

SAF Yacht Club C Squad Training Schedule

Month: January to June 2025
 Squad: Optimist HP, A1, A2, A3, Laser HP

Schedule is subject to changes and regatta dates

January

Dates	Training Yes/No	Training Time	Location	Events	Coach on Duty	Remarks
4-Jan-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
5-Jan-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	Rack up for those participating in CSC Opti Champs (Silver)
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
11-Jan-25	Yes	12.30pm - 3.30pm	CSC	A3/A4	Coach Murphy/Coach WT	Take note of timing and location change for A4-A1 Squads
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
	Yes	2.00pm - 5.00pm	NSRCC	Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
12-Jan-25	Yes	12.30pm - 3.30pm	CSC	A3/A4	Coach Murphy/Coach WT	Take note of timing and location change for A4-A1 Squads
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
	Yes	2.00pm - 5.00pm	NSRCC	Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
18-Jan-25	Yes	As per NoR/SI	CSC	A3/A4	Coach Murphy/Coach WT	CSC Opti Championship (Silver) No training for A4-A1 sailors not participating in the regatta
				A2	Coach Low	
	Yes	2.00pm - 5.00pm	NSRCC	Opti HP	Coach XiaoDong	
				2.30pm - 5.30pm	Laser HP	
19-Jan-25	Yes	As per NoR/SI	CSC	A3/A4	Coach Murphy/Coach WT	CSC Opti Championship (Silver) No training for A4-A1 sailors not participating in the regatta Rack up for those participating in CSC Opti Champs (Gold)
				A2	Coach Low	
	Yes	2.00pm - 5.00pm	NSRCC	Opti HP	Coach XiaoDong	
				2.30pm - 5.30pm	Laser HP	
25-Jan-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	CSC Opti Championship (Gold) No training for HP sailors not participating in the regatta
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm	CSC	Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm	NSRCC	Laser HP	Coach Hu	
26-Jan-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	CSC Opti Championship (Gold) No training for HP sailors not participating in the regatta
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm	CSC	Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm	NSRCC	Laser HP	Coach Hu	

February

Dates	Training Yes/No	Training Time	Location	Events	Coach on Duty	Remarks
1-Feb-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
2-Feb-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
8-Feb-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
9-Feb-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	Rack up for ILCA Squad sailors taking part in 5th CSC ILCA Open
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
15-Feb-25	Yes	As per NoR/SI	NSRCC	A3/A4	Coach Murphy/Coach WT	21st SAFYC Regatta (Optimist) No training for sailors not participating in the regatta No Training for ILCA Squad
	No	2.30pm - 5.30pm		A2	Coach Low	
				A1	Coach Ignatius	
				Opti HP	Coach XiaoDong	
				Laser HP	Coach Hu	
16-Feb-25	Yes	As per NoR/SI	NSRCC	A3/A4	Coach Murphy/Coach WT	21st SAFYC Regatta (Optimist) No training for sailors not participating in the regatta No Training for ILCA Squad
	No	2.30pm - 5.30pm		A2	Coach Low	
				A1	Coach Ignatius	
				Opti HP	Coach XiaoDong	
				Laser HP	Coach Hu	
22-Feb-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	5th CSC ILCa Open No training for sailors not participating in the regatta
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		As per NoR/SI		CSC	Laser HP	
23-Feb-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	5th CSC ILCa Open No training for sailors not participating in the regatta
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		As per NoR/SI		CSC	Laser HP	

