versie 13 AUG 2022 **TRAININGSCHEMA HVCH SEIZOEN 2022-2023** **KLEEDKAMERS**

MAANDAG	1	2	3	4	5 en 6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
17.30 - 17.45																			
17.45 - 18.00	JO8-1 + 2	JO8-3 + 4	keepers	trainers				JO9-1 + 2	JO9-3 + 4 + 5	JO10-1 + 2	JO10-3 + 4	JO10-5 + 6	JO11-1 + 2	JO11-3 + 4					
18.00 - 18.15	JO8-1 + 2	JO8-3 + 4	keepers	trainers				JO9-1 + 2	JO9-3 + 4 +5	JO10-1 + 2	JO10-3 + 4	JO10-5 + 6	JO11-1 + 2	JO11-3 + 4					
18.15 - 18.30	JO8-1 + 2	JO8-3 + 4	keepers	trainers				JO9-1 + 2	JO9-3 + 4 + 5	JO10-1 + 2	JO10-3 + 4	JO10-5 + 6	JO11-1 + 2	JO11-3 + 4					
18.30 - 18.45	JO8-1 + 2	JO8-3 + 4	keepers	trainers				JO9-1 + 2	JO9-3 + 4 + 5	JO10-1 + 2	JO10-3 + 4	JO10-5 + 6	JO11-1 + 2	JO11-3 + 4					
18.45 - 19.00	JO8-1 + 2	JO8-3 + 4	keepers + JO12-5	trainers		JO15-1	JO15-2	JO9-1 + 2	JO9-3 + 4 + 5	JO10-1 + 2	JO10-3 + 4	JO10-5 + 6	JO11-1 + 2	JO11-3 + 4	JO12-1 + 2	JO12-3 + 4	MO15-1	MO17-1	G-team
19.00 - 19.15	JO8-1 + 2	JO8-3 + 4	keepers + JO12-5	trainers		JO15-1	JO15-2	JO9-1 + 2	JO9-3 + 4 + 5	JO10-1 + 2	JO10-3 + 4	JO10-5 + 6	JO11-1 + 2	JO11-3 + 4	JO12-1	JO12-3 + 4	MO15-1	MO17-1	G-team
19.15 - 19.30	JO8-1 + 2	JO8-3 + 4	keepers + JO12-5	trainers		JO15-1	JO15-2	JO9-1 + 2	JO9-3 + 4 + 5	JO10-1 + 2	JO10-3 + 4	JO10-5 + 6	JO11-1 + 2	JO11-3 + 4	JO12-1	JO12-3 + 4	MO15-1	MO17-1	G-team
19.30 - 19.45	JO19-1		keepers + JO12-5	trainers		JO15-1	JO15-2						kleedkamers tbv (oefen) wedstrijden		JO12-1	JO12-3 + 4	MO15-1	MO17-1	G-team
19.45 - 20.00	JO19-1		keepers + JO12-5	trainers		JO15-1	JO15-2		JO17-1	JO17-2	JO17-3	JO17-4			JO12-1	JO12-3 + 4	MO15-1	MO17-1	G-team
20.00 - 20.15	JO19-1		keepers + JO12-5	trainers		JO15-1	JO15-2		JO17-1	JO17-2	JO17-3	JO17-4			JO12-1	JO12-3 + 4	MO15-1	MO17-1	G-team
20.15 - 20.30	JO19-1		keepers + JO12-5	trainers		JO15-1	JO15-2		JO17-1	JO17-2	JO17-3	JO17-4			JO12-1	JO12-3 + 4	MO15-1	MO17-1	G-team
20.30 - 20.45	JO19-1		keepers	trainers		JO15-1	JO15-2		JO17-1	JO17-2	JO17-3	JO17-4					MO15-1	MO17-1	
20.45 - 21.00	JO19-1		keepers	trainers					JO17-1	JO17-2	JO17-3	JO17-4							
21.00 - 21.15	JO19-1		keepers	trainers					JO17-1	JO17-2	JO17-3	JO17-4							
21.15 - 21.30	JO19-1		keepers	trainers					JO17-1	JO17-2	JO17-3	JO17-4							
21.30 - 21.45	JO19-1		keepers	trainers					JO17-1	JO17-2	JO17-3	JO17-4							
21.45 - 22.00	JO19-1		keepers	trainers					JO17-1	JO17-2	JO17-3	JO17-4							
22.00 - 22.15																			
22.15 - 22.30																			

DINSDAG	1	2	3	4	5 en 6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
17.30 - 17.45																			
17.45 - 18.00			keepers																
18.00 - 18.15			keepers	trainers															
