

**2023 Sports CCA Training Schedule**

CCA	Mon	Tue	Wed	Thur	Fri	Sat	Teacher Mentors
<b>Badminton</b>	4.00pm - 6.30pm <i>(Albert Hong Hall)</i>		4.00pm - 6.30pm <i>(Albert Hong Hall)</i>		2.00pm - 5.00pm <i>(Albert Hong Hall)</i>		MRS TAN LIAN HONG MRS LOW MEI CHOO
<b>Basketball</b>	4.00pm - 6.30pm <i>(Y56 Basketball Courts)</i>		4.00pm - 6.30pm <i>(Y56 Basketball Courts)</i>		3.30pm - 6.00pm <i>(Y56 Basketball Courts )</i>		MIR YOU LIANG MR BENSON LIM MR VIJAY SHANKAR
<b>Crickat</b>	4.00pm - 6.30pm <i>(Y14 Field)</i>		4.00pm - 6.30pm <i>(Y14 Field)</i>		4.00pm - 6.30pm <i>(Y14 Field)</i>		MIR CHONG ZHE BIN MR DING JIAN HAN MDM NAOIAH BINTE MOHAMAD SUMBI
<b>Cross Country</b>	4.00pm - 6.30pm <i>(Y56 Stadium)</i>		4.00pm - 6.30pm <i>(Y56 Stadium)</i>		3.30pm - 6.00pm <i>(MacRitchie Reservoir)</i>		MIR LIM SEOW HWEI, STEVEN MDM MANIMEHALAI D/O MUTHUSAMY
<b>Fencing</b>	4.00pm - 6.00pm <i>(Y14 Multi Purpose Hall)</i>		4.00pm - 6.00pm <i>(Y14 Multi Purpose Hall)</i>	2.45pm - 4.45pm <i>(Y14 Multi Purpose Hall)</i>			MIR CHUA WEI SHEONG DANIEL MS CHARMAINE LAU MR ZHANG MEISUO
<b>Floorball</b>		2.30pm - 4.30PM (C Div) 4.30pm - 6.30pm (B Div) <i>(Albert Hong Hall)</i>		2.30pm - 4.30PM (C Div) 4.30pm - 6.30pm (B Div) <i>(Albert Hong Hall)</i>		8.30am - 10.30am (C Div) 10.30am - 12.30pm (B Div) <i>(Albert Hong Hall)</i>	MS SITI MELISSA BINTE HAMID MS LEE SOCK KIANG MDM NARAYANAN KALYANI
<b>Hockey</b>	4.00pm - 6.30pm <i>(Y14 Hockey Pitch/External Venue)</i>		4.00pm - 6.30pm <i>(Y14 Hockey Pitch/External Venue)</i>		3.00pm - 6.30pm <i>(Y14 Hockey Pitch/External Venue)</i>		MS NURUL HUDA BINTE NORHISHAM MR TAN SHENGJU MS MAS RAFIDAH BINTE MOHAMED ALI
<b>Judo</b>	4.00pm - 6.15pm <i>(Y14 Multi Purpose Hall)</i>		4.00pm - 6.15pm <i>(Y14 Multi Purpose Hall)</i>		4.00pm - 6.15pm <i>(Y14 Multi Purpose Hall)</i>		MIR LIM MING HAN MDM NORHAZAH BINTE MADBI
<b>Rugby</b>	4.00pm - 6.30pm <i>(Y14 Field)</i>		4.00pm - 6.30pm <i>(Y14 Field)</i>		4.00pm - 6.30pm <i>(Y14 Field)</i>		MIR LIM KIT SIANG MR ENG HAN SENG MR JONATHAN PEH JUN JIE
<b>Sailing</b>		2.30pm - 6.00pm <i>(National Sailing Centre)</i>		2.30pm - 6.00pm <i>(National Sailing Centre)</i>	1.30pm - 6.00pm <i>(National Sailing Centre)</i>		MIR CHONG JIN YUAN ALVIN MS AU HUI LING JORINDA MS KUO CHING I
<b>Shooting</b>	4.00pm - 6.30pm <i>(Y56 Range/External Venue)</i>		4.00pm - 6.30pm <i>(Y56 Range/External Venue)</i>		1.30pm - 4.00pm <i>(Y56 Range/External Venue)</i>		MIR NG KAI YONG MR JOSHUA TEO TIAN PING MS WANG XIAOYUN CELESTE
<b>Softball</b>	4.00pm - 6.30pm <i>(Y14 Field)</i>		4.00pm - 6.30pm <i>(Y14 Field)</i>		3.00pm - 6.30pm <i>(Y14 Field)</i>		MIR TAN YEN HAO MRS PATRICIA NATHAN MRS LIM JEE NEE
<b>Squash</b>	4.00pm - 6.30pm <i>(Y14 Squash Court/External Venue)</i>	3.00pm - 6.00pm <i>(Y14 Squash Court/External Venue)</i>			2.00pm - 5.00pm <i>(Y14 Squash Court/External Venue)</i>		MIR EUGENE FRANCESCO LEE MS ZHANG YING MS BEATRIZ CHUANG
<b>Swimming Twice a month</b>			5.30-7.30am <i>(Swimming Pool)</i>				MIR ONG CHEN TAT MR NG HAN WEI, MELVIN
<b>Table Tennis</b>	4.00pm - 6.30pm <i>(Y14 Multi Purpose Hall)</i>		4.00pm - 6.30pm <i>(Y14 Multi Purpose Hall)</i>		3.30pm - 6.00pm <i>(Y14 Multi Purpose Hall)</i>		MIR TAN CHEW SERN MDM ZHANG HONGSHI MS WONG CHUI CHIN
<b>Tennis</b>	4.00pm - 6.00pm <i>(Y14/Y16 Tennis Courts)</i>		4.00pm - 6.00pm <i>(Y14/Y16 Tennis Courts)</i>		3.30pm - 5.30pm <i>(Y14/Y16 Tennis Courts)</i>		MIR EUGENE FRANCESCO LEE MS LIEW LI PIN MRS HO WAI LIN
<b>Track &amp; Field</b>	4.00pm - 6.30pm <i>(Y56 Stadium)</i>		4.00pm - 6.30pm <i>(Y56 Stadium)</i>		4.00pm - 6.30pm <i>(Y56 Stadium)</i>		MIR QUEK ENG HONG VINCENT MS LI JINGJIN MR LOH GUAN LIANG
<b>Water Polo</b>	4.00pm - 6.00pm (B & C Div) <i>(Swimming Pool)</i>	2.30pm - 5.30pm (C Div) <i>(Swimming Pool)</i>	4.00pm - 6.00pm (B Div) <i>(Swimming Pool)</i>		2.30pm - 5.30pm (B & C Div) <i>(Swimming Pool)</i>		MIR ONG CHEN TAT MR NG HAN WEI, MELVIN MR LIM BAK SOON ANTHONY

