

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

SAF Yacht Club Squad Training Schedule

Schedule is subject to changes and regatta dates

June

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
8-Jun-24	No	As Per NoR/SI	RSYC	A3		<b>RSYC Knockout Race (Silver)</b> No Training for silver Fleet sailors.
		As Per NoR/SI		A2		
		As Per NoR/SI		A1		
	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	
9-Jun-24	No	As Per NoR/SI	RSYC	A3		<b>RSYC Knockout Race (Silver)</b> No Training for silver Fleet sailors.
		As Per NoR/SI		A2		
		As Per NoR/SI		A1		
	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	
15-Jun-24	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	
16-Jun-24	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	
22-Jun-24	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	
23-Jun-24	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	
29-Jun-24	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	
30-Jun-24	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	

July

Dates	Training Yes/No	Training Time	Location	Events	Coach	Remarks	
6-Jul-24	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	<b>RSYC Knockout Race Gold Fleet</b>  No Training for HP sailors not participating. Training as usual for all other squads	
		1.00pm - 4.00pm		A2	Coach Low		
		1.30pm - 4.30pm		A1	Ignatius		
		As per NoR/SI		RSYC	Coach Xiaodong		
		2.30pm-5.30pm		NSRCC	Laser HP		Coach Hu
7-Jul-24	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	<b>RSYC Knockout Race Gold Fleet</b>  No Training for HP sailors not participating. Training as usual for all other squads	
		1.00pm - 4.00pm		A2	Coach Low		
		1.30pm - 4.30pm		NSRCC	A1		Ignatius
		As per NoR/SI		RSYC	Coach Xiaodong		
		2.30pm-5.30pm		NSRCC	Laser HP		Coach Hu
13-Jul-24	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-5.30pm		NSRCC	Laser HP		Coach Hu
14-Jul-24	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-5.30pm		NSRCC	Laser HP		Coach Hu
20-Jul-24	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-5.30pm		NSRCC	Laser HP		Coach Hu
21-Jul-24	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-5.30pm		NSRCC	Laser HP		Coach Hu
27-Jul-24	Yes	As Per NoR/SI	NSC	A3	Coach Murphy	<b>NSC Cup 2024</b> No Training for sailors not participating	
		As Per NoR/SI		A2	Coach Low		
		As Per NoR/SI		A1	Ignatius		
		As Per NoR/SI		HP	Coach Xiaodong		
		As Per NoR/SI		Laser HP	Coach Hu		
28-Jul-24	Yes	As Per NoR/SI	NSC	A3	Coach Murphy	<b>NSC Cup 2024</b> No Training for sailors not participating	
		As Per NoR/SI		A2	Coach Low		
		As Per NoR/SI		A1	Ignatius		
		As Per NoR/SI		HP	Coach Xiaodong		
		As Per NoR/SI		Laser HP	Coach Hu		