18.15 - 18.30			keepers	trainers					JO13-1	JO13-2	JO13-3	JO14-1	JO14-2	JO14-3			MO13-1		
18.30 - 18.45			keepers	trainers					JO13-1	JO13-2	JO13-3	JO14-1	JO14-2	JO14-3			MO13-1		
18.45 - 19.00			keepers	trainers					JO13-1	JO13-2	JO13-3	JO14-1	JO14-2	JO14-3			MO13-1	VR-2 + 3 + 4	
19.00 - 19.15			keepers	trainers					JO13-1	JO13-2	JO13-3	JO14-1	JO14-2	JO14-3			MO13-1	VR-2 + 3 + 4	
19.15 - 19.30			keepers	trainers					JO13-1	JO13-2	JO13-3	JO14-1	JO14-2	JO14-3			MO13-1	VR-2 + 3 + 4	
19.30 - 19.45	HVCH 1	HVCH 2	keepers	trainers	kleedkamers tbv (oefen) wedstrijden				JO13-1	JO13-2	JO13-3	JO14-1	JO14-2	JO14-3			MO13-1	VR-2 + 3 + 4	VR 1
19.45 - 20.00	HVCH 1	HVCH 2	keepers	trainers			JO19-2	JO19-3	JO13-1	JO13-2	JO13-3	JO14-1	JO14-2	JO14-3	9	10	MO13-1	VR-2 + 3 + 4	VR 1
20.00 - 20.15	HVCH 1	HVCH 2	keepers	trainers			JO19-2	JO19-3	JO13-1	JO13-2	JO13-3	JO14-1	JO14-2	JO14-3	9	10	MO13-1	VR-2 + 3 + 4	VR 1
20.15 - 20.30	HVCH 1	HVCH 2	keepers	trainers			JO19-2	JO19-3	JO13-1	JO13-2	JO13-3	JO14-1	JO14-2	JO14-3	9	10	MO13-1	VR-2 + 3 + 4	VR 1
20.30 - 20.45	HVCH 1	HVCH 2		trainers			JO19-2	JO19-3							9	10			VR 1
20.45 - 21.00	HVCH 1	HVCH 2		trainers			JO19-2	JO19-3							9	10			VR 1
21.00 - 21.15	HVCH 1	HVCH 2		trainers			JO19-2	JO19-3							9	10			VR 1
21.15 - 21.30	HVCH 1	HVCH 2		trainers			JO19-2	JO19-3							9	10			VR 1
21.30 - 21.45	HVCH 1	HVCH 2		trainers			JO19-2	JO19-3							9	10			VR 1
21.45 - 22.00	HVCH 1	HVCH 2		trainers			JO19-2	JO19-3							9	10			VR 1
22.00 - 22.15																			
22.15 - 22.30																			

WOENSDAG	1	2	3	4	5 en 6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
14.15 - 16.00			JO6																
17.00 - 17.15			JO7																
17.15 - 17.30																			
17.30 - 17.45					trainers														
17.45 - 18.00					trainers				JO8-1 + 2	JO8-3 + 4	JO9-1 + 2	JO9-3 + 4 + 5	JO10-1 + 2	JO10-3 + 4	JO10-5 + 6	JO11-1 + 2	JO11-3 + 4		
18.00 - 18.15					trainers				JO8-1 + 2	JO8-3 + 4	JO9-1 + 2	JO9-3 + 4 +5	JO10-1 + 2	JO10-3 + 4	JO10-5 + 6	JO11-1 + 2	JO11-3 + 4		
18.15 - 18.30	JO15-1	JO15-2			trainers				JO8-1 + 2	JO8-3 + 4	JO9-1 + 2	JO9-3 + 4 + 5	JO10-1 + 2	JO10-3 + 4	JO10-5 + 6	JO11-1 + 2	JO11-3 + 4		
18.30 - 18.45	JO15-1	JO15-2			trainers				JO8-1 + 2	JO8-3 + 4	JO9-1 + 2	JO9-3 + 4 + 5	JO10-1 + 2	JO10-3 + 4	JO10-5 + 6	JO11-1 + 2	JO11-3 + 4		
18.45 - 19.00	JO15-1	JO15-2	JO12-1 + 2	JO12-3 + 4 + 5	trainers	JO17-4	6	7	JO8-1 + 2	JO8-3 + 4	JO9-1 + 2	JO9-3 + 4 + 5	JO10-1 + 2	JO10-3 + 4	JO10-5 + 6	JO11-1 + 2	JO11-3 + 4	MO15-1	MO17-1
19.00 - 19.15	JO15-1	JO15-2	JO12-1 + 2	JO12-3 + 4 + 5	trainers	JO17-4	6	7	JO8-1 + 2	JO8-3 + 4	JO9-1 + 2	JO9-3 + 4 + 5	JO10-1 + 2	JO10-3 + 4	JO10-5 + 6	JO11-1 + 2	JO11-3 + 4	MO15-1	MO17-1
