

## Trainingsschema

2026 - 2027

SEPTEMBER

| 3-sep  |       | Thuiswedstrijd ORV    |         |                    |           |
|--------|-------|-----------------------|---------|--------------------|-----------|
|        |       | Thuiswedstrijd NeVoBo |         |                    |           |
| VELD 4 |       | Mededelingen          |         | Froukje komt later |           |
| TIJD   |       | TEAM                  | TRAINER | Ass Trainer        | Assistent |
| 18:00  | 19:30 | C jeugd MEISJES       | Sem     |                    | Ace       |
|        | 19:30 |                       |         | Froukje            |           |
| 19:30  | 21:00 | H2                    | Ben     | Arie               |           |
| 21:00  | 22:30 | H1                    | Arie    |                    |           |
|        |       |                       |         |                    |           |
|        |       |                       |         |                    |           |
|        |       |                       |         |                    |           |

| 3-sep  |       | Uitwedstr ORV |           |                  |           |
|--------|-------|---------------|-----------|------------------|-----------|
|        |       | Uitwedstr ORV |           |                  |           |
| VELD 1 |       | Mededelingen  |           | Matthijs afwezig |           |
| TIJD   |       | TEAM          | TRAINER   | Ass Trainer      | Assistent |
| 18:00  | 19:30 | MA 1          | Henk      |                  |           |
|        |       |               |           |                  |           |
| 19:30  | 21:00 | D1            | Henk      |                  |           |
| 21:00  | 22:30 | DR1 + D2      | Leo/Katja | Leo              |           |
|        |       |               |           |                  |           |
|        |       |               |           |                  |           |
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|--------|-------|--------------|----------|-------------|-----------|
| VELD 3 |       | Mededelingen |          |             |           |
| TIJD   |       | TEAM         | TRAINER  | Ass Trainer | Assistent |
| 18:00  | 19:30 | MB1          | Maaike   |             |           |
|        |       |              |          |             |           |
| 19:30  | 21:00 | MB2          | Ab       | Maaike      |           |
| 21:00  | 22:30 | HR1 + HR2    | Henk     |             |           |
|        |       |              |          |             |           |
|        |       | DE GONG      |          |             | 1-sep     |
| START  |       | Veld 1       | Veld 2   | TRAINER     | TRAINER   |
| 18:30  | 19:30 | Mini's       | Mini's   | Bianca      |           |
| 18:30  | 19:30 | Mini's       | Mini's   | Froukje     |           |
| 19:30  | 20:30 | MA1 - D1     | MA 2 - 3 | Henk        | Bianca    |
| 19:30  | 20:30 |              | MA 2 - 3 | Leo         |           |
| 20:30  | 22:00 |              |          |             |           |
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|--------|-------|--------------------|---------|-------------|-------------|
| VELD 2 |       | Mededelingen       |         |             |             |
| TIJD   |       | TEAM               | TRAINER | Ass Trainer | Assistent   |
| 18:00  | 19:30 | MA3                | Leo     | Mariëlle    |             |
|        |       |                    |         |             |             |
| 19:30  | 21:00 | MA2                | Leo     | Mariëlle    |             |
| 21:00  | 22:30 | D3                 | Ab      |             |             |
|        |       |                    |         |             |             |
|        |       | DE 4 HEEMSKINDEREN |         |             | 2-sep       |
| START  |       | Veld 1             | Veld 2  | TRAINER     | Ass Trainer |
| 18:00  | 19:30 | C jeugd JONGENS    | Leo     | Jolien      |             |
|        |       |                    |         |             |             |
|        |       |                    |         |             |             |
|        |       | DE GONG            |         |             | 2-sep       |
| START  |       | Veld 1             | Veld 2  | TRAINER     | Ass Trainer |
| 21:00  | 22:30 | Heren 1 en 2       |         |             |             |