## August

Dates	Training Yes/No	Training Time	Location	Events	Coach	Remarks
3-Aug-24	Yes	As Per NoR/SI	NSC	A3	Coach Murphy	<b>Pesta Sukan Regatta 2024</b> No Training for sailors not participating
		As Per NoR/SI		A2	Coach Low	
		As Per NoR/SI		A1	Ignatius	
		As Per NoR/SI		HP	Coach XiaoDong	
4-Aug-24	Yes	As Per NoR/SI	NSC	Laser HP	Coach Hu	<b>Pesta Sukan Regatta 2024</b> No Training for sailors not participating
		As Per NoR/SI		A3	Coach Murphy	
		As Per NoR/SI		A2	Coach Low	
		As Per NoR/SI		A1	Ignatius	
10-Aug-24	Yes	As Per NoR/SI	NSRCC	HP	Coach XiaoDong	<b>Friendship Regatta 2024</b> No Training for ILCA and sailors not participating  This is a non-ranking regatta
		As Per NoR/SI		A3	Coach Murphy	
		As Per NoR/SI		A2	Coach Low	
		As Per NoR/SI		A1	Ignatius	
11-Aug-24	Yes	As Per NoR/SI	NSRCC	HP	Coach XiaoDong	<b>Friendship Regatta 2024</b> No Training for ILCA and sailors not participating  This is a non-ranking regatta
		As Per NoR/SI		A3	Coach Murphy	
		As Per NoR/SI		A2	Coach Low	
		As Per NoR/SI		A1	Ignatius	
17-Aug-24	Yes	12.30pm - 3.30pm	NSRCC	Laser HP	Coach Hu	
		1.00pm - 4.00pm		A3	Coach Murphy	
		1.30pm - 4.30pm		A2	Coach Low	
		2.00pm - 5.00pm		A1	Ignatius	
		2.30pm-5.30pm		HP	Coach XiaoDong	
18-Aug-24	Yes	12.30pm - 3.30pm	NSRCC	Laser HP	Coach Hu	
		1.00pm - 4.00pm		A3	Coach Murphy	
		1.30pm - 4.30pm		A2	Coach Low	
		2.00pm - 5.00pm		A1	Ignatius	
		2.30pm-5.30pm		HP	Coach XiaoDong	
24-Aug-24	Yes	12.30pm - 3.30pm	NSRCC	Laser HP	Coach Hu	
		1.00pm - 4.00pm		A3	Coach Murphy	
		1.30pm - 4.30pm		A2	Coach Low	
		2.00pm - 5.00pm		A1	Ignatius	
		2.30pm-5.30pm		HP	Coach XiaoDong	
25-Aug-24	Yes	12.30pm - 3.30pm	NSRCC	Laser HP	Coach Hu	
		1.00pm - 4.00pm		A3	Coach Murphy	
		1.30pm - 4.30pm		A2	Coach Low	
		2.00pm - 5.00pm		A1	Ignatius	
		2.30pm-5.30pm		HP	Coach XiaoDong	

**September**

Dates	Training Yes/No	Training Time	Location	Events	Coach	Remarks
31-Aug-24	Yes	As Per NoR/SI	NSC	A3	Coach Murphy	Singapore National Sailing Championships 2024 No Training for sailors not participating
		As Per NoR/SI		A2	Coach Low	
		As Per NoR/SI		A1	Ignatius	
		As Per NoR/SI		HP	Coach XiaoDong	
		As Per NoR/SI		Laser HP	Coach Hu	
1-Sep-24	Yes	As Per NoR/SI	NSC	A3	Coach Murphy	Singapore National Sailing Championships 2024 No Training for sailors not participating
		As Per NoR/SI		A2	Coach Low	
		As Per NoR/SI		A1	Ignatius	
		As Per NoR/SI		HP	Coach XiaoDong	
		As Per NoR/SI		Laser HP	Coach Hu	
2-Sep-24	Yes	As Per NoR/SI	NSC	A3	Coach Murphy	Singapore National Sailing Championships 2024 No Training for sailors not participating
		As Per NoR/SI		A2	Coach Low	
		As Per NoR/SI		A1	Ignatius	
		As Per NoR/SI		HP	Coach XiaoDong	
		As Per NoR/SI		Laser HP	Coach Hu	
3-Sep-24	Yes	As Per NoR/SI	NSC	A3	Coach Murphy	Singapore National Sailing Championships 2024 No Training for sailors not participating
		As Per NoR/SI		A2	Coach Low	
		As Per NoR/SI		A1	Ignatius	
		As Per NoR/SI		HP	Coach XiaoDong	
		As Per NoR/SI		Laser HP	Coach Hu	

7-Sep-24	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-5.30pm		Laser HP	Coach Hu	
8-Sep-24	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-5.30pm		Laser HP	Coach Hu	

14-Sep-24	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-5.30pm		Laser HP	Coach Hu	
15-Sep-24	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-5.30pm		Laser HP	Coach Hu	

21-Sep-24	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-5.30pm		Laser HP	Coach Hu	
22-Sep-24	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-5.30pm		Laser HP	Coach Hu	

