

## 2023 Sports CCA Training Schedule

CCA	Mon	Tue	Wed	Thur	Fri	Sat	Teacher Mentors
<b>Badminton</b>		4.30pm - 7.30pm <i>(ISH)</i>		4.30pm - 7.30pm <i>(ISH)</i>	4.30pm - 7.30pm <i>(ISH)</i>		Mr Wong Chu Lin Ms Jeannie Chew
<b>Basketball</b>	5.00pm - 8.00pm (B) (G) <i>(Basketball Courts)</i>		8.00am - 11.00am (B) (G) <i>(Basketball Courts)</i>		4.30pm - 6.30pm (G) 6.00pm - 8.00pm (B) <i>(Basketball Courts)</i>		Mr Carlsen Tay Ms Elaine Wong Ms Kristine Ong
<b>Cricket</b>	4.30pm - 6.30pm <i>(Y1-4 Field)</i>			4.30pm - 6.30pm <i>(Y1-4 Field)</i>	2.30pm - 4.30pm <i>(Gym)</i>		Ms Christine Chin Mr U K Shyam
<b>Cross Country</b>	4.15pm - 6.30pm <i>(RI Track/Macritchie)</i>		7.30am - 10.00am <i>(RI Track)</i>		4.15pm - 6.30pm <i>(RI Track)</i>		Ms Tan Cheng June Mr Teo Hui Koon
<b>Dragon Boating</b>	4.00pm - 6.30pm <i>(In school)</i>		7.30pm - 10.00am <i>(External/In school)</i>		4.00pm - 6.30pm		Mr Lee Seck Kwoon Ms Chuang Xin Sulynn Mr Ong GuanJie Daren
<b>Fencing</b>		4.30pm - 7.00pm <i>(MPH)</i>		4.30 - 7.00pm <i>(MPH)</i>			Mr Jason Teo Mr Paul Poh Ms Jesslyn Goh
<b>Floorball</b>	4.00pm - 7.00pm <i>(ISH)</i>		3.00pm - 5.00pm (G) 5.00pm - 7.00pm (B) <i>(ISH)</i>		4.30pm - 7.30pm <i>(ISH)</i>		Mr Benjamin Fong Mr Ariffin Ms Emerlyn Tay
<b>Football (Boys)</b>	4.30pm - 8.00pm <i>(Main Field)</i>		9.00am - 11.00am <i>(2nd field)</i>	4.30pm - 8.00pm <i>(Main Field)</i>			Mr Muhammad Iqbal Mr Lawrence Sunderaj
<b>Football (Girls)</b>	4.30pm - 6.30pm <i>(Main Field/Track)</i>	4.30 - 7.30pm <i>(Main Field/Track)</i>			4.30pm - 7.30pm <i>(Main Field/Track)</i>		Mrs Chin-Ho Wang Yi Ms Juniper Thang
<b>Hockey</b>	5.00 - 7.00pm <i>(RI Hockey Turf)</i>	5.00 - 7.00pm <i>(RI Hockey Turf)</i>		5.00 - 7.00pm <i>(RI Hockey Turf)</i>			Mr Gopi Retnam Mr Larry Lee Ms Valerie Liew Miss Jerrie Liao
<b>Judo</b>		4.00pm - 6.30pm <i>(Y1-4 MPH)</i>		4.00pm - 6.30pm <i>(Y1-4 MPH)</i>		4.00pm - 6.30pm <i>(Y1-4 MPH)</i>	Ms Lim Puay Miao Mr Huang Junli
<b>Netball</b>	6.30pm - 8.30pm <i>(Gryphon Courts)</i>		8.00am - 11.00am <i>(Gryphon Courts)</i>		5.00pm - 7.30pm <i>(Gym)</i>		Ms Cheng Rui Ting Mrs Magdalen Low Ms Shafarina
<b>Recreational Badminton</b>			8.00am - 11.00am <i>(MPH)</i>				Mrs Magdalene Tan-Yeo Seow
<b>Rugby</b>		4.30pm - 7.00pm <i>(Y1-4 Field)</i>		4.30pm - 7.00pm <i>(Y1-4 Field)</i>	4.30pm - 5.30pm <i>(Y1-4 Field)</i>		Mr Tan Mian Ou Mr Sim Peng Nam Mr Wong Tze Yang
<b>Sailing</b>	4.00pm - 5.30pm <i>(PT in sch)</i>		2.00pm - 6.00pm <i>(NSC)</i>			9.30am - 12.30pm <i>(NSC)</i>	Mr Ang Xin Xiang Miss Lin Run'er
<b>Shooting</b>		4.30pm - 7.30pm <i>(RI Shooting Range)</i>	8.00am - 11.00am <i>(RI Shooting Range)</i>		4.00 - 6.45pm <i>(RI Shooting Range)</i>		Ms Fan Wenying Mr Gordon Shiau Rong Kang
<b>Softball</b>	4.00pm - 7.00pm <i>(Y1-4 Field)</i>		2.30pm - 5.30pm <i>(Y1-4 Field)</i>			8.00am - 11.00am <i>(Yr1-4 Field)</i>	Ms Evangeline Tan Mdm Lam Wing Yee Mr Michael Seah