|               |       |                                |  |                                  |                |            |
|---------------|-------|--------------------------------|--|----------------------------------|----------------|------------|
| <b>10-sep</b> |       | Thuiswedstrijd ORV             |  |                                  |                |            |
|               |       | Thuiswedstrijd NeVoBo          |  | <b>HS1 Rowi Volley Tilburg 2</b> |                |            |
| VELD 4        |       | Mededelingen                   |  |                                  |                |            |
| TIJD          |       | TEAM                           |  | TRAINER                          | Ass Trainer    | Assistent  |
| 18:00         | 19:30 | <b>C jeugd MEISJES</b>         |  | <b>Sandra</b>                    | <b>Froukje</b> | <b>Ace</b> |
|               |       |                                |  |                                  |                |            |
| 19:30         | 20:30 | <b>H2</b>                      |  | <b>Ben</b>                       | <b>Arie</b>    |            |
| 20:30         | 22:30 | <b>HS1 Rowi Volley Tilburg</b> |  | <b>Katja</b>                     |                |            |
|               |       |                                |  |                                  |                |            |
|               |       |                                |  |                                  |                |            |
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| <b>10-sep</b> |       | Uitwedstr ORV   |  |                  |               |           |
|               |       | Uitwedstr ORV   |  |                  |               |           |
| VELD 1        |       | Mededelingen    |  |                  |               |           |
| TIJD          |       | TEAM            |  | TRAINER          | Ass Trainer   | Assistent |
| 18:00         | 19:30 | <b>MA 1</b>     |  | <b>Henk</b>      |               |           |
|               |       |                 |  |                  |               |           |
| 19:30         | 21:00 | <b>D1 + D2</b>  |  | <b>Matthijs</b>  | <b>Sandra</b> |           |
| 21:00         | 22:30 | <b>DR1 + D3</b> |  | <b>Leo of Ab</b> |               |           |
|               |       |                 |  |                  |               |           |
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| VELD 3       |       | Mededelingen        |                 |                 |               |                |
| TIJD         |       | TEAM                |                 | TRAINER         | Ass Trainer   | Assistent      |
| 18:00        | 19:30 | <b>MB1</b>          |                 | <b>Matthijs</b> | <b>Sem</b>    |                |
|              |       |                     |                 |                 |               |                |
| 19:30        | 20:30 | <b>MB2</b>          |                 | <b>Ab</b>       | <b>Maaïke</b> |                |
| 20:30        | 22:30 | <b>Veld vrij</b>    |                 |                 |               |                |
|              |       |                     |                 |                 |               |                |
|              |       | <b>DE GONG</b>      |                 |                 |               | <b>8-sep</b>   |
| <b>START</b> |       | Veld 1              | Veld 2          | TRAINER         | TRAINER       | <b>Dinsdag</b> |
| 18:30        | 19:30 | <b>Mini's</b>       | <b>Mini's</b>   | <b>Henk</b>     | <b>Bianca</b> |                |
| 18:30        | 19:30 | <b>Mini's</b>       | <b>Mini's</b>   |                 |               |                |
| 19:30        | 20:30 | <b>MA1 - D1</b>     | <b>MA 2 - 3</b> | <b>Henk</b>     | <b>Bianca</b> | <b>Extra</b>   |
| 19:30        | 20:30 |                     | <b>MA 2 - 3</b> |                 | <b>Leo</b>    | <b>Extra</b>   |
| 20:30        | 22:00 | <b>Heren 1 en 2</b> |                 | <b>Katja</b>    |               | <b>Extra</b>   |
|              |       |                     |                 |                 |               |                |

|                           |       |                        |        |             |                 |                 |
|---------------------------|-------|------------------------|--------|-------------|-----------------|-----------------|
| VELD 2                    |       | Mededelingen           |        |             |                 |                 |
| TIJD                      |       | TEAM                   |        | TRAINER     | Ass Trainer     | Assistent       |
| 18:00                     | 19:30 | <b>MA3</b>             |        | <b>Leo</b>  | <b>Mariëlle</b> |                 |
|                           |       |                        |        |             |                 |                 |
| 19:30                     | 21:00 | <b>MA2</b>             |        | <b>Leo</b>  | <b>Mariëlle</b> |                 |
| 21:00                     | 22:30 | <b>HR1 + HR2</b>       |        | <b>Henk</b> |                 |                 |
|                           |       |                        |        |             |                 |                 |
| <b>DE 4 HEEMSKINDEREN</b> |       |                        |        |             |                 | <b>9-sep</b>    |
| <b>START</b>              |       | Veld 1                 | Veld 2 | TRAINER     | Ass Trainer     | <b>Woensdag</b> |
| 18:00                     | 19:30 | <b>C jeugd JONGENS</b> |        | <b>Leo</b>  | <b>Jolien</b>   |                 |
| 19:30                     | 20:30 | <b>MB1 - MB2</b>       |        | <b>Leo</b>  | <b>Jolien</b>   | <b>Extra</b>    |
|                           |       |                        |        |             |                 |                 |
| <b>DE 4 HEEMSKINDEREN</b> |       |                        |        |             |                 | <b>9-sep</b>    |
| <b>START</b>              |       | Veld 1                 | Veld 2 | TRAINER     | Ass Trainer     | <b>Woensdag</b> |
| 21:00                     | 22:30 |                        |        |             |                 |                 |

