

NSW HPC

2022 JULY HOLIDAY TRAINING TIMETABLE V2



Week 1 July 4 - 10							
Squad	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9	Total Hours
Squad 1	Yusuf T	Yusuf T	Yusuf T	Yusuf T	Hongwei D	Hongwei D	25.5
	3.00pm - 7.00pm	3.00pm - 7.00pm	3.00pm - 6.00pm	8.00am - 10.00am 3.00pm - 6.30pm	9.00am - 12.30pm	9.00am - 12.30pm	
	4	6	3	5.5	3.5	3.5	
Squad 2	Yusuf T	Yusuf T	Yusuf T	Yusuf T	Yusuf T	Hongwei D	25.5
	3.00pm - 7.00pm	3.00pm - 7.00pm	3.00pm - 6.00pm	8.00am - 10.00am 3.00pm - 6.30pm	9.00am - 12.30pm	9.00am - 12.30pm	
	4	6	3	5.5	3.5	3.5	
B2024 Blue Squad	Mandy M	Mandy M		Mandy M	Mandy M	Mandy M	19.5
	3.30pm - 7.30pm	3.30pm - 7.30pm		3.30pm - 7.30pm	3.30pm - 7.30pm	8.00am - 11.30am	
	4	4		4	4	3.5	
B2024 Teal Squad		Mandy M	Mandy M	Mandy M		Mandy M	13
		8.00am - 11.30am	8.00am - 11.00am	8.00am - 11.30am		12.00pm - 3.00pm	
		3.5	3	3.5		3	
WAG Squad	Yusuf T	Yusuf T	Yusuf T	Yusuf T	Yusuf T	Hongwei D	21.5
	3.00pm - 7.00pm	3.00pm - 7.00pm	3.00pm - 6.00pm	3.00pm - 6.30pm	9.00am - 12.30pm	9.00am - 12.30pm	
	4	4	3	3.5	3.5	3.5	

Reminder: No shuttle bus service during holiday training timetable

NSW HPC

2022 JULY HOLIDAY TRAINING TIMETABLE V2



Gymnastics
New South Wales



MEN'S
GYMNASTICS
NSW HIGH PERFORMANCE PROGRAM



WOMEN'S
GYMNASTICS
NSW HIGH PERFORMANCE PROGRAM

Week 2 July 11 - 17							
Squad	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16	Total Hours
Squad 1	Hongwei D	Hongwei D/ Mitchell S	Hongwei D	Hongwei D/ Mitchell S	Hongwei D	Hongwei D/ Mitchell S	25
	3.00pm - 7.00pm	8.00am - 10.00am 3.00pm - 7.00pm	3.00pm - 6.00pm	8.00am - 10.00am 3.00pm - 6.30pm	8.00am - 11.00am	9.00am - 12.30pm	
	4	6	3	5.5	3	3.5	
Squad 2	Hongwei D	Hongwei D/ Mitchell S	Hongwei D	Hongwei D/ Mitchell S	Hongwei D	Hongwei D/ Mitchell S	25
	3.00pm - 7.00pm	8.00am - 10.00am 3.00pm - 7.00pm	3.00pm - 6.00pm	8.00am - 10.00am 3.00pm - 6.30pm	8.00am - 11.00am	9.00am - 12.30pm	
	4	6	3	5.5	3	3.5	
B2024 Blue Squad	Mandy M	Mandy M		Mandy M	Mandy M	Mandy M	18.5
	3.30pm - 7.30pm	3.30pm - 7.30pm		3.30pm - 7.30pm	8.00am - 11.00am	8.00am - 11.30am	
	4	4		4	3	3.5	
B2024 Teal Squad		Mandy M	Mandy M	Mandy M		Mandy M	13
		8.00am - 11.30am	8.00am - 11.00am	8.00am - 11.30am		12.00pm - 3.00pm	
		3.5	3	3.5		3	
WAG Squad	Hongwei D	Hongwei D	Hongwei D	Hongwei D	Hongwei D	Hongwei D	21
	3.00pm - 7.00pm	3.00pm - 7.00pm	3.00pm - 6.00pm	3.00pm - 6.30pm	8.00am - 11.00am	9.00am - 12.30pm	
	4	4	3	3.5	3	3.5	

Reminder: No shuttle bus service during holiday training timetable