<b>Sports Recreation Club</b>			3.00pm - 5.00pm (School/External venues)				Mr Venantius Chng Mr Koh Say Yong
<b>Squash</b>	5.00pm - 7.00pm (RI/Serangoon Gardens Country Club)		8.00am - 11.00am (RI/Serangoon Gardens Country Club)		5.00pm - 7.00pm (RI/Serangoon Gardens Country Club)		Mr Venantius Chng Ms Joanne Tan Mr Daryl Tan
<b>Swimming</b>	According to swimmers' own training schedules with their respective clubs.						Mr Chan Cheow Hwa Ms Wang Liyun Ms Tan Lee Hui
<b>Table Tennis</b>	5.30pm - 8.00pm (Y1-4 Gymnasium)		2.30pm - 5.00pm (Y1-4 Gymnasium)		5.00pm - 7.30pm (Y1-4 Gymnasium)		Mr Chan Joon Kiat Ms Cheryl Lin Mrs Katherine Ng
<b>Taekwondo</b>			8.00am - 11.00am (ISH)				Mr Jonathan Ang Mr Joel Yuen
<b>Tennis</b>			8.00am - 10.00am (Tennis Courts)		5.00pm - 7.00pm (Tennis Courts)		Mr Koh Say Yong Mr Derek Tan Ms Joyce Tan Su Binn
<b>Tenpin Bowling</b>	6.00pm - 8.00pm (Temasek Club/Orchid Country Club)		4.00pm - 6.00pm (Temasek Club/Orchid Country Club)		6.00pm - 8.00pm (Temasek Club/Orchid Country Club)		Mr David Chia Mr Se Kuan Pin Mrs Li Li Abhilash
<b>Touch Rugby</b>		4.30pm - 6.30pm (Main Field)		4.30pm - 6.30pm (Main Field)			Ms Jeanne Lim Ms Vidhya Logendran
<b>Track &amp; Field</b>	5.00pm - 7.45pm (Sprints/Hurdlers) 5.30pm - 8.00pm (Jumps) 5.30pm - 7.45pm (Throws) 3.45-6.15pm (Pole Vault) (RI Track/Field)		5.00pm - 7.45pm (Sprints/Hurdlers) 5.30pm - 8.00pm (Jumps) 5.30pm - 7.45pm (Throws) 3.45-6.15pm (Pole Vault) (RI Track/Field)		5.00pm - 7.45pm (Sprints/Hurdlers) 5.30pm - 8.00pm (Jumps) 5.30pm - 7.45pm (Throws) 3.45-6.15pm (Pole Vault) (RI Track/Field)		Ms See Tho Mun Yee Mr William Sim Mr Steffen Toh
<b>Ultimate Frisbee</b>	3.45pm - 5.45pm (Parade Square/Field next to carpark)		7.30am - 10.30am (Main Field)				Ms Leong Yin Yin Mdm Tan Geok Choo
<b>Volleyball</b>		5.00pm - 8.00pm (Basketball Courts)		5.00pm - 8.00pm (Basketball Courts)		9.00am - 12.00pm (ISH during season)	Dr Jackson Koh Ms Fiona Lio Mr Francis Chong
<b>Water Polo</b>	6.00pm - 8.30pm (B) (G) (RI Pool)		1.30pm - 4.00pm (B) (G) (RI Pool)	3.00pm - 6.00pm (G) (RI Pool)		9.00am - 12.00pm (B) (RI Pool)	Mr Chan Cheow Hwa Ms Wang Liyun Ms Tan Lee Hui

