Schedule is subject to changes and regatta dates

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

January

Dates	Training Yes/No	Training Time	Location	Events	Coach on Duty	Remarks
	103/110	12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm	Ī	A2	Coach Low	1
4-Jan-25	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
	l f	2.30pm - 5.30pm	1	Laser HP	Coach Hu	1
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	Dook up for those portionating in CCC Onti
5-Jan-25	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	Rack up for those participating in CSC Opti Champs (Silver)
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	Champs (Sliver)
		2.30pm - 5.30pm		Laser HP	Coach Hu	
		10 200 2 200		A3/A4	Coach Murphy/Coach WT	
		12.30pm - 3.30pm 1.00pm - 4.00pm	csc	A3/A4 A2		-
11-Jan-25	Yes	1.30pm - 4.30pm	- 030	A2 A1	Coach Low Coach Ignatius	Take note of timing and location change for A4-A1
11-3411-23	H	2.00pm - 5.00pm		Opti HP		<u>Squads</u>
	Yes	2.30pm - 5.30pm	NSRCC	Laser HP	Coach XiaoDong Coach Hu	-
	res	12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
	Yes Yes	1.00pm - 4.00pm	CSC	A3/A4 A2	Coach Low	
12-Jan-25		1.30pm - 4.30pm	CSC	A2 A1	Coach Ignatius	Take note of timing and location change for A4-A1
12-3411-23		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	<u>Squads</u>
		2.30pm - 5.30pm	NSRCC	Laser HP	Coach Hu	•
	163	2.30pm - 3.30pm	1	Laserrii	Coachilla	
	Yes			A3/A4	Coach Murphy/Coach WT	CSC Opti Championship (Silver) No training for A4-A1 sailors not participating in the regatta
		As per NoR/SI	CSC	A2	Coach Low	
18-Jan-25				A1	Coach Ignatius	
		2.00pm - 5.00pm	NSRCC	Opti HP	Coach XiaoDong	
	Yes	2.30pm - 5.30pm	NSRCC	Laser HP	Coach Hu	
				A3/A4	Coach Murphy/Coach WT	
				A2	Coach Low	CSC Opti Championship (Silver)
19-Jan-25	Yes	As per NoR/SI	CSC	A1	Coach Ignatius	No training for A4-A1 sailors not participating in the regatta Rack up for those participating in CSC Opti
	Yes	2.00pm - 5.00pm	NSRCC	Opti HP	Coach XiaoDong	Champs (Gold)
	Yes	2.30pm - 5.30pm	NSRCC	Laser HP	Coach Hu	
			1	1	Ta	
		12.30pm - 3.30pm	Nonce	A3/A4	Coach Murphy/Coach WT	000 0 11 01 11 10 17
05 1 05	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	CSC Opti Championship (Gold)
25-Jan-25		1.30pm - 4.30pm	000	A1	Coach Ignatius	No training for HP sailors not
		2.00pm - 5.00pm	CSC	Opti HP	Coach XiaoDong	participating in the regatta
	+ -	2.30pm - 5.30pm	NSRCC	Laser HP	Coach Hu	
		12.30pm - 3.30pm	NSRCC	A3	Coach Murphy	000 0-1 01
26-Jan-25	Yes	1.00pm - 4.00pm	NORCC	A2	Coach Low	CSC Opti Championship (Gold) No training for HP sailors not
∠6-Jan-∠5	res	1.30pm - 4.30pm	000	A1	Coach Ignatius	no training for HP sailors not participating in the regatta
		2.00pm - 5.00pm	CSC	Opti HP	Coach XiaoDong	participating in the regatta
		2.30pm - 5.30pm	NSRCC	Laser HP	Coach Hu	

