

Trainingsschema 2026 - 2027 Versie 2.0

| Maandag |                                       |  |                                          |  |                                                     |                                      |                                                              |                                           |                                        |  |                                          |  |
|---------|---------------------------------------|--|------------------------------------------|--|-----------------------------------------------------|--------------------------------------|--------------------------------------------------------------|-------------------------------------------|----------------------------------------|--|------------------------------------------|--|
| Tijd    | Veld 3                                |  |                                          |  | Veld 4                                              |                                      |                                                              |                                           | Trainingsveld                          |  |                                          |  |
| 17:00   |                                       |  |                                          |  |                                                     |                                      | JO8<br>Rudy Bakker<br>17:00–18:00                            |                                           |                                        |  |                                          |  |
| 17:15   |                                       |  |                                          |  |                                                     |                                      |                                                              |                                           |                                        |  |                                          |  |
| 17:30   |                                       |  |                                          |  |                                                     |                                      |                                                              |                                           |                                        |  |                                          |  |
| 17:45   |                                       |  |                                          |  |                                                     |                                      |                                                              |                                           |                                        |  |                                          |  |
| 18:00   | JO10<br>Sander / Tomas<br>18:00–19:00 |  |                                          |  | JO12-3<br>Thim<br>Haalboom /<br>Noah<br>18:00–19:00 | JO11-1<br>Jos Woltman<br>17:45–19:00 |                                                              |                                           |                                        |  |                                          |  |
| 18:15   |                                       |  |                                          |  |                                                     |                                      |                                                              |                                           |                                        |  |                                          |  |
| 18:30   |                                       |  |                                          |  |                                                     |                                      |                                                              |                                           |                                        |  |                                          |  |
| 18:45   |                                       |  |                                          |  |                                                     |                                      |                                                              |                                           |                                        |  |                                          |  |
| 19:00   | MO15<br>Tom Lodewijk<br>19:00–20:15   |  | JO15-2<br>Michel Toxopeus<br>19:00–20:15 |  | JO13-2<br>Jean Mkrтчjan<br>19:00–20:00              |                                      | JO12-1<br>Jos Bulten /<br>Fahim<br>Bellghroub<br>18:30–19:45 | JO12-2<br>Ronald<br>Dekens<br>18:30–19:45 | JO16-1<br>Martijn Kuper<br>19:00–20:15 |  | JO15-1<br>Dillion Hiensch<br>19:00–20:15 |  |
| 19:15   |                                       |  |                                          |  |                                                     |                                      |                                                              |                                           |                                        |  |                                          |  |
| 19:30   |                                       |  |                                          |  |                                                     |                                      |                                                              |                                           |                                        |  |                                          |  |
| 19:45   |                                       |  |                                          |  |                                                     |                                      |                                                              |                                           |                                        |  |                                          |  |
| 20:00   |                                       |  |                                          |  | LTC 5<br>Ahmed Aref<br>20:00–21:15                  |                                      | LTC 7x7 Heren<br>Bernard Brink<br>19:45–21:00                |                                           |                                        |  |                                          |  |
| 20:15   |                                       |  |                                          |  |                                                     |                                      |                                                              |                                           |                                        |  |                                          |  |
| 20:30   |                                       |  |                                          |  |                                                     |                                      |                                                              |                                           |                                        |  |                                          |  |
| 20:45   |                                       |  |                                          |  |                                                     |                                      |                                                              |                                           |                                        |  |                                          |  |
| 21:00   |                                       |  |                                          |  |                                                     |                                      |                                                              |                                           |                                        |  |                                          |  |
| 21:15   |                                       |  |                                          |  |                                                     |                                      |                                                              |                                           |                                        |  |                                          |  |