## 2023 Performing Arts CCA Training Schedule

CCA	Mon	Tue	Wed	Thur	Fri	Sat	Teacher Mentors
Chamber Ensemble			7.45am - 11.00am <i>(Chamber Ensemble Room)</i>				Mrs Er Mui Kee Mrs Wong Seok Hui
Chinese Orchestra	5.30pm - 8.15pm <i>(Blk J &amp; D Classrooms)</i>	5.30pm - 7.30pm <i>(CO Room)</i>					Mr Teoh Jia Yu Mr Sham Kah Shen, Brandon
LDCS (Chinese)		4.00pm - 6.00pm <i>(Songwriting) (MEP Room)</i>	3.00pm - 5.00pm <i>(Drama) (Classroom)</i>				Ms Qian Kun Mr Sean Lee Chee Guan
Piano Ensemble			8.00am - 11.00am <i>(MEP Room/LT 2)</i>				Dr Ruth Rodrigues Ms Yang Chien Hwa
Raffles Chorale			8.00am - 11.00am <i>(LT4)</i>		4.00pm - 7.30pm <i>(LT4)</i>		Mr Caleb Liu Mr Joey Kang
Raffles Guitar Ensemble	4.30pm - 6.30pm <i>(MEP Room)</i>		8.30am - 10.30am <i>(MEP Room)</i>				Mr Winston Cheong Ms Shalliet Ng
Raffles Jazz			8.00am - 11.00am <i>(Jam Studio)</i>		2.00pm - 5.00pm <i>(Jam Studio)</i>		Ms Samantha Kamath Prakash Mr Ng Kar Kit
Raffles Modern Dance	4.15pm - 6.15pm <i>(MPH)</i>		8.00am - 11.00am <i>(Multi-Purpose Studio)</i>				Ms Harminder Kaur Ms Erdalyn Tan
Raffles Players			8.00am - 11.00am <i>(TSD Room)</i>		2.00pm - 5.00pm <i>(During SYF prep/ College production)</i>		Ms Nur Liyana Md Tahir Ms Umarani
Raffles Rock		4.00pm - 6.00pm <i>(Jam Studio)</i>		4.00pm - 6.00pm <i>(Jam Studio)</i>			Ms Ng Pei San Mr Ngan Wei Yeong
Raffles Street Dance	4.30pm - 6.30pm <i>(Mirrors, Blk B Lvl 2)</i>		9.00am - 11.00am <i>(Mirrors, Blk B Lvl 2)</i>				Ms Ng Siew Cheng Ms Leow Pey Yee
Raffles Symphonic Band			9.00am - 11.30am <i>(Y1-4 Band Room)</i>		5.30pm - 8.00pm <i>(Y1-4 Band Room)</i>		Ms Ho Sze-Hwei Grace Mr Daniel Wong Chi Hoong Mr Jason Tan Jia Sheng

