

2024 NSW HPC Training Timetable V1.2 TERM 1, 2024

MEN'S HIGH PERFORMANCE

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Hours P/W
NSW HPC Senior Squad Hongwei Du	Hongwei	Hongwei	Hongwei	Hongwei	Hongwei	Hongwei	26.5
	4.00pm - 8.00pm	8.00am - 10.00am 4.00pm - 8.00pm	4.00pm - 7.30pm	8.00am - 10.00am 4.00pm - 8.00pm	4.00pm - 7.30pm	9.00am - 12.30pm	
	4	6	3.5	6	3.5	3.5	
NSW HPC Junior Squad Hongwei Du / Kento Yasuda	Hongwei/Kento	Hongwei/Kento	Hongwei/Kento	Hongwei/Kento	Hongwei/Kento	Hongwei/Kento	22.5
	4.00pm - 8.00pm	4.00pm - 8.00pm	4.00pm - 7.30pm	4.00pm - 8.00pm	4.00pm - 7.30pm	9.00am - 12.30pm	
	4	4	3.5	4	3.5	3.5	
Beyond 2024 Development Blue Squad Mandy Mclean	Mandy	Mandy	Mandy	Mandy	Mandy	Mandy	19.25
	3.45pm - 7.45pm		3.45pm - 7.30pm	3.45pm - 7.45pm	4.00pm - 7.15pm	8.00am - 12.00pm	
	4		4	4	3.25	4	
Beyond 2024 Development Teal Squad Mandy Mclean/Carlo Casis/ Jack Hall		Carlo/Mandy		Carlo		Mandy/Jack	11
		3.45pm - 7.45pm		3.45pm - 7.45pm		12.15pm - 3.15pm	
		4		4		3	
Beyond 2024 Development Lime Squad Mandy Mclean/Carlo Casis/ Jack Hall		Carlo/Mandy		Carlo		Mandy/Jack	10
		3.45pm - 7.15pm		3.45pm - 7.15pm		12.15pm - 3.15pm	
		3.5		3.5		3	

SERVICES

Service	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Pool Recovery			Senior/Junior Squad 7.00pm - 7.30pm			Blue Squad 11.30am - 12.00pm	
			* Every 2nd week				

*Every 2nd week commencing from Week 1, Term 1

Reminder: Selective shuttle bus services during school holiday periods