SAF Yacht Club Squad Training Schedule

Month: July to December 2025 Squad: Optimist HP, A1, A2, A3 , Laser HP Updated: 20 June 2025

Schedule is subject to changes and regatta dates

Training Yes/No Yes	Training Time	Location	Events	Coach	Remarks
Yes					Kentarks
	As Por NoP/Si	BM	A3	Coach Murphy	
Yes			A2	Coach Low	Raffles Marina Regatta Optimist (Gold &
Yes	r.wi	A1	Ignatius	<u>Silver)</u>	
Yes			HP	Coach XiaoDong	No Training for Optimist sailors not
Yes	2.30pm-530pm		Laser HP	Coach Hu	participating
Yes			A3	Coach Murphy	
Yes	As Per NoR/Si	DM	A2	Coach Low	Raffles Marina Regatta Optimist (Gold & <u>Silver)</u> No Training for Optimist sailors not participating
Yes	ASTERNOIO	T XIVI	A1	Ignatius	
Yes			HP	Coach XiaoDong	
Yes	2.30pm-530pm		Laser HP	Coach Hu	
	Yes Yes Yes Yes Yes Yes Yes	Yes As Per NoR/Si Yes 2.30pm-530pm Yes 2.30pm-530pm Yes As Per NoR/Si Yes Yes Yes Yes	Yes As Per NoR/Si RM Yes 2.30pm-530pm Yes 2.30pm-530pm Yes As Per NoR/Si RM Yes As Per NoR/Si RM	Yes As Per NoR/Si RM A1 Yes 2.30pm-530pm Laser HP Yes 2.30pm-530pm Laser HP Yes As Per NoR/Si RM A2 Yes HP HP	Yes As Per NoR/Si RM A1 Ignatius Yes 2.30pm-530pm Laser HP Coach XiaoDong Yes 2.30pm-530pm Laser HP Coach Hu Yes As Per NoR/Si RM A3 Coach Murphy Yes As Per NoR/Si RM A2 Coach Low Yes HP Coach XiaoDong HP Coach Coach Murphy

	Yes		NSRCC	A3	Coach Murphy	
	Yes	As Per NoR/Si		A2	Coach Low	1st SAFYC Optimist Championships
	Yes		Noixee	A1	Ignatius	No Training for Optimist sailors not
12-Jul-25	Yes			HP	Coach XiaoDong	participating and all ILCA sailors
	No	-		Laser HP	Coach Hu	,,
	Yes			4.0		
	165			A3	Coach Murphy	
	Yes		NSRCC	A3 A2	Coach Murphy Coach Low	1st SAEVC Ontimist Championships
		As Per NoR/Si	NSRCC			1st SAFYC Optimist Championships
13-Jul-25	Yes	As Per NoR/Si	NSRCC	A2	Coach Low	<u>1st SAFYC Optimist Championships</u> No Training for Optimist sailors not participating and all ILCA sailors

	No					
	No					
	No					<u>CBTS</u>
19-Jul-25	No					No training for ALL Squads
	No					, i
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
20-Jul-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	Normal Training
		2.30pm-530pm		Laser HP	Coach Hu	

		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	NSRCC	A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	Raffles Marina Regata (ILCA)
26-Jul-25	Yes	2.00pm - 5.00pm		HP	Coach XiaoDong	No Training for ILCA sailors not participating
		As Per NoR/Si	Raffles Marina	Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	NSRCC	A2	Coach Low]
		1.30pm - 4.30pm	Noncoo	A1	Ignatius	Raffles Marina Regata (ILCA)
27-Jul-25	Yes	2.00pm - 5.00pm		HP	Coach XiaoDong	No Training for ILCA sailors not participating
		As Per NoR/Si	Raffles Marina	Laser HP	Coach Hu	

AUGUST

Dates	Training Yes/No	Training Time	Location	Events	Coach	Remarks
	Yes			A3	Coach Murphy	
	Yes			A2	Coach Low	Pesta Sukan Regatta 2025
2-Aug-25	Yes			A1	Ignatius	No Training for sailors not participating
	Yes			HP	Coach XiaoDong	
	Yes	As Per NoR/Si	NSC	Laser HP	Coach Hu	
	Yes		NOC	A3	Coach Murphy	
	Yes			A2	Coach Low	Pesta Sukan Regatta 2025
3-Aug-25	Yes			A1	Ignatius	No Training for sailors not participating
	Yes			HP	Coach XiaoDong	
	Yes			Laser HP	Coach Hu	

