

Yearly Training and Competition Schedule 2019/2020	
RNSYS	coach@rnsys.com
Class	Opti Race Team

Legend:	
On-water Training	Peak Competition
At Home Training	Other: Specify...
Florida Training	
Other Training	
Non-Peak Competition	

Month	Apr-19	May-19	Jun-19	Jul-19	Aug-19	Sep-19	Oct-19	Nov-19	Dec-19	Jan-20	Feb-20	Mar-20
Day												
Monday	1			1 RNSYS								
Tuesday	2			2 RNSYS								
Wednesday	3	1		3 RNSYS						1		
Thursday	4	2		4 RNSYS	1 Opti Jam		3 After School			2		
Friday	5	3		5 Sailing to ARK	2		4 After School	1		3		
Saturday	6	4 Spring Sailing	1 Spring Sailing	6 ARK	3 Sail East - Shediac NB		5 Fall Sailing	2		4	1	
Sunday	7	5 Spring Sailing	2 Spring Sailing	7 ARK		1	6 Fall Sailing	3	1	5	2	1
Monday	8	6	3	8	5	2	7	4	2	6	3	2
Tuesday	9	7	4	9	6	3	8	5	3	7	4	3
Wednesday	10	8	5	10 RNSYS	7		9	6	4	8	5	4
Thursday	11	9 After School	6 After School	11 RNSYS	8 Kingston trainin	5	10 After School	7	5	9	6	5
Friday	12	10 After School	7 After School	12 RNSYS	9	6	11 After School	8	6	10	7	6
Saturday	13	11 Spring Sailing	8 Spring Dinghy	13 RNSYS event	10 CORK	7 Fall Sailing	12 Fall Dinghy	9	7	11	8	7
Sunday	14	12 Spring Sailing	9 Regatta (T.C.)	14 RNSYS event	11	8 Fall Sailing	13 Regatta (T.C.)	10	8	12	9	8
Monday	15	13	10	15	12	9	14	11	9	13	10	9
Tuesday	16	14	11	16	13 Ottawa training	10	15	12	10	14	11	10
Wednesday	17	15	12	17 Training At SM	14 Ottawa training	11	16	13	11	15	12	11
Thursday	18	16 After School	13 After School	18 Training At SM	15	12 After School	17 After School	14	12	16	13	12
Friday	19	17 After School	14 After School	19 Training At SM	16	13 After School	18 After School	15	13	17	14	13
Saturday	20	18 Spring Sailing	15 Spring Sailing	20 Bay Wind	17 Opti Canadians - Ottawa	14 Fall Sailing	19 Fall Sailing	16	14	18	15	14
Sunday	21	19 Spring Sailing	16 Spring Sailing	21 Bay Wind	18	15 Fall Sailing	20 Fall Sailing	17	15	19	16	15
Monday	22	20	17	22	19	16	21	18	16	20	17	16
Tuesday	23	21	18	23	20	17	22	19	17	21	18	17
Wednesday	24	22	19	24	21	18	23	20	18	22	19	18
Thursday	25	23 After School	20 After School	25 LYC	22	19 After School	24 After School	21	19	23	20	19
Friday	26	24 After School	21 After School	26 LYC	23	20 After School	25 After School	22	20	24	21	20
Saturday	27 Spring Sailing	25 Spring Sailing	22	27 Sail Fest - Lunenburg	24 Kennedy Cup - RNSYS (T.C.)	21	26 Fall Sailing	23	21	25	22	21
Sunday	28 Spring Sailing	26 Spring Sailing	23 COAST Clinic	28	25	22 Provincials	27 Fall Sailing	24	22	26	23	22
Monday	29	27	24	29	26	23	28	25	23	27	24	23
Tuesday	30	28	25	30	27	24	29	26	24	28	25	24
Wednesday	31	29	26	31 Opti Jam	28	25	30	27	25	29	26	25
Thursday		30 After School	27		29	26 After School	31	28	26	30	27	26
Friday		31 After School	28 RNSYS		30	27 After School		29	27	31	28	27
Saturday			29 RNSYS		31	28 Fall Sailing		30	28		29	28
Sunday			30			29 Fall Sailing			29			29
Monday						30			30			30
Tuesday									31 Orange Bowl Regatta - Miami-			31

Miami March Break Camp

Miami Sailing Week

Miami March Break Camp