

NSW HPC

SQUAD TIMETABLE – TERM 4, 2022



Gymnastics
New South Wales



MEN'S
GYMNASTICS
NSW HIGH PERFORMANCE PROGRAM



WOMEN'S
GYMNASTICS
NSW HIGH PERFORMANCE PROGRAM

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 Yusuf Topari	4.00pm - 8.00pm	8.00am - 10.00am 3.00pm - 7.00pm	4.00pm - 7.00pm*	8.00am - 10.30am 2.30pm - 6.00pm	3.45pm - 7.45pm	9.00am - 12.30pm	26.5
	4	6	3	6	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	
WOMEN'S HIGH PERFORMANCE							
Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Hours P/W
NSW HPC WAG Squad Yusuf Topari	3.00pm - 7.00pm	8.00am - 10.00am 3.00pm - 6.30pm		8.00am - 10.30am 2.30pm - 6.00pm	3.00pm - 7.00pm	9.00am - 12.30pm	23
	4	5.5		6	4	3.5	
SERVICES							
Service	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Pool Recovery			Squads 1 and 2 6.30pm - 7.00pm			Blue Squad 11.30am - 12.00pm	

Reminder: Selective shuttle bus services during school holiday periods

*Individual Performance Plan – Training session