February

Dates	Training	Training Time	Location	Events	Coach on Duty	Remarks
	Yes/No	40 20nm 2 20nm	ĺ	42/44	Cooch Mumbu/Cooch WT	
		12.30pm - 3.30pm 1.00pm - 4.00pm	4	A3/A4 A2	Coach Murphy/Coach WT Coach Low	
1-Feb-25	Yes		NSRCC			
1-Feb-25	162	1.30pm - 4.30pm 2.00pm - 5.00pm	Norcc	A1 Opti HP	Coach Ignatius Coach XiaoDong	
		2.30pm - 5.30pm	4	Laser HP	Coach Hu	
	+			A3/A4	Coach Murphy/Coach WT	
		12.30pm - 3.30pm	4			
2-Feb-25	Yes	1.00pm - 4.00pm 1.30pm - 4.30pm	NSRCC	A2 A1	Coach Low Coach Ignatius	
2-1 60-23	165	2.00pm - 5.00pm	NSINCO	Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm	-	Laser HP	Coach Hu	
		2.30pm - 5.30pm	l	Lasei nr	Coacii nu	
	1 1	12.30pm - 3.30pm	1	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
8-Feb-25	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
0.0020	1	2.00pm - 5.00pm	1.0	Opti HP	Coach XiaoDong	
	H	2.30pm - 5.30pm	-	Laser HP	Coach Hu	
	+	12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm	1	A2	Coach Low	Rack up for ILCA Squad sailors taking part in CSC ILCA Open
9-Feb-25	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
			L.			
				A3/A4	Coach Murphy/Coach WT	
	Van	An nor NoD/CI	NSRCC	A2	Coach Low	21st SAFYC Regatta (Optimist) No training for sailors not
15-Feb-25	Yes	As per NoR/SI		A1	Coach Ignatius	participating in the regatta
				Opti HP	Coach XiaoDong	No Training for ILCA Squad
	No	2.30pm - 5.30pm		Laser HP	Coach Hu	
			NoR/SI NSRCC	A3/A4	Coach Murphy/Coach WT	21st SAFYC Regatta (Optimist)
	Yes	As see NoD/CI		A2	Coach Low	No training for sailors not
16-Feb-25	res	As per NoR/Si		A1	Coach Ignatius	participating in the regatta
				Opti HP	Coach XiaoDong	No Training for ILCA Squad
	No	2.30pm - 5.30pm		Laser HP	Coach Hu	g g
					•	
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	5th CSC ILCa Open
22-Feb-25		1.30pm - 4.30pm		A1	Coach Ignatius	No training for sailors not participating in the
		2.00pm - 5.00pm	1	Opti HP	Coach XiaoDong	regatta
		As per NoR/SI	CSC	Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3	Coach Murphy	
		1.00pm - 4.00pm	NSBCC	A2	Coach Low	5th CSC ILCa Open
	Yes	4 00 4 00	NSRCC	A1	Coach Ignatius	No training for sailors not participating in the
23-Feb-25	Yes	1.30pm - 4.30pm		AI	Coach ighalius	No training for saliors not participating in the
23-Feb-25	Yes	2.00pm - 5.00pm	CSC	Opti HP	Coach XiaoDong	regatta

