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
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm	SBW	A2	Coach Low	
20-Jul-24	Yes	1.30pm - 4.30pm	SBW	A1	Ignatius	
		2.00pm - 5.00pm		HP	Coach XiaoDong	
		2.30pm-530pm	NSRCC	Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm	SBW	A2	Coach Low	
21-Jul-24	Yes	1.30pm - 4.30pm	J J J J J J J J J J J J J J J J J J J	A1	Ignatius	
		2.00pm - 5.00pm		HP	Coach XiaoDong	
		2.30pm-530pm	NSRCC	Laser HP	Coach Hu	

		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	NSC Cup Series is postponed to 30 Nov,1st
27-Jul-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	December
		2.00pm - 5.00pm		HP	Coach XiaoDong	December
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	NSC Cup Series is postponed to 30 Nov,1st
28-Jul-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	December
		2.00pm - 5.00pm		HP	Coach XiaoDong	December
1	I	2 30nm-530nm	I	Laser HP	Coach Hu	l

August	Training	Training Time	Location	Events	Coach	Remarks
Dates	Yes/No	Trailing Time	Location	Events	Coacii	Remarks
	163/140	12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm	i	A2	Coach Low	1
		1.30pm - 4.30pm	İ	A1	Ignatius	Pesta Sukan is postponed to 21-22 Decem
3-Aug-24	Yes	2.00pm - 5.00pm NSRCC	NSRCC	HP	Coach XiaoDong	2024
			İ			1 2027
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
4-Aug-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
4-Aug-24	165	2.00pm - 5.00pm	Noncc	HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	
		As Per NoR/Si		A3/A4	Coach Murphy/Coach WT	
		As Per NoR/Si	i	A2	Coach Low	Friendship Regatta 2024
		As Per NoR/Si		A1	Ignatius	No Training for ILCA and sailors not
10-Aug-24	Yes	As Per NoR/Si	NSRCC	HP	Coach XiaoDong	participating
			i			
						This is a non-ranking regatta
		As Per NoR/Si		A3/A4	Coach Murphy/Coach WT	
		As Per NoR/Si		A2	Coach Low	Friendship Regatta 2024 No Training for ILCA and sailors not
11-Aug-24	Yes	As Per NoR/Si	NSRCC	A1	Ignatius	participating
11-Aug-24		As Per NoR/Si	Nonco	HP	Coach XiaoDong	paracipating
		As Per NoR/Si		Laser HP	Coach Hu	This is a non-ranking regatta
Ī		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	1
		1.00pm - 4.00pm	1	A2	Coach Low	1
17-Aug-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	1
-		2.00pm - 5.00pm	1	HP	Coach XiaoDong	1
		2.30pm-530pm	1	Laser HP	Coach Hu	1
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
18-Aug-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm		HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
1		1.00pm - 4.00pm		A2	Coach Low	
24-Aug-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	1
	F	2.00pm - 5.00pm		HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
1		1.00pm - 4.00pm	l	A2	Coach Low	1
25-Aug-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	1
		2.00pm - 5.00pm	I	HP	Coach XiaoDong	1
I		2.30pm-530pm	1	Laser HP	Coach Hu	

