

# Trainingschema NOVEMBER

2023 - 2024

Versie 1 11-10-23

|              |       |                       |                |                |            |
|--------------|-------|-----------------------|----------------|----------------|------------|
| <b>2-nov</b> |       | Thuiswedstrijd ORV    |                |                |            |
|              |       | Thuiswedstrijd NeVoBo |                | <b>ROWI H1</b> | <b>WIK</b> |
| VELD 4       |       | Mededelingen          |                |                |            |
| TIJD         |       | TEAM                  | TRAINER        | Ass Trainer    | Assistent  |
| 18:00        | 19:00 | Meisjes C 2           | Leo            | Sem            |            |
| 19:00        | 20:30 | Meisjes B             | Leo            | Sander         |            |
| 20:30        | 22:30 | Heren 1               | Wedstrijd Arie |                |            |
|              |       |                       |                |                |            |
|              |       |                       |                |                |            |

|              |       |                   |          |             |           |
|--------------|-------|-------------------|----------|-------------|-----------|
| <b>2-nov</b> |       | Uitwedstr ORV     |          |             |           |
|              |       | Uitwedstr ORV     |          |             |           |
| VELD 1       |       | Mededelingen      |          |             |           |
| TIJD         |       | TEAM              | TRAINER  | Ass Trainer | Assistent |
| 18:00        | 19:00 | Mini's            | Sandra   | Froukje     |           |
| 19:00        | 20:30 | Dames 1           | Matthijs | Bianca      |           |
| 20:30        | 22:00 | Dames recr 1 en 2 | Ab       |             |           |
|              |       |                   |          |             | TEAM      |
| 22:00        | 22:30 | Veld vrij         |          |             |           |
|              |       |                   |          |             |           |

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|--------|-------|------------------------|---------------|-------------|-----------|
| VELD 3 |       | Mededelingen           |               |             |           |
| TIJD   |       | TEAM                   | TRAINER       | Ass Trainer | Assistent |
| 18:00  | 19:00 | Meisjes C 1            | Maaike        | Mariëlle    |           |
| 19:00  | 19:30 | Meisjes C1 + C2        | Maaike        | Mariëlle    |           |
| 19:30  | 20:30 | Jongens B              | Instroom Anja | Arie        |           |
| 20:30  | 20:45 | JB - H1                | Veld 4        | Anja        |           |
| 20:45  | 21:00 | JB - Instroom          | Partijtje     | Anja        |           |
| 21:00  | 23:00 | Veld vrij              |               |             |           |
| START  |       | 2e training De Gong    | DATUM         | Dinsdag     | 31-okt    |
|        |       |                        |               |             |           |
| 18:45  | 19:45 | B Jeugd                | Veld 1        | Bianca      |           |
| 18:45  | 19:45 | C jeugd                | Veld 2        | Sandra      |           |
| 19:45  | 20:45 | Dames 1 + 2            | Veld 1        | Sandra      |           |
| 19:45  | 20:45 | Dames 1 + 2            | Veld 2        | Bianca      | Maartje   |
| 20:45  | 22:00 | Recreanten wedstrijden |               |             |           |

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|--------|-------|-------------------|---------|-------------|-----------|
| VELD 2 |       | Mededelingen      |         |             |           |
| TIJD   |       | TEAM              | TRAINER | Ass Trainer | Assistent |
| 18:00  | 19:00 | Mini's            | Fleur   |             |           |
| 19:00  | 20:30 | Dames 2           | Sandra  | Maartje     |           |
| 19:00  | 20:30 | Dames 2           | Henk    |             |           |
| 20:30  | 21:00 | Dames recr 1 en 2 |         |             |           |
| 21:00  | 23:00 | Heren Recr 1 en 2 | Henny   |             |           |
|        |       |                   |         |             |           |
|        |       |                   |         |             |           |
| START  |       |                   | DATUM   | Woensdag    | 1-nov     |
| 17:00  | 18:00 |                   |         |             |           |
|        |       |                   |         |             |           |

