per NoR/Si	1400	HP	Coach XiaoDong	140 Training for salions not participating
		As Per NoR/Si		Laser HP	Coach Hu	
		As Per NoR/Si		A3	Coach Murphy	Singapore National Sailing Championships
1-Sep-24		As Per NoR/Si		A2	Coach Low	2024
	Yes	As Per NoR/Si	NSC	A1	Ignatius	No Training for sailors not participating
		As Per NoR/Si		HP	Coach XiaoDong	
		As Per NoR/Si		Laser HP	Coach Hu	
		As Per NoR/Si		A3	Coach Murphy	Singapore National Sailing Championships
		As Per NoR/Si		A2	Coach Low	<u>2024</u>
2-Sep-24	Yes	As Per NoR/Si	NSC	A1	Ignatius	No Training for sailors not participating
		As Per NoR/Si		HP	Coach XiaoDong	
		As Per NoR/Si		Laser HP	Coach Hu	
		As Per NoR/Si		A3	Coach Murphy	Singapore National Sailing Championships
	.,	As Per NoR/Si		A2	Coach Low	<u>2024</u>
3-Sep-24	Yes	As Per NoR/Si	NSC	A1	Ignatius	No Training for sailors not participating
		As Per NoR/Si	4	HP	Coach XiaoDong	
		As Per NoR/Si		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	1	A2	Coach Low	
7-Sep-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm	1	HP	Coach XiaoDong	
		2.30pm-530pm	1	Laser HP	Coach Hu	1
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	7	A2	Coach Low	
8-Sep-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm	1	HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	
		10.00			0 111 1	
		12.30pm - 3.30pm	4	A3	Coach Murphy	
44.0 04	V	1.00pm - 4.00pm	NSRCC	A2	Coach Low	
14-Sep-24	Yes	1.30pm - 4.30pm 2.00pm - 5.00pm	NSRCC	A1 HP	Ignatius Coach XiaoDong	
		2.30pm-530pm	-	Laser HP	Coach Hu	-
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	+	A2	Coach Low	- 1
15-Sep-24	Yes	1.30pm - 4.30pm	NSRCC	A2 A1	Ignatius	-
10 00p 24	100	2.00pm - 5.00pm	1101100	HP	Coach XiaoDong	
		2.30pm-530pm	1	Laser HP	Coach Hu	-
		2.30piii-330piii		Lasti III	Coaciiiia	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	]	A2	Coach Low	
21-Sep-24	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	1	A3	Coach Murphy	
		1.00pm - 4.00pm	_	A2	Coach Low	
22-Sep-24	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	1	A3	Coach Murphy	1
		1.00pm - 4.00pm	H	A3 A2	Coach Low	-l
28-Sep-24	Yes	1.30pm - 4.30pm	NSRCC	A2 A1	Ignatius	1
20 00p 2-7		2.00pm - 5.00pm	1	HP	Coach XiaoDong	1
		2.00pm - 5.00pm 2.30pm-530pm	1	Laser HP	Coach Hu	<del> </del>
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	t	A2	Coach Low	1
29-Sep-24	Yes	1.30pm - 4.30pm	NSRCC	A2 A1	Ignatius	1
		2.00pm - 5.00pm	1	HP	Coach XiaoDong	1
		2.30pm-530pm	1	Laser HP	Coach Hu	1
		z.aupin-aaupifi		Laser FF	COMULTIN	

## October

OCIODEI						
Dates	Training Yes/No	Training Time	Location	Events	Coach	Remarks
	Tourto	12.30pm - 3.30pm		A3	Coach Murphy	
5-Oct-24	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	1
	163	1.30pm - 4.30pm		A1	Ignatius	No training for ILCA due to exam break
		2.00pm - 5.00pm		HP	Coach XiaoDong	
	No			Laser HP		
		12.30pm - 3.30pm		A3	Coach Murphy	
	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	1
6-Oct-24	163	1.30pm - 4.30pm	Nonce	A1	Ignatius	No training for ILCA due to exam break
		2.00pm - 5.00pm	1	HP	Coach XiaoDong	
	No			Laser HP		

		12.30pm - 3.30pm		A3	Coach Murphy	
12-Oct-24	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	
	163	1.30pm - 4.30pm		A1	Ignatius	No training for ILCA due to exam break
		2.00pm - 5.00pm		HP	Coach XiaoDong	
	No			Laser HP		
		12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	
	Yes	1.00pm - 4.00pm		A2	Coach Low	
13-Oct-24	163	1.30pm - 4.30pm		A1	Ignatius	No training for ILCA due to exam break
		2.00pm - 5.00pm		HP	Coach XiaoDong	
	No					