9-Aug-25			No Training due to NDP Public Holiday			
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
10-Aug-25	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	Normal Training
		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-Aug-25	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	Normal Training
	2.00pm - 5.00pm	i F	HP	Coach XiaoDong]	
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
17-Aug-25	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	Normal Training
		2.00pm - 5.00pm		HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	

				A3	Coach Murphy	
	Yes	As Per NoR/Si	RSYC	A2	Coach Low	
				A1	Ignatius	RSYC Knockout (Silver)
23-Aug-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	No Training for all A1/A2/A3 Squad sailors
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	
				A3	Coach Murphy	
	Yes	As Per NoR/Si	RSYC	A2	Coach Low	
				A1	Ignatius	RSYC Knockout (Silver)
24-Aug-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	No Training for all A1/A2/A3 Squad sailors
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	

		12.30pm - 3.30pm		A3	Coach Murphy	
	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	RSYC Knockout (Gold)
30-Aug-25	Yes	As Per NoR/Si	RSYC	HP	Coach XiaoDong	No Training for all OptiHP Squad sailors
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	- · · · · · · · · · · · · · · · · · · ·
		12.30pm - 3.30pm		A3	Coach Murphy	
	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	RSYC Knockout (Gold)
31-Aug-25	Yes	As Per NoR/Si	RSYC	HP	Coach XiaoDong	No Training for all OptiHP Squad sailors
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	5 1 1

September

Dates	Training Yes/No	Training Time	Location	Events	Coach	Remarks
				A3	Coach Murphy	
				A2	Coach Low	Singapore National Sailing Championships
				A1	Ignatius	No Training for all sailors not participating
6-Sep-25	Yes	As Per NoR/Si	NSC	HP	Coach XiaoDong	
				Laser HP	Coach Hu	
				A3	Coach Murphy	
				A2	Coach Low	Singapore National Sailing Championships
			NSC	A1	Ignatius	No Training for all sailors not participating
7-Sep-25	Yes	As Per NoR/Si		HP	Coach XiaoDong	
				Laser HP	Coach Hu	
				A3	Coach Murphy	Singapore National Sailing Championships
				A2	Coach Low	No Training for all sailors not participating
8-Sep-25	Yes	As Per NoR/Si	NSC	A1	Ignatius	
				HP	Coach XiaoDong	
				Laser HP	Coach Hu	
				A3	Coach Murphy	
9-Sep-25	Yes	As Per NoR/Si	NSC	A2	Coach Low	Singapore National Sailing Championships No Training for all sailors not participating
				A1	Ignatius	1
				HP	Coach XiaoDong]
				Laser HP	Coach Hu	

		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	NSRCC	A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
13-Sep-25	Yes	2.00pm - 5.00pm		HP	Coach XiaoDong	Normal Training
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
14-Sep-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	Normal Training
		2.30pm-530pm		Laser HP	Coach Hu	

L	1	(0.00 0.00	1	10		
		12.30pm - 3.30pm	4	A3	Coach Murphy	
		1.00pm - 4.00pm	NSRCC	A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
20-Sep-25	Yes	2.00pm - 5.00pm		HP	Coach XiaoDong	Normal Training
	2.30pm-530pm		Laser HP	Coach Hu		
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
21-Sep-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	Normal Training
		2.30pm-530pm		Laser HP	Coach Hu	

		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
27-Sep-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	Normal Training
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
28-Sep-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	Normal Training
		2.30pm-530pm		Laser HP	Coach Hu	

October

Dates	Training Yes/No	Training Time	Location	Events	Coach	Remarks
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
4-Oct-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	Normal Training
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	1
		1.30pm - 4.30pm		A1	Ignatius	
5-Oct-25	5-Oct-25 Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	Normal Training
		2.30pm-530pm		Laser HP	Coach Hu	