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|--------------|-------|---|---------|-------------|-----------|
| <b>9-nov</b> |       | Thuiswedstrijd ORV <b>Rowi Recr 1 · Gavoc</b> |         |             |           |
|              |       | Thuiswedstrijd NeVoBo                         |         |             |           |
| VELD 4       |       | Mededelingen                                  |         |             |           |
| TIJD         |       | TEAM  | TRAINER | Ass Trainer | Assistent |
| 18:00        | 19:00 | Meisjes C 2                                   | Leo     | Sem         |           |
| 19:00        | 20:30 | Meisjes B                                     | Leo     |             |           |
| 20:30        | 22:30 | Heren 1                                       | Arie    |             |           |
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|--------------|-------|-------------------|----------|-------------|-----------|
| <b>9-nov</b> |       | Uitwedstr ORV     |          |             |           |
|              |       | Uitwedstr ORV     |          |             |           |
| VELD 1       |       | Mededelingen      |          |             |           |
| TIJD         |       | TEAM              | TRAINER  | Ass Trainer | Assistent |
| 18:00        | 19:00 | Mini's            | Sandra   |             |           |
| 19:00        | 20:30 | Dames 1           | Matthijs | Bianca      |           |
| 20:30        | 22:00 | Dames recr 1 en 2 | Ab       |             |           |
|              |       |                   |          |             | TEAM      |
| 22:00        | 22:30 | Veld vrij         |          |             |           |
|              |       |                   |          |             |           |

|              |       |                            |              |                |              |
|--------------|-------|----------------------------|--------------|----------------|--------------|
| VELD 3       |       | Mededelingen               |              |                |              |
| TIJD         |       | TEAM                       | TRAINER      | Ass Trainer    | Assistent    |
| 18:00        | 19:00 | Meisjes C 1                | Maaike       | Mariëlle       |              |
| 19:00        | 19:30 | Meisjes C1 + C2            | Maaike       | Mariëlle       |              |
| 19:30        | 20:30 | Jongens B <b>Instroom</b>  | Anja         | Arie           |              |
| 20:30        | 22:30 | <b>HR1 - Gavoc</b>         |              |                |              |
|              |       |                            |              |                |              |
| <b>START</b> |       | <b>2e training De Gong</b> | <b>DATUM</b> | <b>Dinsdag</b> | <b>7-nov</b> |
|              |       |                            |              |                |              |
| 18:45        | 19:45 | B Jeugd Veld 1             | Bianca       |                |              |
| 18:45        | 19:45 | C jeugd Veld 2             | Sandra       |                |              |
| 19:45        | 20:45 | Dames 1 + 2 Veld 1         | Sandra       |                |              |
| 19:45        | 20:45 | Dames 1 + 2 Veld 2         | Bianca       | Maartje        |              |
| 20:45        | 22:00 | Recreanten wedstrijden     |              |                |              |

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|--------------|-------|-------------------|--------------|-----------------|--------------|
| VELD 2       |       | Mededelingen      |              |                 |              |
| TIJD         |       | TEAM              | TRAINER      | Ass Trainer     | Assistent    |
| 18:00        | 19:00 | Mini's            | Fleur        |                 |              |
| 19:00        | 20:30 | Dames 2           | Sandra       | Maartje         |              |
| 19:00        | 20:30 | Dames 2           |              |                 |              |
| 20:30        | 21:00 | Dames recr 1 en 2 |              |                 |              |
| 21:00        | 22:30 | Heren Recr 2      | Henny        |                 |              |
|              |       |                   |              |                 |              |
|              |       |                   |              |                 |              |
| <b>START</b> |       |                   | <b>DATUM</b> | <b>Woensdag</b> | <b>8-nov</b> |
| 17:00        | 18:00 |                   |              |                 |              |
|              |       |                   |              |                 |              |

