

RNSYS Race Team	
Coach	Martin Borrillo
Class	Laser
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Legend:		On-water Training
	At Home Training	Peak Competition
	Florida Training	
	Other Training	Other: Specify....
	Non-Peak Competition	

Month	Apr-18	May-18	Jun-18	Jul-18	Aug-18	Sep-18	Oct-18	Nov-18	Dec-18	Jan-19	Feb-19	Mar-19
Day												
Monday							1					
Tuesday							2					
Wednesday						1 RNSYS	3					
Thursday						2 RNSYS	4 After school	1				
Friday			1 After school			3 RNSYS	5 Youth Worlds Camp (RNSYS)	2				
Saturday		2 Spring Series	3 Spring Series			4	6	3				
Sunday	1	6	5	1	4	5	7	4	1			
Monday	2	7	4	2 RNSYS	6 RNSYS	3	8	5	2			
Tuesday	3	8	5	3 RNSYS	7 RNSYS	4	9	6	3			
Wednesday	4	9	6	4 RNSYS	8 RNSYS	5	10	7	4			
Thursday	5	10	7 After school	5 RNSYS	9 RNSYS	6	11	8	5			
Friday	6	11	8 After school	6 delivery	10	7	12	9	6			
Saturday	7	12	9 Spring Series	7 ARK Regatta	11	8	13 Fall Dinghy Regatta	10	7	8 US Nationals (Lauderdale, FL)		
Sunday	8	13	10 Spring Series	8	12 train train	9	14	11	8	9		
Monday	9	14	11	9	13	10	15	12	9	10		
Tuesday	10	15	12	10 RNSYS	14	11	16	13	10	11		
Wednesday	11	16	13	11 RNSYS	15	12	17	14	11	12		
Thursday	12	17	14 After school	12 RNSYS	16 CORK (Kingston)	13 After school	18 After school	15	12	13		
Friday	13	18	15 After school	13 RNSYS	17	14	19	16	13	14		
Saturday	14	19	16 Spring Series	14	18 travel	15	20	17	14	15		
Sunday	15	20	17 Spring Series	15	19	16	21	18	15	16		
Monday	16	21	18	16 SMSC	20	17	22	19	16	17		
Tuesday	17	22	19	17 SMSC	21 RNSYS (cross training)	18	23	20	17	18		
Wednesday	18	23	20	18 SMSC	22	19	24	21	18	19		
Thursday	19	24	21 After school	19 SMSC	23	20	25	22	19	20		
Friday	20	25	22 After school	20	24 travel	21	26	23	20	21		
Saturday	21	26	23 Spring Series	21	25 train train	22	27	24	21	22		
Sunday	22	27	24 Spring Series	22	26 Laser Nationals (SMSC)	23	28	25	22	23		
Monday	23	28	25	23	27	24	29	26	23	24		
Tuesday	24	29	26	24	28 Sail Canada Youth Champs (toronto)	25	30	27	24	25		
Wednesday	25	30	27	25 LYC	29	26	31	28	25	26		
Thursday	26	31	28	26 LYC	30	27		29	26	27		
Friday	27		29 RNSYS	27 Sail East (Lunenburg)	31	28		30	27	28		
Saturday	28	Spring Series	30 RNSYS			29		31	28	29		
Sunday	29					30			29	30		
Monday	30								30	31		
Tuesday												

March Break Training Camp (MIAMI)

pre OB clinic (Miami)
Orange Bowl (Miami)

Midwinter's East (Clearwater FL)