SAF Yacht Club Squad Training Schedule

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

Updated: 1 August 2025

Schedule is subject to changes and regatta dates

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	AS Per NOR/SI	INSC	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 N	IDP		No Training due to NDP Public Holiday
		12.30pm - 3.30pm		A3	Coach Murphy	
	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	
10-Aug-25		1.30pm - 4.30pm		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	1	A2	Coach Low	7
16-Aug-25	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	Normal Training
		2.00pm - 5.00pm	1	HP	Coach XiaoDong	1
		2.30pm-530pm	1	Laser HP	Coach Hu	7
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	1	A2	Coach Low	7
17-Aug-25	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	Normal Training
		2.00pm - 5.00pm	1	HP	Coach XiaoDong	1
		2.30pm-530pm		Laser HP	Coach Hu	
						
				A3	Coach Murphy	
	NO	NO As Per NoR/Si	RSYC	A2	Coach Low	
	NO	A3 1 61 NOI (/OI	1.010	A1	Oodon Low	

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	
	NO	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	
	1	1 40.00 0.00	T	1 40		1
	.,	12.30pm - 3.30pm	Noboo	A3	Coach Murphy	-
	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	4
20 4 05		1.30pm - 4.30pm		A1	Ignatius	RSYC Knockout (Gold)
30-Aug-25	NO	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
		1.30pm - 4.30pm	1	A1	Ignatius	RSYC Knockout (Gold)
31-Aug-25	NO	As Per NoR/Si	RSYC	HP	Coach XiaoDong	No Training for all OptiHP Squad sailors
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	The state of the s

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
				A1	Ignatius	No Training for all sailors not participating
7-Sep-25	Yes	As Per NoR/Si	NSC	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
0 00p 20	1 00	7.6 1 61 1161 (61	1100	A1	Ignatius	
				HP	Coach XiaoDong	
				Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
13-Sep-25	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	Normal Training
13-3ep-25	165	2.00pm - 5.00pm	NONCC	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	
					·	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
00 0 05	V	1.30pm - 4.30pm	NODGO	A1	Ignatius	Name at Training
20-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	
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	
		1.30pm - 4.30pm		A1	Ignatius	
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	
44.0.4.05	V	1.30pm - 4.30pm	Nonco	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	
40.0-4.05	V	1.30pm - 4.30pm	NODGO	A1	Ignatius	Name of Toolinia a
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	NSRCC	A2	Coach Low	
	.,	1.30pm - 4.30pm		A1	Ignatius	
25-Oct-25	Yes	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	
		1.30pm - 4.30pm		A1	Ignatius	
26-Oct-25	26-Oct-25 Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	

November

Dates	Training	Training Time	Location	Events	Coach	Remarks
	Yes/No		2000	2751115	3343	, temante
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Ignatius	<u> </u>
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	- NSRCC	A2	Coach Low	
0.1105		1.30pm - 4.30pm		A1	Ignatius	Raffles Marina Regata (ILCA)
8-Nov-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	7
		1.30pm - 4.30pm	Norce	A1	Ignatius	Raffles Marina Regata (ILCA)
9-Nov-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		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 1		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	
		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	
		-		•		
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		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	

December

Training Training Training Time Location Events Coach Remarks	December						
No	Dates	Training Yes/No	Training Time	Location	Events	Coach	Remarks
At					A3		
A1		No			A2		48th Singapore II CA Open
Ves		INO		1 -	A1		40th Shigapore IECA Open
Yes	6-Dec-25				HP		No Training for All Opti Squads, No training for
7-Dec-25 No		Yes	As Per NoR/Si	NSRCC	Laser HP	Coach Hu	
7-Dec-25 12.30pm - 3.30pm					A3		
T-Dec-25 HP		No			A2		48th Singapore II CA Open
Yes		INO		1 -	A1		40th Singapore ILOA Open
Yes	7-Dec-25				HP		No Training for All Opti Squads. No training for
13-Dec-25 Yes 1.00pm - 4.00pm		Yes	As Per NoR/Si	NSRCC	Laser HP	Coach Hu	
13-Dec-25 Yes 1.00pm - 4.00pm					•		
13-Dec-25 1.30pm - 4.30pm NSRCC			12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	
13-Dec-25		Yes	1.00pm - 4.00pm		A2	Coach Low	7
Yes			1.30pm - 4.30pm			Ignatius	NSC ILCA Regatta 2025
Yes	13-Dec-25		2.00pm - 5.00pm		HP	Coach XiaoDong	N. 4-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1
Yes		Yes	As Per NoR/Si	NSC	Laser HP	Coach Hu	No training for all ILCA Not Participating
Yes			12.30pm - 3.30pm		A3	Coach Murphy	
1.30pm - 4.30pm		Vas		Nedec	A2		7
Yes		res	1.30pm - 4.30pm	NSRCC	A1	Ignatius	NSC ILCA Regatta 2025
Yes As Per NoR/Si NSC Laser HP Coach Hu 20-Dec-25 12.30pm - 3.30pm 1.00pm - 4.00pm 1.30pm - 4.30pm 1.30pm - 4.30pm 2.00pm - 5.00pm A3 A2 NSRCC Coach Murphy A2 Coach Low A1 Ignatius Coach XiaoDong 2.30pm-530pm NSRCC HP Coach XiaoDong Laser HP Coach Hu	14-Dec-25		2.00pm - 5.00pm	1	HP	Coach XiaoDong	
20-Dec-25 Yes 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm NSRCC A2 Coach Low A1 Ignatius HP Coach XiaoDong Laser HP Coach Hu		Yes	As Per NoR/Si	NSC	Laser HP	Coach Hu	No training for all ILCA Not Participating
20-Dec-25 Yes 1.00pm - 4.00pm 1.30pm - 4.30pm 2.00pm - 5.00pm NSRCC A2 Coach Low A1 Ignatius HP Coach XiaoDong Laser HP Coach Hu						•	
Yes 1.30pm - 4.30pm NSRCC A1 Ignatius			12.30pm - 3.30pm			Coach Murphy	
20-Dec-25 Yes 2.00pm - 5.00pm NSRCC HP Coach XiaoDong 2.30pm-530pm Laser HP Coach Hu]			
2.30pm-530pm Laser HP Coach Hu						Ignatius	
	20-Dec-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	
12.30pm - 3.30pm A3 Coach Murphy			2.30pm-530pm		Laser HP	Coach Hu	
			12.30pm - 3.30pm		A3	Coach Murphy	

		1.00pm - 4.00pm		A2	Coach Low]
04.0	V.	1.30pm - 4.30pm	NODOO	A1	Ignatius	
21-Dec-25	Yes	2.00pm - 5.00pm	NSRCC	HP	Coach XiaoDong	_
		2.30pm-530pm		Laser HP	Coach Hu	
				A3		
				A2		
				A1]
27-Dec-25	No			HP		No Training, xmas New Year break
				Laser HP		
				A3		
				A2		
				A1		No Training, xmas New Year break
28-Dec-25	No			HP		
				Laser HP		