28-Sep-24	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-5.30pm		Laser HP	Coach Hu	
29-Sep-24	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-5.30pm		Laser HP	Coach Hu	

**October**

Dates	Training Yes/No	Training Time	Location	Events	Coach	Remarks
5-Oct-24	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	No training for ILCA 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		
6-Oct-24	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	No training for ILCA 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		
12-Oct-24	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	No training for ILCA 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		
13-Oct-24	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	No training for ILCA 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		
19-Oct-24	No			A3 A2 A1 HP		No Training for all Opti squads due to exam break
	Yes	2.30pm-5.30pm	NSRCC	Laser HP	Coach Hu	
20-Oct-24	No			A3 A2 A1 HP		No Training for all Opti squads due to exam break
	Yes	2.30pm-5.30pm	NSRCC	Laser HP	Coach Hu	
26-Oct-24	No			A3 A2 A1 HP		No Training for all Opti squads due to exam break
	Yes	2.30pm-5.30pm	NSRCC	Laser HP	Coach Hu	
27-Oct-24	No			A3 A2 A1 HP		No Training for all Opti squads due to exam break
	Yes	2.30pm-5.30pm	NSRCC	Laser HP	Coach Hu	

**November**

Dates	Training Yes/No	Training Time	Location	Events	Coach	Remarks
2-Nov-24	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-5.30pm		Laser HP	Coach Hu	
3-Nov-24	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-5.30pm		Laser HP	Coach Hu	
9-Nov-24	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-5.30pm		Laser HP	Coach Hu	
10-Nov-24	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-5.30pm		Laser HP	Coach Hu	
16-Nov-24	Yes	As Per NoR/SI	NSC	A3	Coach Murphy	No Training for sailors not participating
		As Per NoR/SI		A2	Coach Low	
		As Per NoR/SI		A1	Ignatius	
		As Per NoR/SI		HP	Coach XiaoDong	
		As Per NoR/SI		Laser HP	Coach Hu	
17-Nov-24	Yes	As Per NoR/SI	NSC	A3	Coach Murphy	No Training for sailors not participating
		As Per NoR/SI		A2	Coach Low	
		As Per NoR/SI		A1	Ignatius	
		As Per NoR/SI		HP	Coach XiaoDong	
		As Per NoR/SI		Laser HP	Coach Hu	
30-Nov-24	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-5.30pm		Laser HP	Coach Hu	
1-Dec-24	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-5.30pm		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	<b>48th Singapore ILCA Open</b>
		2pm-5pm		A2	Coach Low	
		2pm-5pm		A1	Ignatius	
	No			HP		No Training for ILCA sailors not participating.
Yes	As per NoR/SI	NSRCC	Laser HP	Coach Hu	No training for Opti HP sailors. Training at CSC for silver fleet sailors TBC	
8-Dec-24	Yes	2pm-5pm	CSC	A3	Coach Murphy	<b>48th Singapore ILCA Open</b>
		2pm-5pm		A2	Coach Low	
		2pm-5pm		A1	Ignatius	
	No			HP		No Training for ILCA sailors not participating.
Yes	As per NoR/SI	NSRCC	Laser HP	Coach Hu	No training for Opti HP sailors. Training at CSC for silver fleet sailors TBC	
15-Dec-24	Yes	As Per NoR/SI	CSC	A3	Coach Murphy	<b>CSC Optimist Silver Fleet Regatta</b>
		As Per NoR/SI	CSC	A2	Coach Low	
		As Per NoR/SI	CSC	A1	Ignatius	
		2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	
		2.30pm-5.30pm	NSRCC	Laser HP	Coach Hu	
16-Dec-24	Yes	As Per NoR/SI	CSC	A3	Coach Murphy	<b>CSC Optimist Silver Fleet Regatta</b>
		As Per NoR/SI	CSC	A2	Coach Low	
		As Per NoR/SI	CSC	A1	Ignatius	
		2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	
		2.30pm-5.30pm	NSRCC	Laser HP	Coach Hu	

No more training for the rest of the year.