|               |       |                       |         |             |           |
|---------------|-------|-----------------------|---------|-------------|-----------|
| <b>17-sep</b> |       | Thuiswedstrijd ORV    |         |             |           |
|               |       | Thuiswedstrijd NeVoBo |         |             |           |
| VELD 4        |       | Mededelingen          |         |             |           |
| TIJD          |       | TEAM                  | TRAINER | Ass Trainer | Assistent |
| 18:00         | 19:30 | C jeugd MEISJES       | Sandra  | Froukje     | Ace       |
|               |       |                       |         |             |           |
| 19:30         | 21:00 | H2                    | Ben     | Arie        |           |
| 21:00         | 22:30 | H1                    | Arie    |             |           |
|               |       |                       |         |             |           |
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| <b>17-sep</b> |       | Uitwedstr ORV |           |              |           |
|               |       | Uitwedstr ORV |           |              |           |
| VELD 1        |       | Mededelingen  |           | Leo vakantie |           |
| TIJD          |       | TEAM          | TRAINER   | Ass Trainer  | Assistent |
| 18:00         | 19:30 | MA 1          | Henk      |              |           |
|               |       |               |           |              |           |
| 19:30         | 21:00 | D1            | Matthijs  | Sandra       |           |
| 21:00         | 22:30 | DR1 + D2      | Leo/Katja | Katja        |           |
|               |       |               |           |              |           |
|               |       |               |           |              |           |
|               |       |               |           |              |           |

|        |       |              |          |             |           |
|--------|-------|--------------|----------|-------------|-----------|
| VELD 3 |       | Mededelingen |          |             |           |
| TIJD   |       | TEAM         | TRAINER  | Ass Trainer | Assistent |
| 18:00  | 19:30 | MB1          | Matthijs | Sem         |           |
|        |       |              |          |             |           |
| 19:30  | 21:00 | MB2          | Ab       | Maike       |           |
| 21:00  | 22:30 | HR1 + HR2    | Henk     |             |           |
|        |       |              |          |             |           |
|        |       | DE GONG      |          |             | 15-sep    |
| START  |       | Veld 1       | Veld 2   | TRAINER     | TRAINER   |
| 18:30  | 19:30 | Mini's       | Mini's   | Sandra      | Bianca    |
| 18:30  | 19:30 | Mini's       | Mini's   |             | Sem       |
| 19:30  | 20:30 | MA1 - D1     | MA 2 - 3 | Henk        | Bianca    |
| 20:30  | 22:00 | Heren 1 en 2 | Katja    |             |           |
|        |       |              |          |             |           |
|        |       |              |          |             |           |

|        |       |                    |         |             |             |
|--------|-------|--------------------|---------|-------------|-------------|
| VELD 2 |       | Mededelingen       |         |             |             |
| TIJD   |       | TEAM               | TRAINER | Ass Trainer | Assistent   |
| 18:00  | 19:30 | MA3                |         | Mariëlle    |             |
|        |       |                    |         |             |             |
| 19:30  | 21:00 | MA2                |         | Mariëlle    |             |
| 21:00  | 22:30 | D3                 | Ab      |             |             |
|        |       |                    |         |             |             |
|        |       | DE 4 HEEMSKINDEREN |         |             | 16-sep      |
| START  |       | Veld 1             | Veld 2  | TRAINER     | Ass Trainer |
| 18:00  | 19:30 | C jeugd JONGENS    | Arie    | Jolien      |             |
| 19:30  | 20:30 | MB1 - MB2          | Arie    | Jolien      | Extra       |
|        |       |                    |         |             |             |
|        |       | DE 4 HEEMSKINDEREN |         |             | 16-sep      |
| START  |       | Veld 1             | Veld 2  | TRAINER     | Ass Trainer |
| 21:00  | 22:30 |                    |         |             |             |