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|---------------|-------|-----------------------|-----------|----------------|----------------|-----------|
| <b>16-nov</b> |       | Thuiswedstrijd ORV    |           |                |                |           |
|               |       | Thuiswedstrijd NeVoBo |           | <b>ROWI H1</b> | <b>Erasmus</b> |           |
| VELD 4        |       | Mededelingen          |           |                |                |           |
| TIJD          |       | TEAM                  |           | TRAINER        | Ass Trainer    | Assistent |
| 18:00         | 19:00 | Meisjes C 2           |           | Leo            | Sem            |           |
| 19:00         | 20:30 | Meisjes B             |           | Leo            | Sander         |           |
| 20:30         | 22:30 | Heren 1               | Wedstrijd | Arie           |                |           |
|               |       |                       |           |                |                |           |
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|---------------|-------|-------------------|--|----------|-------------|-----------|
| <b>16-nov</b> |       | Uitwedstr ORV     |  |          |             |           |
|               |       | Uitwedstr ORV     |  |          |             |           |
| VELD 1        |       | Mededelingen      |  |          |             |           |
| TIJD          |       | TEAM              |  | TRAINER  | Ass Trainer | Assistent |
| 18:00         | 19:00 | Mini's            |  | Sandra   | Froukje     |           |
| 19:00         | 20:30 | Dames 1           |  | Matthijs | Bianca      |           |
| 20:30         | 22:00 | Dames recr 1 en 2 |  | Ab       |             |           |
|               |       |                   |  |          |             | TEAM      |
| 22:00         | 22:30 | Veld vrij         |  |          |             |           |
|               |       |                   |  |          |             |           |

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|--------|-------|------------------------|-----------|---------|-------------|-----------|
| VELD 3 |       | Mededelingen           |           |         |             |           |
| TIJD   |       | TEAM                   |           | TRAINER | Ass Trainer | Assistent |
| 18:00  | 19:00 | Meisjes C 1            |           | Maaike  | Mariëlle    |           |
| 19:00  | 19:30 | Meisjes C1 + C2        |           | Maaike  | Mariëlle    |           |
| 19:30  | 20:30 | Jongens B              | Instroom  | Anja    | Arie        |           |
| 20:30  | 20:45 | JB - H1                | Veld 4    |         | Anja        |           |
| 20:45  | 21:00 | JB - Instroom          | Partijtje |         | Anja        |           |
| 21:00  | 23:00 | Veld vrij              |           |         |             |           |
| START  |       | 2e training De Gong    |           | DATUM   | Dinsdag     | 14-nov    |
|        |       |                        |           |         |             |           |
| 18:45  | 19:45 | B Jeugd                | Veld 1    | Bianca  |             |           |
| 18:45  | 19:45 | C jeugd                | Veld 2    | Sandra  |             |           |
| 19:45  | 20:45 | Dames 1 + 2            | Veld 1    | Sandra  |             |           |
| 19:45  | 20:45 | Dames 1 + 2            | Veld 2    | Bianca  | Maartje     |           |
| 20:45  | 22:00 | Recreanten wedstrijden |           |         |             |           |

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|--------|-------|-------------------|--|---------|-------------|-----------|
| VELD 2 |       | Mededelingen      |  |         |             |           |
| TIJD   |       | TEAM              |  | TRAINER | Ass Trainer | Assistent |
| 18:00  | 19:00 | Mini's            |  | Fleur   |             |           |
| 19:00  | 20:30 | Dames 2           |  | Sandra  | Maartje     |           |
| 19:00  | 20:30 | Dames 2           |  | Henk    |             |           |
| 20:30  | 21:00 | Dames recr 1 en 2 |  |         |             |           |
| 21:00  | 23:00 | Heren Recr 1 en 2 |  | Henny   |             |           |
|        |       |                   |  |         |             |           |
|        |       |                   |  |         |             |           |
|        |       |                   |  |         |             |           |
| START  |       |                   |  | DATUM   | Woensdag    | 15-nov    |
| 17:00  | 18:00 |                   |  |         |             |           |
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|---------------|-------|-----------------------|-----------|----------------|-------------------|
| <b>23-nov</b> |       | Thuiswedstrijd ORV    |           |                |                   |
|               |       | Thuiswedstrijd NeVoBo |           | <b>ROWI H1</b> | <b>Nex Volley</b> |
| VELD 4        |       | Mededelingen          |           | Arie afwezig   |                   |
| TIJD          |       | TEAM                  | TRAINER   | Ass Trainer    | Assistent         |
| 18:00         | 19:00 | Meisjes C 2           | Leo       | Sem            |                   |
| 19:00         | 20:30 | Meisjes B             | Leo       | Sander         |                   |
| 20:30         | 22:30 | Heren 1               | Wedstrijd | Arie           |                   |
|               |       |                       |           |                |                   |
|               |       |                       |           |                |                   |