March

Dates	Training	Training Time	Location	Events	Coach on Duty	Remarks
	Yes/No					
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
4.14 05		1.00pm - 4.00pm	Nonco	A2	Coach Low	
1-Mar-25	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
	1	2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
	1 -	12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
0.14 05	1 .,	1.00pm - 4.00pm	Nonco	A2	Coach Low	
2-Mar-25	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
	1 -	2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
	1 1	12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	<u> </u>
	1 F	1.00pm - 4.00pm	-	A2	Coach Low	
8-Mar-25	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
0-IVIAI-23	103	2.00pm - 5.00pm	Nonco	Opti HP	Coach XiaoDong	-
	1 F	2.30pm - 5.30pm	-	Laser HP	Coach Hu	
	+ +	12.30pm - 3.30pm		A3	Coach Murphy	
	1 F	1.00pm - 4.00pm		A2	Coach Low	
9-Mar-25	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	Rack up for all Optimists sailors participating in
0 Widi 20	1 .00	2.00pm - 5.00pm	1101100	Opti HP	Coach XiaoDong	Singapore Youth Sailing Championships
	F	2.30pm - 5.30pm	_	Laser HP	Coach Hu	
	1 1	2.30pm - 3.30pm	1	Laserrir	Coacii i iu	
	1			A3/A4	Coach Murphy/Coach WT	
				A2	Coach Low	Singapore Youth Sailing Championships
15-Mar-25	Yes	As per NoR/SI	NSC	A1	Coach Ignatius	No training for sailors not participating in the
10 Mai 20	1 .00	7.0 po. 1.0.00.		Opti HP	Coach XiaoDong	regatta
				Laser HP	Coach Hu	
	1			A3/A4	Coach Murphy/Coach WT	
	Yes	As per NoR/SI		A2	Coach Low	Singapore Youth Sailing Championships
16-Mar-25			NSC	A1	Coach Ignatius	No training for sailors not participating in the
10 Mai 20			1.00	Opti HP	Coach XiaoDong	regatta
				Laser HP	Coach Hu	
	1	As per NoR/SI		A3/A4	Coach Murphy/Coach WT	
	Yes			A2	Coach Low	Singapore Youth Sailing Championships
17-Mar-25			NSC	A1	Coach Ignatius	No training for sailors not participating in the
				Opti HP	Coach XiaoDong	regatta
				Laser HP	Coach Hu	9
				A3/A4	Coach Murphy/Coach WT	
	Yes	As per NoR/SI		A2	Coach Low	Singapore Youth Sailing Championships No training for sailors not participating in the regatta
18-Mar-25			NSC	A1	Coach Ignatius	
				Opti HP	Coach XiaoDong	
				Laser HP	Coach Hu	
	1					
				A3/A4	Coach Murphy/Coach WT	
				A2	Coach Low	NSC Cup
22-Mar-25	Yes	'es As per NoR/SI	NSC	A1	Coach Ignatius	No training for sailors not participating in the
				Opti HP	Coach XiaoDong	regatta
				Laser HP	Coach Hu	
				A3/A4	Coach Murphy/Coach WT	
	1			A2	Coach Low	NSC Cup
23-Mar-25	Yes	s As per NoR/SI	NSC	A1	Coach Ignatius	No training for sailors not participating in the
				Opti HP	Coach XiaoDong	regatta
				Laser HP	Coach Hu	
	No			A3/A4	Coach Murphy/Coach WT	
00.14				A2	Coach Low	
29-Mar-25				A1	Coach Ignatius	20th SAFYC Regatta (ILCA)
				Opti HP	Coach XiaoDong	No Training for ILCA sailors not participating in the
	Yes	According to NoR/SI	NSRCC	Laser HP	Coach Hu	regatta
				A3	Coach Murphy	3
	No			A2	Coach Low	No Training for all Opti Squads
30-Mar-25				A1	Coach Ignatius	3
				Opti HP	Coach XiaoDong	
	Yes	According to NoR/SI	NSRCC	Laser HP	Coach Hu	

Dates	Training Yes/No	Training Time	Location	Events	Coach on Duty	Remarks
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
5-Apr-25	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
6-Apr-25	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
12-Apr-25	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
	Yes	12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
13-Apr-25		1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
			1			
	Yes	12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
40.4.05		1.00pm - 4.00pm	NSRCC	A2	Coach Low	
19-Apr-25		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
	-	12.30pm - 3.30pm	NSRCC	A3/A4	Coach Murphy/Coach WT	
00 4 05	,,	1.00pm - 4.00pm		A2	Coach Low	
20-Apr-25	Yes	1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
	1 1	12.30pm - 3.30pm	1	A2/A4	Cooch Murphy/Cooch WT	
	1	12.30pm - 3.30pm 1.00pm - 4.00pm	-	A3/A4 A2	Coach Murphy/Coach WT Coach Low	
OG Anr OF	Yes		NSRCC	A2 A1		
26-Apr-25		1.30pm - 4.30pm 2.00pm - 5.00pm		Opti HP	Coach Ignatius Coach XiaoDong	
				Laser HP	Coach XiaoDong Coach Hu	
	+	2.30pm - 5.30pm 12.30pm - 3.30pm	1	A3/A4	Coach Murphy/Coach WT	
			1	A3/A4 A2		
27-Apr-25	Yes	1.00pm - 4.00pm 1.30pm - 4.30pm	NSRCC	A2 A1	Coach Low Coach Ignatius	
21-Api-23	165	2.00pm - 5.00pm	Nonco	Opti HP	Coach Ignatius Coach XiaoDong	
	-	2.30pm - 5.30pm	1	Laser HP	Coach XiaoDong Coach Hu	
		2.30pm - 5.30pm	1	Laser HP	Coach Hu	