Dinsdag

| Tijd  | Veld 3                              |                                                          |                                          | Veld 4                                          |                                                         | Trainingsveld                                          |  |
|-------|-------------------------------------|----------------------------------------------------------|------------------------------------------|-------------------------------------------------|---------------------------------------------------------|--------------------------------------------------------|--|
| 17:00 |                                     |                                                          |                                          | JO9<br>Jesper Nieweg<br>17:00–18:00             |                                                         |                                                        |  |
| 17:15 |                                     |                                                          |                                          |                                                 |                                                         |                                                        |  |
| 17:30 |                                     |                                                          |                                          |                                                 |                                                         |                                                        |  |
| 17:45 | JO11-2/JO11-3/JO11-4<br>17:45–18:45 |                                                          | JO12-4<br>Remon Kip<br>17:45–18:45       |                                                 |                                                         |                                                        |  |
| 18:00 |                                     |                                                          |                                          | JO17-3<br>Jamel Burket<br>18:00–19:00           |                                                         |                                                        |  |
| 18:15 |                                     |                                                          |                                          |                                                 |                                                         |                                                        |  |
| 18:30 |                                     |                                                          |                                          |                                                 |                                                         |                                                        |  |
| 18:45 |                                     |                                                          |                                          |                                                 |                                                         |                                                        |  |
| 19:00 |                                     | JO13-3<br>Damyan Elsing /<br>Nathan Prins<br>18:45–19:45 | JO17-1<br>Rik Timmer a.i.<br>18:45–20:00 | JO13-1<br>Jesper / Roan / Kylian<br>18:30–19:45 | JO14-1<br>Teun Dinkelman / Luca Broekema<br>18:30–19:45 | JO14-2<br>Darren Barelds / Linderd Doek<br>18:45–20:00 |  |
| 19:15 |                                     |                                                          |                                          |                                                 |                                                         |                                                        |  |
| 19:30 |                                     |                                                          |                                          |                                                 |                                                         |                                                        |  |

## Teamkleuren

| Kleur | Team                                 | Trainer(s)                     | Voorkeur                          |
|-------|--------------------------------------|--------------------------------|-----------------------------------|
|       | JO19-1                               | Jesper Nieweg / Ferry Bei      | di/do 20:00–21:30                 |
|       | JO17-1                               | Rik Timmer a.i.                | di/do 18:45–20:00                 |
|       | JO17-2                               | Ferry Bei                      | di 19:00–20:00; do 18:45–20:00    |
|       | JO17-3                               | Jamel Burket                   | di/do 18:00–19:00                 |
|       | JO16-1                               | Martijn Kuper                  | ma/wo 19:00–20:15; do 17:30–18:45 |
|       | JO15-1                               | Dillion Hiensch                | ma/wo 19:00–20:15                 |
|       | JO15-2                               | Michel Toxopeus                | ma/wo 19:00–20:15                 |
|       | JO14-1                               | Teun Dinkelman / Luca Broekema | di/do 18:30–19:45                 |
|       | JO14-2                               | Darren Barelds / Linderd Doek  | di/do 18:45–20:00                 |
|       | MO15                                 | Tom Lodewijk                   | ma/wo 19:00–20:15                 |
|       | JO13-1                               | Jesper / Roan / Kylian         | di/do 18:30–19:45                 |
|       | JO13-2                               | Jean Mkrtchjan                 | ma/wo 19:00–20:00                 |
|       | JO13-3                               | Damyan Eising / Nathan Prins   | di 18:45–19:45 / do 19:00–20:00   |
|       | JO12-1                               | Jos Bulten / Fahim Bellghroub  | ma/do 18:30–19:45                 |
|       | JO12-2                               | Ronald Dekens                  | ma/wo 18:30–19:45                 |
|       | JO12-3                               | Thim Haalboom / Noah           | ma/wo 18:00–19:00                 |
|       | JO12-4                               | Remon Kip / Vacature           | di 17:45–18:45; do 18:00–19:00    |
|       | JO11 - JO11-1                        | Jos Woltman                    | ma 17:45–19:00; di/do 17:45–18:45 |
|       | JO10                                 | Sander / Tomas                 | ma/wo 18:00–19:00                 |
|       | JO9                                  | Jesper Nieweg                  | di/do 17:00–18:00                 |
|       | JO8                                  | Rudy Bakker                    | ma/wo 17:00–18:00                 |
|       | JO7                                  | Bojan Norg / Sem Talens        | wo 17:00–18:00                    |
|       | Kabouters                            | Klaas Dijks                    | wo 17:00–18:00                    |
|       | LTC 1                                | Ruben Kloosterman / Rijan Stel | di/do 20:00–21:30                 |
|       | LTC 2                                | Rowdy Buist / Marco Brader     | di/do 20:00–21:30                 |
|       | LTC 3                                | Vacature                       | do 20:00–21:15                    |
|       | LTC 4                                | Klaas Dijks                    | wo 19.30-20.45                    |
|       | LTC 5                                | Ahmed Aref                     | ma 20:00–21:15; wo 20:15–21:30    |
|       | LTC 6 + Legends                      | Henk Bodde                     | di 19.30-20.45                    |
|       | LTC 2 Zondag                         | Geert jan Siebring             | wo/vrij 19.30-21.00               |
|       | LTC Dames 7x7 18+                    | Vivian Dupon                   | wo 19.30-20.45                    |
|       | LTC 7x7 Heren                        | Bernard Koning                 | ma 19.45-21.00                    |
|       | Keeperstraining LTC 1 en 2           | Pim Suurmeijer                 | di 19:45–20:30                    |
|       | Keeperstraining jeugd t/m 12 jaar    | Lammert Eising's dreamteam     | vrij 17:30–18:30                  |
|       | Keeperstraining jeugd 13 t/m 18 jaar | Lammert Eising's dreamteam     | vrij 18:30–19:30                  |

