

SAF Yacht Club Squad Training Schedule

Month: June to December 2024  
 Squad: Optimist HP, A1, A2, A3/A4 , Laser HP  
 Updated: 17 July 2024

*Schedule is subject to changes and regatta dates*

**July**

Dates	Training Yes/No	Training Time	Location	Events	Coach	Remarks
20-Jul-24	Yes	12.30pm - 3.30pm	SBW	A3/A4	Coach Murphy/Coach WT	
		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	
21-Jul-24	Yes	12.30pm - 3.30pm	SBW	A3/A4	Coach Murphy/Coach WT	
		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	
27-Jul-24	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	NSC Cup Series is postponed to 30 Nov,1st December
		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-Jul-24	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	NSC Cup Series is postponed to 30 Nov,1st December
		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	

## August

Dates	Training Yes/No	Training Time	Location	Events	Coach	Remarks
3-Aug-24	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	Pesta Sukan is postponed to 21-22 December 2024
		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	
4-Aug-24	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		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	
10-Aug-24	Yes	As Per NoR/Si	NSRCC	A3/A4	Coach Murphy/Coach WT	<b>Friendship Regatta 2024</b> No Training for ILCA and sailors not participating  This is a non-ranking regatta
		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	
11-Aug-24	Yes	As Per NoR/Si	NSRCC	A3/A4	Coach Murphy/Coach WT	<b>Friendship Regatta 2024</b> No Training for ILCA and sailors not participating  This is a non-ranking regatta
		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-Aug-24	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		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-Aug-24	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		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	
24-Aug-24	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		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-Aug-24	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		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	

**September**

Dates	Training Yes/No	Training Time	Location	Events	Coach	Remarks		
31-Aug-24	Yes	As Per NoR/Si	NSC	A3/A4	Coach Murphy/Coach WT	Singapore National Sailing Championships 2024 No Training for sailors not participating		
				A2	Coach Low			
				A1	Ignatius			
				HP	Coach XiaoDong			
1-Sep-24	Yes		NSC	A3/A4	Coach Murphy/Coach WT		Singapore National Sailing Championships 2024 No Training for sailors not participating	
				A2	Coach Low			
				A1	Ignatius			
				HP	Coach XiaoDong			
2-Sep-24	Yes		NSC	A3/A4	Coach Murphy/Coach WT			Singapore National Sailing Championships 2024 No Training for sailors not participating
				A2	Coach Low			
				A1	Ignatius			
				HP	Coach XiaoDong			
3-Sep-24	Yes	NSC	A3/A4	Coach Murphy/Coach WT	Singapore National Sailing Championships 2024 No Training for sailors not participating			
			A2	Coach Low				
			A1	Ignatius				
			HP	Coach XiaoDong				
				Laser HP		Coach Hu		

7-Sep-24	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		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	
8-Sep-24	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		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	

14-Sep-24	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		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	
15-Sep-24	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		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	

21-Sep-24	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		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-Sep-24	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		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	

28-Sep-24	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		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-Sep-24	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		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	

**October**

Dates	Training Yes/No	Training Time	Location	Events	Coach	Remarks
5-Oct-24	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	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/A4	Coach Murphy/Coach WT	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/A4	Coach Murphy/Coach WT	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/A4	Coach Murphy/Coach WT	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/A4		No Training for all Opti squads due to exam break
				A2		
				A1		
				HP		
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	
20-Oct-24	No			A3/A4		No Training for all Opti squads due to exam break
				A2		
				A1		
				HP		
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	
26-Oct-24	No			A3/A4		No Training for all Opti squads due to exam break
				A2		
				A1		
				HP		
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	
27-Oct-24	No			A3/A4		No Training for all Opti squads due to exam break
				A2		
				A1		
				HP		
	Yes	2.30pm-530pm	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/A4	Coach Murphy/Coach WT	
		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	
3-Nov-24	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		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	
9-Nov-24	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		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	
10-Nov-24	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		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-Nov-24	Yes	As Per NoR/Si	NSC	A3/A4	Coach Murphy/Coach WT	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/A4	Coach Murphy/Coach WT	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	
23-Nov-24	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		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	
24-Nov-24	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		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-Nov-24	Yes	As Per NoR/Si	NSC	A3/A4	Coach Murphy/Coach WT	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-Dec-24	Yes	As Per NoR/Si	NSC	A3/A4	Coach Murphy/Coach WT	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	

**December**

Dates	Training Yes/No	Training Time	Location	Events	Coach	Remarks
7-Dec-24	Yes	2pm-5pm	CSC	A3/A4	Coach Murphy/Coach WT	<b>48th Singapore ILCA Open</b>
		2pm-5pm		A2	Coach Low	
		2pm-5pm		A1	Ignatius	
	No			HP		No Training for ILCA sailors not participating. No training for Opti HP sailors.
7-Dec-24	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/A4	Coach Murphy/Coach WT	<b>48th Singapore ILCA Open</b>
		2pm-5pm		A2	Coach Low	
		2pm-5pm		A1	Ignatius	
	No			HP		No Training for ILCA sailors not participating. No training for Opti HP sailors.
8-Dec-24	Yes	As per NoR/Si	NSRCC	Laser HP	Coach Hu	Training at CSC for silver fleet sailors TBC
15-Dec-24	Yes	As Per NoR/Si	CSC	A3/A4	Coach Murphy/Coach WT	<b>CSC Optimist Silver Fleet Regatta</b> No Training for A3/A4,a2,a1 sailors not participating
		As Per NoR/Si	CSC	A2	Coach Low	
		As Per NoR/Si	CSC	A1	Ignatius	
		2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	
16-Dec-24	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	<b>CSC Optimist Silver Fleet Regatta</b> No Training for A3/A4,a2,a1 sailors not participating
		As Per NoR/Si	NSC	A3/A4	Coach Murphy/Coach WT	
		As Per NoR/Si	CSC	A2	Coach Low	
		As Per NoR/Si	CSC	A1	Ignatius	
16-Dec-24	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	
		2.30pm-530pm	NSRCC	Laser HP	Coach Hu	
22-Dec-24	Yes	As Per NoR/Si	NSC	A3/A4	Coach Murphy/Coach WT	<b>Pesta Sukan Regatta</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	
23-Dec-24	Yes	As Per NoR/Si	NSC	Laser HP	Coach Hu	<b>Pesta Sukan Regatta</b> No Training for sailors not participating
		As Per NoR/Si		A3/A4	Coach Murphy/Coach WT	
		As Per NoR/Si		A2	Coach Low	
		As Per NoR/Si		A1	Ignatius	
23-Dec-24	Yes	As Per NoR/Si	NSC	HP	Coach XiaoDong	
		As Per NoR/Si		Laser HP	Coach Hu	

No more training for the rest of the year.