

RNSYS Race Team	
Coach	Flor Siccardi
Class	Opti
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Legend:	On-water Training
Blue	At Home Training
Green	Florida Training
Yellow	Other Training
Orange	Non-Peak Competition
Red	Peak Competition
Purple	Other: Specify....

Month	Apr-18	May-18	Jun-18	Jul-18	Aug-18	Sep-18	Oct-18	Nov-18	Dec-18	Jan-19
Day										
Monday							1			
Tuesday							2			1
Wednesday					1	Opti Jam	3			2
Thursday					2		4	After school	1	3
Friday		1	After school		3		5		2	4
Saturday		2			4	train TBD	6	New England Champs	3	5
Sunday	1	3	Spring Series	1	5	train TBD	7		4	6
Monday	2	4		2	RNSYS	6	train TBD	3	8	7
Tuesday	3	5		3	RNSYS	7		9	6	8
Wednesday	4	6		4	RNSYS	8	travel	5	10	9
Thursday	5	7	After school	5	RNSYS	9	train	6	11	10
Friday	6	8	After school	6	delivery	10		7	12	11
Saturday	7	9		7	ARK Regatta	11	CORK (Kingston)	8	13	12
Sunday	8	10	Spring Series	8		12	Fall Series	9	14	13
Monday	9	11		9		13		10	15	14
Tuesday	10	12		10	RNSYS	14	travel	11	16	15
Wednesday	11	13		11	RNSYS	15		12	17	16
Thursday	12	14	After school	12	RNSYS	16	train	13	18	17
Friday	13	15	After school	13	RNSYS	17		14	19	18
Saturday	14	16	After school	14		18	Opti Canadians (Squamish BC)	15	20	19
Sunday	15	17	Spring Series	15		19		16	21	20
Monday	16	18		16	SMSC	20		17	22	21
Tuesday	17	19		17	SMSC	21		18	23	22
Wednesday	18	20		18	SMSC	22		19	24	23
Thursday	19	21	After school	19	SMSC	23	travel	20	25	24
Friday	20	22	After school	20		24	travel	21	26	25
Saturday	21	23	Spring Regatta	21	COAST CLINIC	25	Kennedy Cup	22	27	26
Sunday	22	24		22	SMSC Regatta	26		23	28	27
Monday	23	25		23		27		24	29	28
Tuesday	24	26		24		28		25	30	29
Wednesday	25	27		25	LYC	29		26	31	30
Thursday	26	28	After school	26	LYC	30		27		31
Friday	27	29		27	RNSYS	31	Sail East (Lunenburg)	28	After school	
Saturday	28	30	Spring Series	28	RNSYS			29	Fall Series	
Sunday	29			29				30		
Monday	30			30						
Tuesday				31						