|       |                                                        |                                              |  |                                                    |  |                                                    |  |  |
|-------|--------------------------------------------------------|----------------------------------------------|--|----------------------------------------------------|--|----------------------------------------------------|--|--|
| 19:45 | KEEPERS LTC 1 en 2<br>Pim Suurmeijer<br>19:45–20:30    |                                              |  |                                                    |  |                                                    |  |  |
| 20:00 |                                                        |                                              |  |                                                    |  |                                                    |  |  |
| 20:15 |                                                        |                                              |  |                                                    |  |                                                    |  |  |
| 20:30 | LTC 1<br>Ruben Kloosterman / Rijan Stel<br>20:30–21:30 | LTC 6 + Legends<br>Henk Bodde<br>20:00–21:15 |  | JO19-1<br>Jesper Nieweg / Ferry Bei<br>20:00–21:30 |  | LTC 2<br>Rowdy Buist / Marco Brader<br>20:00–21:30 |  |  |
| 20:45 |                                                        |                                              |  |                                                    |  |                                                    |  |  |
| 21:00 |                                                        |                                              |  |                                                    |  |                                                    |  |  |
| 21:15 |                                                        |                                              |  |                                                    |  |                                                    |  |  |

Woensdag

| Tijd  | Veld 3                                   |                                        |  |                                                        | Veld 4                                 |                                                   |                                               | Trainingsveld                       |                                          |  |  |
|-------|------------------------------------------|----------------------------------------|--|--------------------------------------------------------|----------------------------------------|---------------------------------------------------|-----------------------------------------------|-------------------------------------|------------------------------------------|--|--|
| 17:00 |                                          |                                        |  |                                                        | JO8<br>Rudy Bakker<br>17:00–18:00      | JO7<br>Bojan Norg / Sem Talens<br>17:00–18:00     | Kabouters<br>Klaas Dijks<br>17:00–18:00       |                                     |                                          |  |  |
| 17:15 |                                          |                                        |  |                                                        |                                        |                                                   |                                               |                                     |                                          |  |  |
| 17:30 |                                          |                                        |  |                                                        |                                        |                                                   |                                               |                                     |                                          |  |  |
| 17:45 |                                          |                                        |  |                                                        |                                        |                                                   |                                               |                                     |                                          |  |  |
| 18:00 | JO10<br>Sander / Tomas<br>18:00–19:00    |                                        |  |                                                        |                                        |                                                   | JO12-3<br>Thim Haalboom / Noah<br>18:00–19:00 |                                     |                                          |  |  |
| 18:15 |                                          |                                        |  |                                                        |                                        |                                                   |                                               |                                     |                                          |  |  |
| 18:30 |                                          |                                        |  |                                                        |                                        |                                                   |                                               |                                     |                                          |  |  |
| 18:45 |                                          |                                        |  |                                                        |                                        |                                                   |                                               |                                     |                                          |  |  |
