

# SAILING (SH)

## CCA days and timings:

Monday: 3.00 pm to 5.00 pm (Physical Training)  
Wednesday: 2.00 pm to 6.30 pm (Sea Training)  
Friday: 7.50 am to 8.50 am (Physical Training)  
Saturday: 9.00 am to 1.00 pm (Sea Training)

## Venue:

National Sailing Centre (East Coast)

## Introduction:

Dunman High Sailing offers the opportunity to those who have no prior experience in sailing to try it out and master the skill. Training sessions take place twice a week, with each session offering a new adventure and experience because of differing tide and weather conditions. In addition, physical training sessions are held once a week to enable sailors to have both the physical strength and mental endurance to tide them through the sea trainings. Rigorous trainings not only expose our sailors to new skills, but also inculcate a sense of responsibility, resilience and most importantly, passion for the sport.

In the 2018 National Inter-School Sailing Championships, the Year 6 sailors attained the overall Fourth position for the 'A' Division Boys' Team. Besides the Inter-school championships, our sailors are also given a chance to participate in many other competitions/regattas throughout the year. Dunman High sailors train and play hard! Beyond training, sailors also have the opportunity to sail leisurely at exclusive locations such as the Marina Barrage and East Coast Park. Anchor yourself to something special and let the sea set you free as we trace the tides together!

## Achievements:

4<sup>th</sup> Position for 'A' Division Boys Team

