

Month: July to December 2025
Squad: Optimist HP, A1, A2, A3 , Laser HP
Updated: **1 August 2025**

SAF Yacht Club Squad Training Schedule

Schedule is subject to changes and regatta dates

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	

	NO	As Per NoR/Si	RSYC	A3	Coach Murphy	RSYC Knockout (Silver)
				A2	Coach Low	
				A1	Ignatius	

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	
24-Aug-25	NO	As Per NoR/Si	RSYC	A3	Coach Murphy	<u>RSYC Knockout (Silver)</u> 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	<u>RSYC Knockout (Gold)</u> No Training for all OptiHP Squad sailors
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
	NO	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	<u>RSYC Knockout (Gold)</u> No Training for all OptiHP Squad sailors
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	
	NO	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	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	
9-Nov-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	

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	
		12.30pm - 3.30pm		A3	Coach Murphy	

16-Nov-25	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	Normal Training
		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	
		12.30pm - 3.30pm		A3	Coach Murphy	

21-Dec-25	Yes	1.00pm - 4.00pm	NSRCC	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		