

NSW HPC Training Timetable TERM 2, 2025

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Hours P/W
Senior Squad Hongwei Du	9:00am - 11:00am 4.00pm - 8.00pm	4.00pm - 8.00pm	4.00pm - 7.00pm	9:00am - 11:00am 4.00pm - 8.00pm	4.00pm - 8.00pm	9.00am - 12.30pm	26.5
	6	4	3	6	4	3.5	
Junior Squad Hongwei Du	4.00pm - 8.00pm	4.00pm - 8.00pm	4.00pm - 8.00pm	4.00pm - 8.00pm	4.00pm - 8.00pm	9.00am - 12.30pm	23.5
	4	4	4	4	4	3.5	
Blue Squad Mandy Mclean	3.45pm - 7.45pm		3.45pm - 7.30pm	3.45pm - 7.45pm	3.45pm - 7.00pm	8.00am - 12.00pm	19
	4		3.75	4	3.25	4	
Teal Squad Mandy Mclean		3.45pm - 7.45pm		3.45pm - 7.45pm		12.15pm - 3.15pm	11
		4		4		3	
Lime Squad Mandy Mclean/Jack Hall				3.45pm - 7.15		12.15pm - 3.15pm	6.5
				3.5 *Only if allocated*		3	

SERVICES

Service	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Recovery						Blue Squad 11.30am - 12.00pm