**2023 Performing Arts CCA Training Schedule**

CCA	Mon	Tue	Wed	Thur	Fri	Sat	Teacher Mentors
<b>Reflex Institution Chinese Orchestra (RICO)</b>	4.00pm - 6.30pm <i>(Classrooms/Auditorium)</i>				3.45pm - 6.30pm <i>(Classrooms/Auditorium)</i>		MS SUN YANAN MS POH SZE SZE MR LAI TONGDE LEON
<b>Reflex Institution Guitar Ensemble (RIGE)</b>	4.00pm - 6.30pm <i>(Infinity Room)</i>		3.45pm - 6.30pm <i>(Infinity Room)</i>				MIR CHAN CHEE KIONG MDM LYE AI FERN
<b>Reflex Institution Military Band (RIMB)</b>	4.00pm - 6.30pm <i>(Band Rooms/Seminar Rooms)</i>		4.00pm - 6.30pm <i>(Band Rooms/Seminar Rooms)</i>	4.30pm - 6.30pm <i>(Band Rooms/Classrooms)</i>			MIR WU BOKAI MDM ZHANG LU MRS TAN MUI HONG
<b>Reflex Players</b>	4.00pm - 6.30pm <i>(English Studio)</i>		4.00pm - 6.30pm <i>(English Studio)</i>				MS NUR AFIQAH BINTE ZAMRI MS TEO YU QI ASTOR
<b>Reflex Voices</b>	4.00pm - 6.30pm <i>(G4-01-G4-06/LT1)</i>		4.00pm - 6.30pm <i>(G4-01-G4-06/LT1)</i>				MS CHARMAINE CHANG HUI MIN MRS ANG MUI ENG
<b>Reflex Institution String Ensemble (RISE)</b>	4.00pm - 6.30pm <i>(ARTSpace)</i>		4.00pm - 6.30pm <i>(ARTSpace)</i>				MIR SHAWN NEO PIN HAN MR ONG CHAU JIN