September						
Dates	Training	Training Time	Location	Events	Coach	Remarks
	Yes/No			A3/A4	Coach Murphy/Coach WT	Singapore National Sailing Championships
				A3/A4 A2	Coach Low	2024
31-Aug-24	Yes		NSC	A1	Ignatius	No Training for sailors not participating
				HP	Coach XiaoDong	
				Laser HP	Coach Hu	
				A3/A4	Coach Murphy/Coach WT	Singapore National Sailing Championships
1-Sep-24	Yes		NSC	A2	Coach Low	2024 No Training for sailors not participating
1-3ep-24	165		NOC	A1 HP	Ignatius Coach XiaoDong	No training for saliors not participating
				Laser HP	Coach Hu	
		As Per NoR/Si		A3/A4	Coach Murphy/Coach WT	Singapore National Sailing Championships
				A2	Coach Low	2024
2-Sep-24	Yes		NSC	A1	Ignatius	No Training for sailors not participating
				HP	Coach XiaoDong	
				Laser HP A3/A4	Coach Hu	0
				A3/A4 A2	Coach Murphy/Coach WT Coach Low	Singapore National Sailing Championships 2024
3-Sep-24	Yes		NSC	A1	Ignatius	No Training for sailors not participating
				HP	Coach XiaoDong	, , ,
				Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	I
		1.00pm - 4.00pm		A2	Coach Low	i
7-Sep-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	1
		2.00pm - 5.00pm		HP	Coach XiaoDong]
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
8-Sep-24	Yes	1.00pm - 4.00pm 1.30pm - 4.30pm	NSRCC	A2 A1	Coach Low Ignatius	-
0-36p-24	165	2.00pm - 5.00pm	Nonco	HP	Coach XiaoDong	1
		2.30pm-530pm		Laser HP	Coach Hu	1
		,		•	•	
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
14-Sep-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	
		2.00pm - 5.00pm		HP	Coach XiaoDong	
		2.30pm-530pm 12.30pm - 3.30pm		Laser HP A3/A4	Coach Hu Coach Murphy/Coach WT	
		12.30pm - 3.30pm 1.00pm - 4.00pm		A3/A4 A2	Coach Murphy/Coach W I	1
15-Sep-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	1
		2.00pm - 5.00pm		HP	Coach XiaoDong	1
		2.30pm-530pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
04.0 04	V	1.00pm - 4.00pm	Nonco	A2	Coach Low	1
21-Sep-24	Yes	1.30pm - 4.30pm	NSRCC	A1 HP	Ignatius	1
		2.00pm - 5.00pm 2.30pm-530pm		Laser HP	Coach XiaoDong Coach Hu	1
-		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	1
22-Sep-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	1
		2.00pm - 5.00pm		HP	Coach XiaoDong	
		2.30pm-530pm		Laser HP	Coach Hu	
					T a	
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	1
28-Sep-24	Yes	1.00pm - 4.00pm 1.30pm - 4.30pm	NSRCC	A2 A1	Coach Low Ignatius	1
20-3ep-24	105	1.30pm - 4.30pm 2.00pm - 5.00pm	Nonco	HP	Ignatius Coach XiaoDong	1
		2.30pm-530pm		Laser HP	Coach Hu	1
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	1
29-Sep-24	Yes	1.30pm - 4.30pm	NSRCC	A1	Ignatius	1
						1
		2.00pm - 5.00pm 2.30pm-530pm		HP Laser HP	Coach XiaoDong Coach Hu	1

October

October						
Dates	Training	Training Time	Location	Events	Coach	Remarks
	Yes/No					
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	
5-Oct-24	1 165	1.30pm - 4.30pm		A1	Ignatius	No training for ILCA due to exam break
		2.00pm - 5.00pm		HP	Coach XiaoDong	
	No			Laser HP		
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	
6-Oct-24	162	1.30pm - 4.30pm	Nonce	A1	Ignatius	No training for ILCA due to exam break
		2.00pm - 5.00pm		HP	Coach XiaoDong	
	No			Laser HP		

		12.30pm - 3.30pm	l	A3/A4	Coach Murphy/Coach WT	
	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	
12-Oct-24	162	1.30pm - 4.30pm	Nonce	A1	Ignatius	No training for ILCA due to exam break
		2.00pm - 5.00pm		HP	Coach XiaoDong	
	No			Laser HP		
		12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
	Yes	1.00pm - 4.00pm		A2	Coach Low	
13-Oct-24	162	1.30pm - 4.30pm	Nonce	A1	Ignatius	No training for ILCA due to exam break
		2.00pm - 5.00pm		HP	Coach XiaoDong	
	No			Laser HP		

				A3/A4		
	No			A2		No Training for all Opti squads due to exam
19-Oct-24	19-Oct-24			A1		break
				HP		broak
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	
				A3/A4		
	No			A2		No Training for all Opti squads due to exam
20-Oct-24	140			A1		break
				HP		Di GdK
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	

26-Oct-24	No			A3/A4 A2 A1 HP		No Training for all Opti squads due to exam break
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	
27-Oct-24	No			A3/A4 A2 A1 HP		No Training for all Opti squads due to exam break
	Yes	2.30pm-530pm	NSRCC	Laser HP	Coach Hu	