| 24-sep |       | Thuiswedstrijd ORV    |  |         |             |           |
|--------|-------|-----------------------|--|---------|-------------|-----------|
|        |       | Thuiswedstrijd NeVoBo |  |         |             |           |
| VELD 4 |       | Mededelingen          |  |         |             |           |
| TIJD   |       | TEAM                  |  | TRAINER | Ass Trainer | Assistent |
| 18:00  | 19:30 | C jeugd MEISJES       |  | Sandra  | Froukje     | Ace       |
|        |       |                       |  |         |             |           |
| 19:30  | 21:00 | H2                    |  | Ben     | Arie        |           |
| 21:00  | 22:30 | H1                    |  | Arie    |             |           |
|        |       |                       |  |         |             |           |
|        |       |                       |  |         |             |           |
|        |       |                       |  |         |             |           |

| 24-sep |       | Uitwedstr ORV |           |          |             |           |
|--------|-------|---------------|-----------|----------|-------------|-----------|
|        |       | Uitwedstr ORV |           |          |             |           |
| VELD 1 |       | Mededelingen  |           |          |             |           |
| TIJD   |       | TEAM          |           | TRAINER  | Ass Trainer | Assistent |
| 18:00  | 19:30 | MA 1          |           | Henk     |             |           |
|        |       |               |           |          |             |           |
| 19:30  | 21:00 | D1            |           | Matthijs | Sandra      |           |
| 21:00  | 22:30 | DR1 + D2      | Leo/Katja | Leo      |             |           |
|        |       |               |           |          |             |           |
|        |       |               |           |          |             |           |
|        |       |               |           |          |             |           |

|        |       |                  |          |            |             |           |
|--------|-------|------------------|----------|------------|-------------|-----------|
| VELD 3 |       | Mededelingen     |          | Ab afwezig |             |           |
| TIJD   |       | TEAM             |          | TRAINER    | Ass Trainer | Assistent |
| 18:00  | 19:30 | MB1              |          | Matthijs   | Sem         |           |
|        |       |                  |          |            |             |           |
| 19:30  | 21:00 | MB2              |          |            | Maaïke      |           |
| 21:00  | 22:30 | HR1 + HR2        |          | Henk       |             |           |
|        |       |                  |          |            |             |           |
|        |       | DE GONG          |          |            |             | 22-sep    |
| START  |       | Veld 1           | Veld 2   | TRAINER    | TRAINER     | Dinsdag   |
| 18:30  | 19:30 | Mini's           | Mini's   | Sandra     | Bianca      |           |
| 18:30  | 19:30 | Mini's           | Mini's   |            | Sem         |           |
| 19:30  | 20:30 | MA1 - D1         | MA 2 - 3 | Henk       | Bianca      | Extra     |
| 20:30  | 22:00 | Recr wedstrijden |          |            |             |           |
|        |       |                  |          |            |             |           |
|        |       |                  |          |            |             |           |

|                    |       |                 |        |            |             |           |
|--------------------|-------|-----------------|--------|------------|-------------|-----------|
| VELD 2             |       | Mededelingen    |        | Ab afwezig |             |           |
| TIJD               |       | TEAM            |        | TRAINER    | Ass Trainer | Assistent |
| 18:00              | 19:30 | MA3             |        | Leo        | Mariëlle    |           |
|                    |       |                 |        |            |             |           |
| 19:30              | 21:00 | MA2             |        | Leo        | Mariëlle    |           |
| 21:00              | 22:30 | D3              |        |            |             |           |
|                    |       |                 |        |            |             |           |
| DE 4 HEEMSKINDEREN |       |                 |        |            |             | 23-sep    |
| START              |       | Veld 1          | Veld 2 | TRAINER    | Ass Trainer | Woensdag  |
| 18:00              | 19:30 | C jeugd JONGENS |        | Leo        | Jolien      |           |
| 19:30              | 20:30 | MB1 - MB2       |        | Leo        | Jolien      | Extra     |
|                    |       |                 |        |            |             |           |
|                    |       | DE GONG         |        |            |             | 23-sep    |
| START              |       | Veld 1          | Veld 2 | TRAINER    | Ass Trainer | Woensdag  |
| 20:30              | 22:00 | Heren 1 en 2    |        | Katja      |             | Extra     |