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|---------------|-------|-------------------|-------------|-------------|-----------|
| <b>23-nov</b> |       | Uitwedstr ORV     |             |             |           |
|               |       | Uitwedstr ORV     |             |             |           |
| VELD 1        |       | Mededelingen      | Leo afwezig |             |           |
| TIJD          |       | TEAM              | TRAINER     | Ass Trainer | Assistent |
| 18:00         | 19:00 | Mini's            | Sandra      | Froukje     |           |
| 19:00         | 20:30 | Dames 1           | Matthijs    | Bianca      |           |
| 20:30         | 22:00 | Dames recr 1 en 2 | Ab          |             |           |
|               |       |                   |             |             | TEAM      |
| 22:00         | 22:30 | Veld vrij         |             |             |           |
|               |       |                   |             |             |           |

|        |       |                        |           |             |           |
|--------|-------|------------------------|-----------|-------------|-----------|
| VELD 3 |       | Mededelingen           |           |             |           |
| TIJD   |       | TEAM                   | TRAINER   | Ass Trainer | Assistent |
| 18:00  | 19:00 | Meisjes C 1            | Maaike    | Mariëlle    |           |
| 19:00  | 19:30 | Meisjes C1 + C2        | Maaike    | Mariëlle    |           |
| 19:30  | 20:30 | Jongens B              | Instroom  | Anja        | Arie      |
| 20:30  | 20:45 | JB - H1                | Veld 4    | Anja        |           |
| 20:45  | 21:00 | JB - Instroom          | Partijtje | Anja        |           |
| 21:00  | 23:00 | Veld vrij              |           |             |           |
| START  |       | 2e training De Gong    | DATUM     | Dinsdag     | 21-nov    |
|        |       |                        |           |             |           |
| 18:45  | 19:45 | B Jeugd                | Veld 1    | Bianca      |           |
| 18:45  | 19:45 | C jeugd                | Veld 2    | Sandra      |           |
| 19:45  | 20:45 | Dames 1 + 2            | Veld 1    | Sandra      |           |
| 19:45  | 20:45 | Dames 1 + 2            | Veld 2    | Bianca      | Maartje   |
| 20:45  | 22:00 | Recreanten wedstrijden |           |             |           |

|        |       |                   |         |             |           |
|--------|-------|-------------------|---------|-------------|-----------|
| VELD 2 |       | Mededelingen      |         |             |           |
| TIJD   |       | TEAM              | TRAINER | Ass Trainer | Assistent |
| 18:00  | 19:00 | Mini's            | Fleur   |             |           |
| 19:00  | 20:30 | Dames 2           | Sandra  | Maartje     |           |
| 19:00  | 20:30 | Dames 2           |         |             |           |
| 20:30  | 21:00 | Dames recr 1 en 2 |         |             |           |
| 21:00  | 23:00 | Heren Recr 1 en 2 | Henny   |             |           |
|        |       |                   |         |             |           |
|        |       |                   |         |             |           |
| START  |       |                   | DATUM   | Woensdag    | 22-nov    |
| 17:00  | 18:00 |                   |         |             |           |
|        |       |                   |         |             |           |

