

# TRAININGSSCHEMA 2024 - 2025

VERSIE AUGUSTUS 2024

DAG & UREN	VELD 1	VELD 2	VELD 5
<b>MAANDAG</b>			
18u30 - 20u00			Begold
20u00 - 21u30		Ladies   Gents	
<b>DINSDAG</b>			
18u00 - 19u00		Keepers U11-U12-U14-U16G	
19u00 - 20u00		Keepers U16B-U19	
18u30 - 20u00		U19G	U19B
20u30 - 22u30	D1 (20u-22u)	H1	Trimmers starters (20u30-22u)
<b>WOENSDAG</b>			
14u00 - 15u00		U7   S2H* U7-U8	U8   Jespo
15u00 - 16u00		U10G   S2H* U10-U11-U12	U10B   Wisselkeepers U10
16u00 - 17u30		U12G   S2H* U14+**	U11-12B   Wisselkeepers U11-U12
17u30 - 19u00		U14G   G-Hockey	U14B
19u00 - 20u30		U16B1	U16G1   U16G2
20u30 - 22u00		D2   D3	
<b>DONDERDAG</b>			
18u30 - 20u00		U19B	U19G
20u30 - 22u30	H1   H2	D1 (20u-22u)   H3 (20u45-22u15)	Trimmers (20u30-22u)
<b>VRIJDAG</b>			
17u00 - 18u00	U10G	U7-U8   S2H* U7 t/m U12	U10B   Olympiantjes 5j
18u00 - 19u15	U14G1	U11-U12B	U12G   S2H* U14+**
19u15 - 20u30	U16G	U14B	U16B
<b>ZATERDAG</b>			
09u00 - 10u00		Olympiantjes 4j	

S2H\* = Start 2 Hockey

U14+\*\* = iedereen vanaf U14 en hoger