Coach Murphy/Coach WT Coach Low Ignatius Coach NacOong Coach Hu Coach Murphy/Coach WT Coach Murphy/Coach WT Coach Murphy/Coach WT Coach Murphy/Coach WT Coach Murphy/Coach WT Coach Murphy/Coach WT Coach Murphy/Coach WT Coach Murphy/Coach WT Coach Murphy/Coach WT Coach Murphy/Coach WT Coach Murphy/Coach WT Coach Murphy/Coach WT Coach Murphy/Coach WT Coach Murphy/Coach WT Coach Murphy/Coach WT Coach Low Ignatius Coach XaoOong Coach Murphy/Coach WT Coach Low Ignatius Coach XaoOong
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Coach Murphy/Coach WT Coach Low Ignatius
Coach Low Ignatius
Ignatius
Coach XiaoDong
Coach Hu
Coach Murphy/Coach WT
NSC Cup 2
Ignatius No Training for sailors not participating
Coach XiaoDong
Coach Hu
Coach Murphy/Coach WT
Coach Low NSC Cup 2 No Training for sailors not participating
Ignatius No Fraining for Saliors not participating
Coach XiaoDong
Coach Hu
Coach Murphy/Coach WT
Coach Low
Ignatius
Coach XiaoDong
Coach Hu
Coach Murphy/Coach WT
Coach Low
Ignatius
Coach XiaoDong
Coach Hu

A3/A4 A2 A1 HP

NSC

As Per NoR/Si

1-Dec-24

Yes

NSC Cup Series 1
No Training for sailors not participating

	Dates	Training Yes/No	Training Time	Location	Events	Coach	Remarks
ı			2pm-5pm		A3/A4	Coach Murphy/Coach WT	48th Singapore ILCA Open
		Yes	2pm-5pm	CSC	A2	Coach Low	40th Singapore IEOA Open
			2pm-5pm		A1	Ignatius	No Training for ILCA sailors not participating.
	7-Dec-24	No			HP		
	7-060-24						No training for Opti HP sailors.
		Yes	As per NoR/Si	NSRCC	Laser HP	Coach Hu	Training at CSC for silver fleet sailors TBC
			2pm-5pm		A3/A4	Coach Murphy/Coach WT	
		Yes	2pm-5pm	CSC	A2	Coach Low	48th Singapore ILCA Open
			2pm-5pm		A1	Ignatius	No Training for ILCA sailors not participating.
		No			HP		NO Training for IECA saliors not participating.
	8-Dec-24	Yes	As per NoR/Si	NSRCC	Laser HP	Coach Hu	No training for Opti HP sailors. Training at CSC for silver fleet sailors TBC

15-Dec-24	Yes	As Per NoR/Si As Per NoR/Si As Per NoR/Si 2.00pm - 5.00pm 2.30pm-530pm	CSC CSC CSC NSRCC	A3/A4 A2 A1 HP Laser HP	Coach Murphy/Coach WT Coach Low Ignatius Coach XiaoDong Coach Hu	CSC Optimist Silver Fleet Regatta No Training for A3/A4,a2,a1 sailors not participating
16-Dec-24	Yes	As Per NoR/Si As Per NoR/Si As Per NoR/Si 2.00pm - 5.00pm 2.30pm-530pm	NSC CSC CSC NSRCC NSRCC	A3/A4 A2 A1 HP Laser HP	Coach Murphy/Coach WT Coach Low Ignatius Coach XiaoDong Coach Hu	CSC Optimist Silver Fleet Regatta No Training for A3/A4,a2,a1 sailors not participating

			As Per NoR/Si		A3/A4	Coach Murphy/Coach WT	Pesta Sukan Regatta
	22-Dec-24	Yes	As Per NoR/Si	NSC	A2	Coach Low	Pesta Sukan Regatta No Training for sailors not participating
			As Per NoR/Si		A1	Ignatius	
			As Per NoR/Si		HP	Coach XiaoDong	
			As Per NoR/Si		Laser HP	Coach Hu	
Г	23-Dec-24	Yes	As Per NoR/Si	NSC	A3/A4	Coach Murphy/Coach WT	Pesta Sukan Regatta 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	

No more training for the rest of the year.