

Yearly Training and Competition Schedule 2019/2020	
RNSYS	coach@rnsys.com
Class	Laser 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								
Tuesday	2			2	RNSYS							
Wednesday	3	1		3	RNSYS					1		
Thursday	4	2		4	RNSYS	1	Sail Canada Camp			2		
Friday	5	3		5	Sailing to ARK	2				3		
Saturday	6	4	Spring Sailing	6	Canadians - QC	3	Sail East - Shediac NB			4	1	
Sunday	7	5	Spring Sailing	7	ARK	4				5	2	1
Monday	8	6		8		5				6	3	2
Tuesday	9	7		9		6				7	4	3
Wednesday	10	8		10	RNSYS	7				8	5	4
Thursday	11	9	After School	11	RNSYS	8	train kingston			9	6	5
Friday	12	10	After School	12	RNSYS	9				10	7	6
Saturday	13	11	Spring Sailing	13	RNSYS event	10	YOTS Kingston			11	8	7
Sunday	14	12	Spring Sailing	14	RNSYS event	11				12	9	8
Monday	15	13		15		12				13	10	9
Tuesday	16	14		16		13				14	11	10
Wednesday	17	15		17	SMSC	14	Canadian Youth Champs			15	12	11
Thursday	18	16	After School	18	After School	15				16	13	12
Friday	19	17	After School	19	After School	16				17	14	13
Saturday	20	18	Spring Sailing	20	Spring Sailing	17				18	15	14
Sunday	21	19	Spring Sailing	21	Spring Sailing	18				19	16	15
Monday	22	20		22		19				20	17	16
Tuesday	23	21		23		20				21	18	17
Wednesday	24	22		24	SMSC	21	4.7 Worlds (Kingston)			22	19	18
Thursday	25	23	After School	25	After School	22				23	20	19
Friday	26	24	After School	26	After School	23				24	21	20
Saturday	27	25	Spring Sailing	27	Spring Sailing	24				25	22	21
Sunday	28	26	Spring Sailing	28	Spring Sailing	25				26	23	22
Monday	29	27		29	Sail Fest - Lunenburg	26				27	24	23
Tuesday	30	28		30		27				28	25	24
Wednesday		29		31		28				29	26	25
Thursday		30	Canadians - QC			29				30	27	26
Friday		31				30				31	28	27
Saturday						31					29	28
Sunday											30	29
Monday											31	30
Tuesday												31

Miami March Break Camp

Miami Sailing Week

Miami March Break Camp

Clearwater training

Midwinters - Clearwater FL, YW qualifier

Orange Bowl Regatta - Miami-