## 2023 Clubs & Societies CCA Training Schedule

CCA	Mon	Tue	Wed	Thur	Fri	Sat	Teacher Mentors
Alchemy Club	4.30pm - 6.30pm (Labs/Classrooms)						Mr Ong Xing Long
ART Club			8.30am - 11.00am (Stamford Training Room)				Mr Joel Yuen Mr Low Chor Meng
Astronomy Club		6.30pm - 9.30pm (Innovation Centre)					Mr Ngan Wei Yeong Mrs Kong-Leong Yi-Lin
Audio Visual Unit (AVU)				4.30pm - 6.30pm (Classroom/PAC/MPH)			Mrs Lim Sze Yi
Bridge Club			8.00am - 11.00am (Classroom)		2.30pm - 5.30pm (Y6 compulsory; Y5 optional) (Classroom/Online)		Mrs Kwie Shiao Yin Mr Marvin Lai
Chess Club			8.30am - 10.30am (Classroom)				Ms Lim San San
Club Automatica			2.00pm - 6.00pm (Club Automatica Room)				Mrs Lim Swee Eng Mr Kamel Salim
Community Advocates			9.00am - 11.00am (Excluding Service) (LT6/ Blk J Classrooms)				Ms Ruth Ong Mr Leong Jun Jie Ms Christine Teo Ms Lee Si Jia
Computer Science Society			8.30am - 11.00am (Comp Labs 3 & 4, A48)				Mr Koh Liang Cheung Daniel Mr Lai Wai Liang
Film Society			8.00am - 11.00am (Classrooms)				Mr Tay Li-Cheng Ms Dawn Ng
Gavel Club			8.00am - 11.00am (Classroom A71)				Ms Mrina Avadhani
History & Strategic Affairs Society (HSTA)			8.00am - 11.00am (SR7)				Mr Tan Chun Wee Ms Harminder Kaur
Indian Cultural Society (ICS)			2.00pm - 4.00pm (Online/Classrooms)				Dr Jega
LDCS (Malay)				4.30pm - 6.30pm (MLEP Room)			Mr Kamal Rizal Mr Mohamad Ali
Mathematics Club		4.15pm - 6.15pm (B52)					Mrs Lim-Bay Swee Lian
Outdoor Adventure & Activity Club (ODAC)	4.30pm - 6.30pm (Blue Cages)		8.00am - 11.00am/12.00pm (Blue Cages)				Mr Tan Sijie Ms Lim Xin Yi Dr Ong Soon Sheng
Raffles Archives & Museum Club			3.00 - 5.00pm (Yr1-4 RAM)				Mrs Cheryl Yap Ms Low Siew Hsien

Raffles Debaters <i>(Comps usually on weekends)</i>			4.00pm - 7.00pm <i>(Classrooms)</i>			9.00am - 12.00pm <i>(Online)</i>	Ms Nicole Magno Mr Samuel Chan Yanfeng Mrs Mong Lai Lin Shirlyn
Raffles Economics & Current Affairs Society (RECAS)			9.00am - 11.00am <i>(RDS Lite)</i>				Ms Sanjeeda Haque Munmun Mr Abdul Malek
Raffles Entrepreneur's Network (REN)			8.30am - 10.30am <i>(Classrooms D23/24)</i>				Ms Stacy Tan Mrs Magdalene Yong
Raffles Interact			11.00am - 12.00pm <i>(Excluding Service) (LT)</i>				Ms Lim Ai Lin Mdm Sharon Cross Mr Andrew Neo Dr Ng Kailing
Raffles One Earth		3.45pm - 5.30pm <i>(Comp Lab/Classroom)</i>					Mr Michael Seah
Raffles Photographic Society		4.00pm - 6.00pm <i>(Classrooms)</i>					Mr Gabriel Lim Ms Chloe Lim
Raffles Press		4.15pm - 6.15pm <i>(Classroom)</i>					Mr Patrick Wong
Raffles Runway			8.00am - 11.00am <i>(Classrooms)</i>				Ms Lim Li Zhen Mrs Ruth Koh
Raffles Society of Biological Sciences				4.30pm - 6.30pm <i>(LT4)</i>			Mrs Selvamani Nair Mrs Christina Khoo
Red Cross Youth RI Chapter (RCYC)			9.00am - 10.30am <i>(Classroom/Online)</i>				Mrs Yeo Yew Tin Mr Edmund Kwok
Writers' Guild	4.30pm - 6.00pm <i>(Classroom)</i>						
Students' Council <i>(Selections to take place between 13/2 - 17/4)</i>			3.00pm - 6.00pm <i>(Various Venues)</i> <i>(Inc. Council GMs 3x per semester)</i>				Ms Janissa Soh Jiayi Dr Sally Ng Mr Chan Kuang Wen Mr Zachary Low Wei Jing Ms Ngiam Xing Yi Mr Gordon Shiau Rong Kang Mr Donovan Low Wei Jie Ms Hwang Shi-Ting Mr Harapan Santoso Ms Lai Yin Chang