		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
11-Oct-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	Normal Training
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
12-Oct-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	Normal Training
		2.30pm-530pm		Laser HP	Coach Hu	

		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
18-Oct-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	Normal Training
		2.30pm-530pm	-	Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
19-Oct-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	Normal Training
		2.30pm-530pm		Laser HP	Coach Hu	

		12.30pm - 3.30pm		A3	Coach Murphy
		1.00pm - 4.00pm		A2	Coach Low
		1.30pm - 4.30pm		A1	Ignatius
25-Oct-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong
		2.30pm-530pm		Laser HP	Coach Hu
		12.30pm - 3.30pm		A3	Coach Murphy
		1.00pm - 4.00pm		A2	Coach Low
		1.30pm - 4.30pm		A1	Ignatius
26-Oct-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong
		2.30pm-530pm		Laser HP	Coach Hu

November

Dates	Training Yes/No	Training Time	Location	Events	Coach	Remarks
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
1-Nov-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	Normal Training
	2.30pm-530pm		Laser HP	Coach Hu		
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
2-Nov-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	Normal Training
		2.30pm-530pm		Laser HP	Coach Hu	

		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
8-Nov-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	Normal Training
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
9-Nov-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	Normal Training
		2.30pm-530pm		Laser HP	Coach Hu	

		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
15-Nov-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	Normal Training
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
16-Nov-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	Normal Training
		2.30pm-530pm		Laser HP	Coach Hu	

	1	-			
		12.30pm - 3.30pm		A3	Coach Murphy
		1.00pm - 4.00pm		A2	Coach Low
		1.30pm - 4.30pm		A1	Ignatius
22-Nov-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong
		2.30pm-530pm		Laser HP	Coach Hu
		12.30pm - 3.30pm		A3	Coach Murphy
		1.00pm - 4.00pm		A2	Coach Low
		1.30pm - 4.30pm		A1	Ignatius
23-Nov-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong
		2.30pm-530pm		Laser HP	Coach Hu
r	1			I	-
		12.30pm - 3.30pm		A3	Coach Murphy
		1.00pm - 4.00pm		A2	Coach Low
00 11 05	Yes	1.30pm - 4.30pm	NOROO	A1	Ignatius
29-Nov-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong
		2.30pm-530pm		Laser HP	Coach Hu
		12.30pm - 3.30pm		A3	Coach Murphy
		1.00pm - 4.00pm		A2	Coach Low
		1.30pm - 4.30pm		A1	Ignatius
30-Nov-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong
		2.30pm-530pm		Laser HP	Coach Hu

Dates	Training Yes/No	Training Time	Location	Events	Coach	Remarks
				A3		
	No			A2		48th Singapore ILCA Open
	NO		-	A1		
6-Dec-25				HP		No Training for All Opti Squads, No training for
	Yes	As Per NoR/Si	NSRCC	Laser HP	Coach Hu	all ILCA Not Participating
				A3		
	No		_	A2		48th Singapore ILCA Open
	NO		-	A1		
7-Dec-25				HP		No Training for All Opti Squads, No training for
	Yes	As Per NoR/Si	NSRCC	Laser HP	Coach Hu	all ILCA Not Participating

		12.30pm - 3.30pm		A3	Coach Murphy	
	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	
	165	1.30pm - 4.30pm	NORCO	A1	Ignatius	NSC ILCA Regatta 2025
13-Dec-25		2.00pm - 5.00pm		HP	Coach XiaoDong	
	Yes	As Per NoR/Si	NSC	Laser HP	Coach Hu	No training for all ILCA Not Participating
		12.30pm - 3.30pm		A3	Coach Murphy	
	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	
	165	1.30pm - 4.30pm	NORCO	A1	Ignatius	NSC ILCA Regatta 2025
14-Dec-25		2.00pm - 5.00pm		HP	Coach XiaoDong	
	Yes	As Per NoR/Si	NSC	Laser HP	Coach Hu	No training for all ILCA Not Participating

20-Dec-25	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
21-Dec-25	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

27-Dec-25	No			A3 A2 A1 HP		No Training, xmas New Year break
				Laser HP A3		
28-Dec-25	No			A2 A1 HP		No Training, xmas New Year break
				Laser HP		