March

Dates	Training Yes/No	Training Time	Location	Events	Coach on Duty	Remarks
1-Mar-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
2-Mar-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
8-Mar-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
9-Mar-25	Yes	12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	Rack up for all Optimists sailors participating in Singapore Youth Sailing Championships
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
15-Mar-25	Yes	As per NoR/SI	NSC	A3/A4	Coach Murphy/Coach WT	Singapore Youth Sailing Championships No training for sailors not participating in the regatta
				A2	Coach Low	
				A1	Coach Ignatius	
				Opti HP	Coach XiaoDong	
				Laser HP	Coach Hu	
16-Mar-25	Yes	As per NoR/SI	NSC	A3/A4	Coach Murphy/Coach WT	Singapore Youth Sailing Championships No training for sailors not participating in the regatta
				A2	Coach Low	
				A1	Coach Ignatius	
				Opti HP	Coach XiaoDong	
				Laser HP	Coach Hu	
17-Mar-25	Yes	As per NoR/SI	NSC	A3/A4	Coach Murphy/Coach WT	Singapore Youth Sailing Championships No training for sailors not participating in the regatta
				A2	Coach Low	
				A1	Coach Ignatius	
				Opti HP	Coach XiaoDong	
				Laser HP	Coach Hu	
18-Mar-25	Yes	As per NoR/SI	NSC	A3/A4	Coach Murphy/Coach WT	Singapore Youth Sailing Championships No training for sailors not participating in the regatta
				A2	Coach Low	
				A1	Coach Ignatius	
				Opti HP	Coach XiaoDong	
				Laser HP	Coach Hu	
22-Mar-25	Yes	As per NoR/SI	NSC	A3/A4	Coach Murphy/Coach WT	NSC Cup No training for sailors not participating in the regatta
				A2	Coach Low	
				A1	Coach Ignatius	
				Opti HP	Coach XiaoDong	
				Laser HP	Coach Hu	
23-Mar-25	Yes	As per NoR/SI	NSC	A3/A4	Coach Murphy/Coach WT	NSC Cup No training for sailors not participating in the regatta
				A2	Coach Low	
				A1	Coach Ignatius	
				Opti HP	Coach XiaoDong	
				Laser HP	Coach Hu	
29-Mar-25	No	According to NoR/SI	NSRCC	A3/A4	Coach Murphy/Coach WT	20th SAFYC Regatta (ILCA) No Training for ILCA sailors not participating in the regatta
	Yes			A2	Coach Low	
				A1	Coach Ignatius	
				Opti HP	Coach XiaoDong	
				Laser HP	Coach Hu	
30-Mar-25	No	According to NoR/SI	NSRCC	A3	Coach Murphy	No Training for all Opti Squads
	Yes			A2	Coach Low	
				A1	Coach Ignatius	
				Opti HP	Coach XiaoDong	
				Laser HP	Coach Hu	

April

Dates	Training Yes/No	Training Time	Location	Events	Coach on Duty	Remarks
5-Apr-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
6-Apr-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
12-Apr-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
13-Apr-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
19-Apr-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
20-Apr-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
26-Apr-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
27-Apr-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	

May

Dates	Training Yes/No	Training Time	Location	Events	Coach on Duty	Remarks
3-May-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
4-May-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
10-May-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
11-May-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
17-May-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
18-May-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
24-May-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
25-May-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	Rack up for all Opti sailors participating in NSC Cup 2
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
30-May-25	Yes	As per NoR/SI	NSC	A3/A4	Coach Murphy/Coach WT	NSC Cup 2 No training for sailors not participating in the regatta
				A2	Coach Low	
				A1	Coach Ignatius	
				Opti HP	Coach XiaoDong	
				Laser HP	Coach Hu	

June

Dates	Training Yes/No	Training Time	Location	Events	Coach on Duty	Remarks
1-Jun-25	Yes	As per NoR/SI	NSC	A3/A4	Coach Murphy/Coach WT	NSC Cup 2 No training for sailors not participating in the regatta
				A2	Coach Low	
				A1	Coach Ignatius	
				Opti HP	Coach XiaoDong	
				Laser HP	Coach Hu	
7-Jun-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
8-Jun-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
14-Jun-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
15-Jun-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
21-Jun-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
22-Jun-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
28-Jun-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
29-Jun-25	Yes	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	