

# NSW HPC

## SQUAD TIMETABLE – TERM 1, 2023



MEN'S HIGH PERFORMANCE							
Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Hours P/W
NSW HPC Squad 1 Hongwei Du	4.00pm - 8.00pm	6.30am - 8.30am 4.00pm - 8.00pm	4.00pm - 7.00pm	8.00am - 9.30am 4.00pm - 8.00pm	3.45pm - 7.45pm	9.00am - 12.30pm	26
	4	6	3	5.5	4	3.5	
NSW HPC Squad 2 Hongwei Du	4.00pm - 8.00pm	6.30am - 8.30am 4.00pm - 8.00pm	4.00pm - 7.00pm	8.00am - 9.30am 4.00pm - 8.00pm	3.45pm - 7.45pm	9.00am - 12.30pm	26
	4	6	3	5.5	4	3.5	
Beyond 2024 Development Blue Squad Mandy Mclean	3.45pm - 7.45pm		3.45pm - 7.45pm	3.45pm - 7.45pm	4.00pm - 7.00pm	8.00am - 12.00pm	19
	4		4	4	3	4	
Beyond 2024 Development Teal Squad Mandy Mclean/Carlo Casis/ Jack Hall		3.45pm - 7.45pm		3.45pm - 7.45pm		12.00pm - 3.00pm	11
		4		4		3	
Beyond 2024 Development Lime Squad Mandy Mclean/Carlo Casis/ Jack Hall		3.45pm - 7.15pm				12.00pm - 3.00pm	6.5
		3.5				3	

SERVICES							
Service	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Pool Recovery			Squads 1 and 2* 6.30pm - 7.00pm			Blue Squad 11.30am - 12.00pm	

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

Reminder: Selective shuttle bus services during school holiday periods