Dates	Training Yes/No	Training Time	Location	Events	Coach on Duty	Remarks
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
3-May-25	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
4-May-25	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
10-May-25	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
11-May-25	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
•		2.00pm - 5.00pm	1	Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm	1	Laser HP	Coach Hu	
	t t		- L			
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm	NSRCC	A2	Coach Low	
17-May-25	Yes	1.30pm - 4.30pm		A1	Coach Ignatius	
•		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
	Yes	12.30pm - 3.30pm	1	A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm	1	A2	Coach Low	
18-May-25		1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
,		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
			1			
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
	Yes	1.00pm - 4.00pm	1	A2	Coach Low	
24-May-25		1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
- 7		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm	-	Laser HP	Coach Hu	
	1	12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm		A2	Coach Low	
25-May-25	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	Rack up for all Opti sailors participating in
20 May 20		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	NSC Cup 2
		2.30pm - 5.30pm		Laser HP	Coach Hu	
	1 1	oop 0.oop		2000	5545	
				A3/A4	Coach Murphy/Coach WT	
			-	A2	Coach Low	NSC Cup 2
30-May-25	Yes	As per NoR/SI	NSC	A1	Coach Ignatius	No training for sailors not participating in the
30-May-25	Yes					
30-May-25	Yes	As per Norvoi	1,00	Opti HP	Coach XiaoDong	regatta

Dates	Training Yes/No	Training Time	Location	Events	Coach on Duty	Remarks
				A3/A4	Coach Murphy/Coach WT	
				A2	Coach Low	NSC Cup 2
1-Jun-25	Yes	As per NoR/SI	NSC	A1	Coach Ignatius	No training for sailors not participating in the
				Opti HP	Coach XiaoDong	regatta
				Laser HP	Coach Hu	
		40.00	1	40/44	T 0 1 1 1 1 0 1 1 1 T T	
		12.30pm - 3.30pm	4	A3/A4	Coach Murphy/Coach WT	
7-Jun-25	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	
7-Jun-25	res	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
	⊢	2.00pm - 5.00pm	-	Opti HP	Coach XiaoDong	
	+	2.30pm - 5.30pm	-	Laser HP	Coach Hu	
	⊢	12.30pm - 3.30pm	-	A3/A4	Coach Murphy/Coach WT	
8-Jun-25	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	
8-Jun-25	res	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
		2.00pm - 5.00pm	4	Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm	1	A2	Coach Low	
14-Jun-25	Yes	1.30pm - 4.30pm	NSRCC	A1	Coach Ignatius	
	-	2.00pm - 5.00pm	1	Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm	1	Laser HP	Coach Hu	
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
	_	1.00pm - 4.00pm	NSRCC	A2	Coach Low	
15-Jun-25	Yes	1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
		•				
		12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
	Yes	1.00pm - 4.00pm	NSRCC	A2	Coach Low	
21-Jun-25		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
	Yes	12.30pm - 3.30pm		A3/A4	Coach Murphy/Coach WT	
		1.00pm - 4.00pm	NSRCC	A2	Coach Low	
22-Jun-25		1.30pm - 4.30pm		A1	Coach Ignatius	
		2.00pm - 5.00pm		Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm		Laser HP	Coach Hu	
	1 1	12.30pm - 3.30pm	1 1	A3/A4	Coach Murphy/Coach WT	
	-	1.00pm - 4.00pm	┥ ト	A3/A4 A2	Coach Murphy/Coach W I	
28-Jun-25	Yes	1.30pm - 4.30pm	NSRCC	A2 A1	Coach Ignatius	
20-0uii-20		2.00pm - 5.00pm	- Nonco	Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm	┥ ト	Laser HP	Coach Hu	
	+	12.30pm - 3.30pm	+	A3/A4	Coach Murphy/Coach WT	
	-	1.00pm - 4.00pm	-	A3/A4 A2	Coach Murphy/Coach W I	
29-Jun-25	Yes	1.30pm - 4.30pm	NSRCC	A2 A1	Coach Ignatius	
20-0011-20	'63	2.00pm - 5.00pm	-	Opti HP	Coach XiaoDong	
		2.30pm - 5.30pm	┥ ト	Laser HP	Coach Hu	
		2.30pm - 3.30pm		Lasei HP	Coacii nu	