

# NSW HPC

## 2022 SUMMER HOLIDAY TRAINING TIMETABLE V1



Gymnastics  
New South Wales



MEN'S  
GYMNASTICS  
NSW HIGH PERFORMANCE PROGRAM



WOMEN'S  
GYMNASTICS  
NSW HIGH PERFORMANCE PROGRAM

Week 1 January 2 - January 8							
Squad	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7	Total Hours
Squad 1		Hongwei D 9.00am - 1.00pm	Hongwei D 9.00am - 12.00pm	Hongwei D 8.00am - 10.00am 3.00pm - 6.30pm	Hongwei D 3.00pm - 7.00pm	Hongwei D 9.00am - 12.30pm	20
		4	3	5.5	4	3.5	
Squad 2/ WAG HP		Yusuf T 9.00am - 1.00pm	Yusuf T 9.00am - 12.00pm	Yusuf T 8.00am - 10.00am 3.00pm - 6.30pm	Yusuf T 3.00pm - 7.00pm	Yusuf T 9.00am - 12.30pm	20
		4	3	5.5	4	3.5	
B2024 Blue Squad					Mandy M 3.00pm - 7.00pm	Mandy M 8.00am - 11.30am	7.5
					4	3.5	
B2024 Teal Squad						Mandy M 12.00pm - 3.00pm	3
						3	
B2024 Lime Squad						Mandy M 12.00pm - 3.00pm	3
						3	

Reminder: No shuttle bus service during holiday training timetable

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Week 2 January 9 - January 15							
Squad	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14	Total Hours
Squad 1	Hongwei D	Hongwei D	Hongwei D	Hongwei D	Hongwei D	Hongwei D	25.5
	3.00pm - 7.00pm	8.00am - 10.00am 3.00pm - 6.30pm	3.00pm - 6.00pm	8.00am - 10.00am 3.00pm - 6.30pm	3.00pm - 7.00pm	9.00am - 12.30pm	
	4	5.5	3	5.5	4	3.5	
Squad 2/ WAG HP	Yusuf T	Yusuf T		Yusuf T	Yusuf T	Yusuf T	22.5
	3.00pm - 7.00pm	8.00am - 10.00am 3.00pm - 6.30pm		8.00am - 10.00am 3.00pm - 6.30pm	3.00pm - 7.00pm	9.00am - 12.30pm	
	4	5.5		5.5	4	3.5	
B2024 Blue Squad	Mandy M	Mandy M		Mandy M	Mandy M	Mandy M	19.5
	3.00pm - 7.00pm	3.00pm - 7.00pm		3.00pm - 7.00pm	3.00pm - 7.00pm	8.00am - 11.30am	
	4	4		4	4	3.5	
B2024 Teal Squad		Jack H		Jack H	Mandy M		12
		10.30am - 2.30pm		10.30am - 2.30pm	8.00am - 12.00pm		
		4		4	4		
B2024 Lime Squad		Carlo C		Carlo C			7
		10.30am - 2.00pm		10.30am - 2.00pm			
		3.5		3.5			

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Week 3 January 16 - January 22							
Squad	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21	Total Hours
Squad 1	Hongwei D	Hongwei D	Hongwei D	Hongwei D	Hongwei D	Hongwei D	25.5
	3.00pm - 7.00pm	8.00am - 10.00am 3.00pm - 6.30pm	3.00pm - 6.00pm	8.00am - 10.00am 3.00pm - 6.30pm	3.00pm - 7.00pm	9.00am - 12.30pm	
	4	5.5	3	5.5	4	3.5	
Squad 2/ WAG HP	Yusuf T	Yusuf T		Yusuf T	Yusuf T	Yusuf T	22.5
	3.00pm - 7.00pm	8.00am - 10.00am 3.00pm - 6.30pm		8.00am - 10.00am 3.00pm - 6.30pm	3.00pm - 7.00pm	9.00am - 12.30pm	
	4	5.5		5.5	4	3.5	
B2024 Blue Squad	Mandy M	Mandy M		Mandy M	Mandy M	Mandy M	19.5
	3.00pm - 7.00pm	3.00pm - 7.00pm		3.00pm - 7.00pm	3.00pm - 7.00pm	8.00am - 11.30am	
	4	4		4	4	3.5	
B2024 Teal Squad		Jack H		Jack H	Mandy M		12
		10.30am - 2.30pm		10.30am - 2.30pm	8.00am - 12.00pm		
		4		4	4		
B2024 Lime Squad		Carlo C		Carlo C			7
		10.30am - 2.00pm		10.30am - 2.00pm			
		3.5		3.5			

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Week 4							
January 23 - January 29							
Squad	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Total Hours
Squad 1	Hongwei D	Hongwei D	Hongwei D		Hongwei D	Hongwei D	22.5
	3.00pm - 7.00pm	8.00am - 10.00am 3.00pm - 6.30pm	8.00am - 10.00am 3.00pm - 6.30pm		3.00pm - 7.00pm	9.00am - 12.30pm	
	4	5.5	5.5		4	3.5	
Squad 2/ WAG HP	Yusuf T	Yusuf T	Yusuf T		Yusuf T	Yusuf T	22.5
	3.00pm - 7.00pm	8.00am - 10.00am 3.00pm - 6.30pm	8.00am - 10.00am 3.00pm - 6.30pm		3.00pm - 7.00pm	9.00am - 12.30pm	
	4	5.5	5.5		4	3.5	
B2024 Blue Squad	Mandy M	Mandy M	Mandy M		Mandy M	Mandy M	19.5
	3.00pm - 7.00pm	3.00pm - 7.00pm	3.00pm - 7.00pm		3.00pm - 7.00pm	8.00am - 11.30am	
	4	4	4		4	3.5	
B2024 Teal Squad	Jack H		Jack H		Mandy M		12
	10.30am - 2.30pm		10.30am - 2.30pm		8.00am - 12.00pm		
	4		4		4		
B2024 Lime Squad	Carlo C		Carlo C				7
	10.30am - 2.00pm		10.30am - 2.00pm				
	3.5		3.5				

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