| 19:00 | JO15-1<br>Dillion Hiensch<br>19:00–20:15 | JO16-1<br>Martijn Kuper<br>19:00–20:15 |  |                                                        | JO12-2<br>Ronald Dekens<br>18:30–19:45 | JO13-2<br>Jean Mkrtchjan<br>19:00–20:00           |                                               | MO15<br>Tom Lodewijk<br>19:00–20:15 | JO15-2<br>Michel Toxopeus<br>19:00–20:15 |  |  |
| 19:15 |                                          |                                        |  |                                                        |                                        |                                                   |                                               |                                     |                                          |  |  |
| 19:30 |                                          |                                        |  |                                                        |                                        |                                                   |                                               |                                     |                                          |  |  |
| 19:45 |                                          |                                        |  |                                                        |                                        |                                                   |                                               |                                     |                                          |  |  |
| 20:00 | LTC 4<br>Klaas Dijks<br>20:15–21:30      | LTC 5<br>Ahmed Aref<br>20:15–21:30     |  | LTC Dames 7x7 30+<br>Vivian Dupon-Buist<br>19:45–21:00 |                                        | LTC 2 Zondag<br>Geert Jan Siebring<br>20:00–21:30 |                                               |                                     |                                          |  |  |
| 20:15 |                                          |                                        |  |                                                        |                                        |                                                   |                                               |                                     |                                          |  |  |
| 20:30 |                                          |                                        |  |                                                        |                                        |                                                   |                                               |                                     |                                          |  |  |
| 20:45 |                                          |                                        |  |                                                        |                                        |                                                   |                                               |                                     |                                          |  |  |
| 21:00 |                                          |                                        |  |                                                        |                                        |                                                   |                                               |                                     |                                          |  |  |
| 21:15 |                                          |                                        |  |                                                        |                                        |                                                   |                                               |                                     |                                          |  |  |

Donderdag

| Tijd  | Veld 3                             |  |  |  | Veld 4                                |  |  |  | Trainingsveld                                         |  |  |  |                                                        |
|-------|------------------------------------|--|--|--|---------------------------------------|--|--|--|-------------------------------------------------------|--|--|--|--------------------------------------------------------|
| 17:00 |                                    |  |  |  | JO9<br>Jesper Nieweg<br>17:00–18:00   |  |  |  |                                                       |  |  |  |                                                        |
| 17:15 |                                    |  |  |  |                                       |  |  |  |                                                       |  |  |  |                                                        |
| 17:30 |                                    |  |  |  |                                       |  |  |  |                                                       |  |  |  |                                                        |
| 17:45 | JO11<br>Jos Woltman<br>17:45–18:45 |  |  |  |                                       |  |  |  | JO16-1 (zomerperiode)<br>Martijn Kuper<br>17:30–18:45 |  |  |  | JO12-1<br>Jos Bulten / Fahim Bellghroub<br>17:30–18:45 |
| 18:00 |                                    |  |  |  |                                       |  |  |  |                                                       |  |  |  |                                                        |
| 18:15 |                                    |  |  |  |                                       |  |  |  |                                                       |  |  |  |                                                        |
| 18:30 | JO14-1                             |  |  |  | JO17-3<br>Jamel Burket<br>18:00–19:00 |  |  |  |                                                       |  |  |  |                                                        |
| 18:45 |                                    |  |  |  |                                       |  |  |  |                                                       |  |  |  |                                                        |