				A3		
19-Oct-24	No			A2		No Training for all Opti squads due to exam
	NO		1	A1		break
				HP		DIGEN
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	
				A3		
	No		1	A2		No Training for all Opti squads due to exam
20-Oct-24	140		1	A1		break
				HP		DIGEN
	Vec	2 30nm-530nm	NSPCC	Lacor HD	Coach Hu	



## November

MOVELLIDEL						
Dates	Training Yes/No	Training Time	Location	Events	Coach	Remarks
	Tes/No	12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
2-Nov-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	1
		2.00pm - 5.00pm		HP	Coach XiaoDong	
		2.30pm-530pm	7	Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	7	A2	Coach Low	
3-Nov-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	1
		2.00pm - 5.00pm		HP	Coach XiaoDong	
		2.30pm-530pm	7	Laser HP	Coach Hu	1
	•			•	•	
		12.30pm - 3.30pm	1	A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	1
9-Nov-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	1
		2.00pm - 5.00pm	1	HP	Coach XiaoDong	1
		2.30pm-530pm		Laser HP	Coach Hu	1
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	7	A2	Coach Low	1
10-Nov-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	1
		2.00pm - 5.00pm	7	HP	Coach XiaoDong	1
		2.30pm-530pm		Laser HP	Coach Hu	
		As Per NoR/Si		A3	Coach Murphy	
		As Per NoR/Si	1	A2	Coach Low	NSC Cup 2
16-Nov-24	Yes	As Per NoR/Si	NSC	A1	Ignatius	No Training for sailors not participating
		As Per NoR/Si		HP	Coach XiaoDong	
		As Per NoR/Si		Laser HP	Coach Hu	<u> </u>
		As Per NoR/Si		A3	Coach Murphy	
		As Per NoR/Si		A2	Coach Low	NSC Cup 2
17-Nov-24	Yes	As Per NoR/Si	NSC	A1	Ignatius	No Training for sailors not participating
		As Per NoR/Si		HP	Coach XiaoDong	
		As Per NoR/Si		Laser HP	Coach Hu	
	•			•		
		12.30pm - 3.30pm	1	A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm	7	A1	Ignatius	
30-Nov-24	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	1
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	7	A2	Coach Low	1
		1.30pm - 4.30pm	7	A1	Ignatius	1
1-Dec-24	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	

## December

Dates	Training Yes/No	Training Time	Location	Events	Coach	Remarks
7-Dec-24	Yes	2pm-5pm	csc	A3	Coach Murphy	48th Singapore ILCA Open  No Training for ILCA sailors not participating.
		2pm-5pm		A2	Coach Low	
		2pm-5pm		A1	Ignatius	
	No			HP		
						No training for Opti HP sailors.
	Yes	As per NoR/Si	NSRCC	Laser HP	Coach Hu	Training at CSC for silver fleet sailors TBC
8-Dec-24	Yes	2pm-5pm	csc	A3	Coach Murphy	48th Singapore ILCA Open  No Training for ILCA sailors not participating.
		2pm-5pm		A2	Coach Low	
		2pm-5pm		A1	Ignatius	
	No			HP		
	Yes	As per NoR/Si	NSRCC	Laser HP	Coach Hu	No training for Opti HP sailors.  Training at CSC for silver fleet sailors TBC

		As Per NoR/Si	CSC	A3	Coach Murphy	
		As Per NoR/Si	CSC	A2	Coach Low	CSC Optimist Silver Fleet Regatta
15-Dec-24	Yes	As Per NoR/Si	CSC	A1	Ignatius	No Training for a3,a2,a1 sailors not participating
		2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	
		2.30pm-530pm	NSRCC	Laser HP	Coach Hu	
		As Per NoR/Si	CSC	A3	Coach Murphy	
		As Per NoR/Si	CSC	A2	Coach Low	CSC Optimist Silver Fleet Regatta
16-Dec-24	Yes	As Per NoR/Si	CSC	A1	Ignatius	No Training for a3,a2,a1 sailors not participating
		2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	
		2.30pm-530pm	NSRCC	Laser HP	Coach Hu	

No more training for the rest of the year.