

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

July

Dates	Training Yes/No	Training Time	Location	Events	Coach	Remarks
6-Jul-25	Yes	As Per NoR/Si	RM	A3	Coach Murphy	Raffles Marina Regatta Optimist (Gold & Silver) No Training for Optimist sailors not participating
	Yes			A2	Coach Low	
	Yes			A1	Ignatius	
	Yes			HP	Coach XiaoDong	
	Yes	2.30pm-530pm		Laser HP	Coach Hu	
7-Jul-25	Yes	As Per NoR/Si	RM	A3	Coach Murphy	Raffles Marina Regatta Optimist (Gold & Silver) No Training for Optimist sailors not participating
	Yes			A2	Coach Low	
	Yes			A1	Ignatius	
	Yes			HP	Coach XiaoDong	
	Yes	2.30pm-530pm		Laser HP	Coach Hu	
12-Jul-25	Yes	As Per NoR/Si	NSRCC	A3	Coach Murphy	1st SAFYC Optimist Championships No Training for Optimist sailors not participating and all ILCA sailors
	Yes			A2	Coach Low	
	Yes			A1	Ignatius	
	Yes			HP	Coach XiaoDong	
	No	-		Laser HP	Coach Hu	
13-Jul-25	Yes	As Per NoR/Si	NSRCC	A3	Coach Murphy	1st SAFYC Optimist Championships No Training for Optimist sailors not participating and all ILCA sailors
	Yes			A2	Coach Low	
	Yes			A1	Ignatius	
	Yes			HP	Coach XiaoDong	
	No	-		Laser HP	Coach Hu	
19-Jul-25	No					CBTS No training for ALL Squads
	No					
	No					
	No					
	No					
20-Jul-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Normal Training
		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	
26-Jul-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Raffles Marina Regata (ILCA) No Training for ILCA sailors not participating
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		HP	Coach XiaoDong	
		As Per NoR/Si	Raffles Marina	Laser HP	Coach Hu	
27-Jul-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Raffles Marina Regata (ILCA) No Training for ILCA sailors not participating
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
		2.00pm - 5.00pm		HP	Coach XiaoDong	
		As Per NoR/Si	Raffles Marina	Laser HP	Coach Hu	

AUGUST

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

9-Aug-25	No Training due to NDP					No Training due to NDP Public Holiday
10-Aug-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Normal Training
		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-Aug-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Normal Training
		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	
17-Aug-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Normal Training
		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-Aug-25	Yes	As Per NoR/Si	RSYC	A3	Coach Murphy	RSYC Knockout (Silver) No Training for all A1/A2/A3 Squad sailors
				A2	Coach Low	
				A1	Ignatius	
	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	
24-Aug-25	Yes	As Per NoR/Si	RSYC	A3	Coach Murphy	RSYC Knockout (Silver) No Training for all A1/A2/A3 Squad sailors
				A2	Coach Low	
				A1	Ignatius	
	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	

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

September

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

13-Sep-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Normal Training
		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-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Normal Training
		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	

20-Sep-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Normal Training
		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-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Normal Training
		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-Sep-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Normal Training
		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-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Normal Training
		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
4-Oct-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Normal Training
		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	
5-Oct-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Normal Training
		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	

11-Oct-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Normal Training
		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	
12-Oct-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Normal Training
		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-Oct-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Normal Training
		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	
19-Oct-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Normal Training
		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-Oct-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	
26-Oct-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	

November

Dates	Training Yes/No	Training Time	Location	Events	Coach	Remarks
1-Nov-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Normal Training
		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	
2-Nov-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Normal Training
		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-Nov-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Normal Training
		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-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Normal Training
		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-Nov-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Normal Training
		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-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Normal Training
		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-Nov-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	
23-Nov-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	

29-Nov-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	
30-Nov-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	

December

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

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

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