

2023 NSW HPC Training Timetable							
Week 1 - September School Holidays, 2023							
MEN'S HIGH PERFORMANCE							
Squad	Monday 25 <sup>th</sup> September	Tuesday 26 <sup>th</sup> September	Wednesday 27 <sup>th</sup> September	Thursday 28 <sup>th</sup> September	Friday 29 <sup>th</sup> September	Saturday 30 <sup>th</sup> September	Total Hours P/W
NSW HPC Squad 1 Hongwei Du	2.30pm – 6.30pm	8.00am - 10.00am 3.00pm - 6.30pm	3.00pm – 6.30pm	8.00am - 10.00am 3.00pm - 6.30pm	2.30pm – 6.30pm	9.00am - 12.30pm	26
	4	5.5	3.5	5.5	4	3.5	
NSW HPC Squad 2 Hongwei Du	2.30pm – 6.30pm	8.00am - 10.00am 3.00pm - 6.30pm	3.00pm – 6.30pm	8.00am - 10.00am 3.00pm - 6.30pm	2.30pm – 6.30pm	9.00am - 12.30pm	26
	4	5.5	3.5	5.5	4	3.5	
Beyond 2024 Development Blue Squad Mandy Mclean	2.45pm – 6.30pm	8.00am - 12.00pm	2.45pm - 6.30pm	2.45pm - 6.30pm	2.45pm - 6.30pm	8.00am - 12.00pm	23.00
	3.75	4	3.75	3.75	3.75	4	
Beyond 2024 Development Teal Squad Mandy Mclean/Carlo Casis/ Jack Hall		2.45pm - 6.30pm	8.00am - 11.30am	2.45pm - 6.30pm	8.00am - 11.00am		Up to 14 (make ups provided)
		3.75	3.5	3.75	3		
Beyond 2024 Development Lime Squad Mandy Mclean/Carlo Casis/ Jack Hall		2.45pm - 6.30pm	8.00am - 11.30am	2.45pm - 6.30pm	8.00am - 11.00am		Up to 14 (make ups provided)
		3.75	3.5	3.75	3		

**Reminder: There are no shuttle bus services during the school holidays**

### 2023 NSW HPC Training Timetable

Week 2 - October School Holidays, 2023

#### MEN'S HIGH PERFORMANCE

Squad	Monday 2 <sup>nd</sup> October	Tuesday 3 <sup>rd</sup> October	Wednesday 4 <sup>th</sup> October	Thursday 5 <sup>th</sup> October	Friday 6 <sup>th</sup> October	Saturday 7 <sup>th</sup> October	Total Hours P/W
NSW HPC Squad 1 Hongwei Du	2.30pm – 6.30pm	8.00am - 10.00am 3.00pm - 6.30pm	3.00pm – 6.30pm	8.00am - 10.00am 3.00pm - 6.30pm	2.30pm – 6.30pm	9.00am - 12.30pm	26
	4	5.5	3.5	5.5	4	3.5	
NSW HPC Squad 2 Hongwei Du	2.30pm – 6.30pm	8.00am - 10.00am 3.00pm - 6.30pm	3.00pm – 6.30pm	8.00am - 10.00am 3.00pm - 6.30pm	2.30pm – 6.30pm	9.00am - 12.30pm	26
	4	5.5	3.5	5.5	4	3.5	
Beyond 2024 Development Blue Squad Mandy Mclean	2.45pm – 6.30pm	8.00am - 12.00pm	SDS 8am - 12pm TF 12pm - 4pm	2.45pm - 6.30pm	2.45pm - 6.30pm	8.00am - 12.00pm	19.25
	3.75	4		3.75	3.75	4	
Beyond 2024 Development Teal Squad Mandy Mclean/Carlo Casis/ Jack Hall		2.45pm - 6.30pm	4.00pm – 7.00pm	2.45pm - 6.30pm	8.00am -11.30am		Up to 14 (make ups provided)
		3.75	3.00	3.75	3		
Beyond 2024 Development Lime Squad Mandy Mclean/Carlo Casis/ Jack Hall		2.45pm - 6.30pm	4.00pm - 7.00pm	2.45pm - 6.30pm	8.00am -11.00am		Up to 14 (make ups provided)
		3.75	3.00	3.75	3		

Reminder: There are no shuttle bus services during the school holidays