|       |                                                        |                                                        |  |                                                       |                                                    |                                    |                                          |
|-------|--------------------------------------------------------|--------------------------------------------------------|--|-------------------------------------------------------|----------------------------------------------------|------------------------------------|------------------------------------------|
| 19:00 | Teun Dinkelman / Luca Broekema<br>18:30–19:45          | JO14-2<br>Darren Barelds / Linderd Doek<br>18:45–20:00 |  | JO13-3<br>Damyan Elsing / Nathan Prins<br>19:00–20:00 | JO13-1<br>Jesper / Roan / Kylian<br>18:30–19:45    | JO17-2<br>Ferry Bei<br>18:45–20:00 | JO17-1<br>Rik Timmer a.i.<br>18:45–20:00 |
| 19:15 |                                                        |                                                        |  |                                                       |                                                    |                                    |                                          |
| 19:30 |                                                        |                                                        |  |                                                       |                                                    |                                    |                                          |
| 19:45 |                                                        |                                                        |  |                                                       |                                                    |                                    |                                          |
| 20:00 | LTC 1<br>Ruben Kloosterman / Rijan Stel<br>20:00–21:30 |                                                        |  | LTC 2<br>Rowdy Buist / Marco Brader<br>20:00–21:30    | JO19-1<br>Jesper Nieweg / Ferry Bei<br>20:00–21:30 |                                    | LTC 3<br>Vacature<br>20:00–21:15         |
| 20:15 |                                                        |                                                        |  |                                                       |                                                    |                                    |                                          |
| 20:30 |                                                        |                                                        |  |                                                       |                                                    |                                    |                                          |
| 20:45 |                                                        |                                                        |  |                                                       |                                                    |                                    |                                          |
| 21:00 |                                                        |                                                        |  |                                                       |                                                    |                                    |                                          |
| 21:15 |                                                        |                                                        |  |                                                       |                                                    |                                    |                                          |

| Vrijdag |        |  |  |  |                                                      |  |  |  |               |  |  |  |
|---------|--------|--|--|--|------------------------------------------------------|--|--|--|---------------|--|--|--|
| Tijd    | Veld 3 |  |  |  | Veld 4                                               |  |  |  | Trainingsveld |  |  |  |
| 17:00   |        |  |  |  |                                                      |  |  |  |               |  |  |  |
| 17:15   |        |  |  |  |                                                      |  |  |  |               |  |  |  |
| 17:30   |        |  |  |  | Keeperstraining jeugd t/m JO12<br>17:30–18:30        |  |  |  |               |  |  |  |
| 17:45   |        |  |  |  |                                                      |  |  |  |               |  |  |  |
| 18:00   |        |  |  |  |                                                      |  |  |  |               |  |  |  |
| 18:15   |        |  |  |  | Keeperstraining jeugd 13 t/m 18 jaar<br>18:30–19:30  |  |  |  |               |  |  |  |
| 18:30   |        |  |  |  |                                                      |  |  |  |               |  |  |  |
| 18:45   |        |  |  |  |                                                      |  |  |  |               |  |  |  |
| 19:00   |        |  |  |  | JO15-1 (optioneel)<br>Dillion Hiensch<br>19:00–20:15 |  |  |  |               |  |  |  |
| 19:15   |        |  |  |  |                                                      |  |  |  |               |  |  |  |
| 19:30   |        |  |  |  |                                                      |  |  |  |               |  |  |  |
| 19:45   |        |  |  |  | LTC 2 Zondag<br>Geert Jan Siebring<br>19:30–21:00    |  |  |  |               |  |  |  |
| 20:00   |        |  |  |  |                                                      |  |  |  |               |  |  |  |
| 20:15   |        |  |  |  |                                                      |  |  |  |               |  |  |  |
| 20:30   |        |  |  |  |                                                      |  |  |  |               |  |  |  |
| 20:45   |        |  |  |  |                                                      |  |  |  |               |  |  |  |
| 21:00   |        |  |  |  |                                                      |  |  |  |               |  |  |  |
| 21:15   |        |  |  |  |                                                      |  |  |  |               |  |  |  |

| Laatste wijzigingen na versie 1.0                                                         |
|-------------------------------------------------------------------------------------------|
| JO15-2 toegevoegd aan de maandag van 19:00 - 20:15 uur                                    |
| JO12-1 stond in de legenda nog op maandag en woensdag maar moet maandag en donderdag zijn |
| JO14-1 een kwartier eerder dus van 18:30 tot 19:45                                        |
| Keepers LTC 1 en 2 naar de dinsdag                                                        |
| JO12-4 naar de dinsdag (olv Remon Kip) en donderdag (vacature)                            |
| LTC 5 extra trainingsmoment op de maandag                                                 |
| JO13-3 op de dinsdag een kwartier eerder, dus van 18:45 tot 19:45                         |
|                                                                                           |