|               |       |   |         |             |           |
|---------------|-------|---|---------|-------------|-----------|
| <b>30-nov</b> |       | Thuiswedstrijd ORV                      |         |             |           |
|               |       | Thuiswedstrijd NeVoBo                   |         |             |           |
| VELD 4        |       | Mededelingen <b>20:00 tot 21:00 ALV</b> |         |             |           |
| TIJD          |       | TEAM                                    | TRAINER | Ass Trainer | Assistent |
| 18:00         | 19:00 | Meisjes C 2                             | Leo     | Sem         |           |
| 19:00         | 20:00 | Meisjes B                               | Leo     |             |           |
| 20:00         | 21:00 | ALV                                     | ALV     |             | ALV       |
| 21:00         | 22:30 | Heren 1                                 | Arie    |             |           |
|               |       |   |         |             |           |
|               |       |   |         |             |           |

|               |       |   |          |             |           |
|---------------|-------|---|----------|-------------|-----------|
| <b>30-nov</b> |       | Uitwedstr ORV                           |          |             |           |
|               |       | Uitwedstr ORV                           |          |             |           |
| VELD 1        |       | Mededelingen <b>20:00 tot 21:00 ALV</b> |          |             |           |
| TIJD          |       | TEAM                                    | TRAINER  | Ass Trainer | Assistent |
| 18:00         | 19:00 | Mini's                                  | Sandra   | Froukje     |           |
| 19:00         | 20:00 | Dames 1                                 | Matthijs | Bianca      |           |
| 20:00         | 21:00 | ALV                                     | ALV      |             | ALV       |
| 21:00         | 22:30 | Dames recr 1 en 2                       | Ab       |             | TEAM      |
|               |       |   |          |             |           |
|               |       |   |          |             |           |

|        |       |   |         |             |           |
|--------|-------|---|---------|-------------|-----------|
| VELD 3 |       | Mededelingen <b>20:00 tot 21:00 ALV</b> |         |             |           |
| TIJD   |       | TEAM                                    | TRAINER | Ass Trainer | Assistent |
| 18:00  | 19:00 | Meisjes C 1                             | Maaike  | Mariëlle    |           |
| 19:00  | 19:30 | Meisjes C1 + C2                         | Maaike  | Mariëlle    |           |
| 19:30  | 20:00 | Jongens B <b>Instroom</b>               | Anja    | Arie        |           |
| 20:00  | 21:00 | ALV                                     | ALV     |             | ALV       |
| 21:00  | 22:30 | Heren Recr 1 en 2                       | Henny   |             |           |
|        |       |   |         |             |           |
| START  |       | 2e training De Gong                     | DATUM   | Dinsdag     | 28-nov    |
|        |       |   |         |             |           |
| 18:45  | 19:45 | B Jeugd Veld 1                          | Bianca  |             |           |
| 18:45  | 19:45 | C jeugd Veld 2                          | Sandra  |             |           |
| 19:45  | 20:45 | Dames 1 + 2 Veld 1                      | Sandra  |             |           |
| 19:45  | 20:45 | Dames 1 + 2 Veld 2                      | Bianca  | Maartje     |           |
| 20:45  | 22:00 | Recreanten wedstrijden                  |         |             |           |

|        |       |   |         |             |           |
|--------|-------|---|---------|-------------|-----------|
| VELD 2 |       | Mededelingen <b>20:00 tot 21:00 ALV</b> |         |             |           |
| TIJD   |       | TEAM                                    | TRAINER | Ass Trainer | Assistent |
| 18:00  | 19:00 | Mini's                                  | Fleur   |             |           |
| 19:00  | 20:00 | Dames 2                                 | Sandra  | Maartje     |           |
| 20:00  | 21:00 | ALV                                     | ALV     |             | ALV       |
| 21:00  | 22:30 | Dames recr 1 en 2 reserve veld          |         |             |           |
|        |       |   |         |             |           |
|        |       |   |         |             |           |
|        |       |   |         |             |           |
| START  |       |   | DATUM   | Woensdag    | 29-nov    |
|        |       |   |         |             |           |
| 17:00  | 18:00 |   |         |             |           |
|        |       |   |         |             |           |