**2023 Uniformed Groups CCA Training Schedule**

CCA	Mon	Tue	Wed	Thur	Fri	Sat	Teacher Mentors
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<b>01 Scouts</b>	4.00pm - 6.30pm <i>(J3-05 - J3-06/ARTSpace)</i>		4.00pm - 6.30pm <i>(J3-05 - J3-06/ARTSpace)</i>				MR CHAN CHEE YUEN, RAYMOND MR PHUA ZHENGLIE MS HUANG YUTING MS CHEN JING
<b>02 Scouts</b>	4.00pm - 6.30pm <i>(J4-06 - J4-08/ARTSpace)</i>		4.00pm - 6.30pm <i>(J4-06 - J4-08/ARTSpace)</i>				MIR NG CHONG JIN MISS NURHAYATI BINTE MUHAMMAD MS SITI JEFFREY MR LEE ZHI KANG
<b>Boys' Brigade</b>	4.00pm - 6.30pm <i>(G3-01 - G3-04)</i>		4.00pm - 6.30pm <i>(G3-01 - G3-04)</i>		3.30pm - 5.30pm <i>(G3-01 - G3-04)</i>		MR TAN XIANG YEOU MS OW PEIYU, ISABELLA MR MARCIUS CHAI
<b>National Cadet Corps (NCC)</b>	4.00pm - 6.30pm <i>(C1-19 - C1-20)</i>		4.00pm - 6.30pm <i>(C1-19 - C1-20)</i>				MR YAP SIEW MENG, JUSTIN MR TAN CHONG LEE JASON MS CHEN HAIQIN
<b>National Police Cadet Corps (NPCC)</b>	4.00pm - 6.30pm <i>(G2-01 - G2-04)</i>		4.00pm - 6.30pm <i>(G2-01 - G2-04)</i>				MR BRYAN TAN E MING MR ANDREW LEE MR LEAN GUANHUA MS LI YING
<b>Red Cross</b>	4.00pm - 6.30pm <i>(G5-01 - G5-04)</i>		4.00pm - 6.30pm <i>(G5-01 - G5-04)</i>				MS WAN YAO MR KUA JING HAN JAMES MR ONG YI JUN

### 2023 Clubs & Societies CCA Training Schedule

CCA	Mon	Tue	Wed	Thur	Fri	Sat	Teacher Mentors
<b>Chess Club</b>					1.30pm - 3.30pm <i>(G2-01 - G2-05)</i>		MS CHENG LEE CHERH MRS SERENE SEOW
<b>Humanities Club</b>					2.00pm - 3.30pm <i>(History Room)</i>		MRS ONG WAI LING
<b>InfoComm Club</b>					1.30pm - 3.30pm <i>(Computer Lab 3-5/Robotics Lab)</i>		MRS LORRAINE NEO MR LIM XU YANG EUGENE
<b>Interact Club</b>					2.00pm - 3.30pm <i>(LT/Seminar Room)</i>	<i>Adhoc</i>	MS KANG NICOLE MS LEE PHUI JIUN MS TAN KIA HIN CRYSTAL
<b>Mathematics Club</b>					2.00pm - 3.30pm <i>(G3-01 - G3-02/Math Room 1&amp;2)</i>		MR MIRPURI CHANDRU GOBINDRAM MR NOEL CHONG
<b>Reffas Archives &amp; Museum Club</b>					1.30 - 3.30pm (RAM)		MRS CHERYL YAP MS LOW SIEW HSIEN
<b>Reffas Debaters</b>	4.00pm - 6.00pm <i>(Marshall Bk 2nd Floor Classrooms )</i>		4.00pm - 6.00pm <i>(Marshall Bk 2nd Floor Classrooms )</i>				MRS HERYANTI SUHAIMY MR TIMOTHY YAM RONG YAO
<b>Reffas Photography &amp; Art Club</b>					1.30pm - 3.30pm <i>(ARTSpace/Print Studio)</i>		MDM TAN CHUI MIN MS LIM SOH KHIM
<b>Reffas Publications</b>					1.30pm - 3.00pm <i>(Literature Room)</i>		MS HAZEL TOH MS SHERRY TAN
<b>Science &amp; Astronomy Club</b>					2.00pm - 3.30pm 6.30pm - 9.30pm (Every 4th Fri) <i>(Y14 LT2/2/Science Lab/156 Innovation Room/Hockey Field)</i>		MRS JOYCELENE LIM MDM TAN SHU HUI GERALDINE