19.15 - 19.30	JO15-1	JO15-2	JO12-1 + 2	JO12-3 + 4 + 5	trainers	JO17-4	6	7	JO8-1 + 2	JO8-3 + 4	JO9-1 + 2	JO9-3 + 4 + 5	JO10-1 + 2	JO10-3 + 4	JO10-5 + 6	JO11-1 + 2	JO11-3 + 4	MO15-1	MO17-1
19.30 - 19.45	JO15-1	JO15-2	JO12-1 + 2	JO12-3 + 4 + 5	trainers	JO17-4	6	7										MO15-1	MO17-1
19.45 - 20.00	JO15-1	JO15-2	JO12-1 + 2	JO12-3 + 4 + 5	trainers	JO17-4	6	7		8	12	13	14	16	JO17-1	JO17-2	VR 3	MO15-1	MO17-1
20.00 - 20.15	JO15-1	JO15-2	JO12-1 + 2	JO12-3 + 4 + 5	trainers	JO17-4	6	7	4	8	12	13	14	16	JO17-1	JO17-2	VR 3	MO15-1	MO17-1
20.15 - 20.30	JO15-1	JO15-2	JO12-1 + 2	JO12-3 + 4 + 5	trainers	JO17-4	6	7	4	8	12	13	14	16	JO17-1	JO17-2	VR 3	MO15-1	MO17-1
20.30 - 20.45					trainers		6	7	4	8	12	13	14	16	JO17-1	JO17-2	VR 3	MO15-1	MO17-1
20.45 - 21.00					trainers		6	7	4	8	12	13	14	16	JO17-1	JO17-2	VR 3		
21.00 - 21.15					trainers				4	8	12	13	14	16	JO17-1	JO17-2	VR 3		
21.15 - 21.30					trainers				4	8	12	13	14	16	JO17-1	JO17-2	VR 3		
21.30 - 21.45					trainers				4	8	12	13	14	16	JO17-1	JO17-2	VR 3		
21.45 - 22.00					trainers				4	8	12	13	14	16	JO17-1	JO17-2	VR 3		
22.00 - 22.15									4										
22.15 - 22.30																			

DONDERDAG	1	2	3	4	5 en 6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
17.30 - 17.45				trainers															
17.45 - 18.00				trainers															
18.00 - 18.15				trainers															
18.15 - 18.30				trainers						JO13-1	JO13-2	JO13-3	JO14-1	JO14-2	JO14-3			MO13-1	
18.30 - 18.45			JO19-1	trainers						JO13-1	JO13-2	JO13-3	JO14-1	JO14-2	JO14-3			MO13-1	
18.45 - 19.00			JO19-1	trainers						JO13-1	JO13-2	JO13-3	JO14-1	JO14-2	JO14-3			MO13-1	
19.00 - 19.15			JO19-1	trainers						JO13-1	JO13-2	JO13-3	JO14-1	JO14-2	JO14-3			MO13-1	
19.15 - 19.30			JO19-1	trainers						JO13-1	JO13-2	JO13-3	JO14-1	JO14-2	JO14-3			MO13-1	
19.30 - 19.45	HVCH 1	HVCH 2	JO19-1	trainers		3	5	11	15	JO13-1	JO13-2	JO13-3	JO14-1	JO14-2	JO14-3		VR 2	MO13-1	VR 1
19.45 - 20.00	HVCH 1	HVCH 2	JO19-1	trainers		3	5	11	15	JO13-1	JO13-2	JO13-3	JO14-1	JO14-2	JO14-3		VR 2	MO13-1	VR 1
20.00 - 20.15	HVCH 1	HVCH 2	JO19-1	trainers		3	5	11	15	JO13-1	JO13-2	JO13-3	JO14-1	JO14-2	JO14-3		VR 2	MO13-1	VR 1
20.15 - 20.30	HVCH 1	HVCH 2	JO19-1	trainers		3	5	11	15	JO13-1	JO13-2	JO13-3	JO14-1	JO14-2	JO14-3		VR 2	MO13-1	VR 1
20.30 - 20.45	HVCH 1	HVCH 2	JO19-1	trainers		3	5	11	15							kleedkamer tbv (oefen) wedstrijd	VR 2		VR 1
20.45 - 21.00	HVCH 1	HVCH 2	JO19-1	trainers		3	5	11	15								VR 2		VR 1
21.00 - 21.15	HVCH 1	HVCH 2		trainers		3	5	11	15								VR 2		VR 1
21.15 - 21.30	HVCH 1	HVCH 2		trainers		3	5	11	15								VR 2		VR 1
21.30 - 21.45	HVCH 1	HVCH 2		trainers		3	5	11	15								VR 2		VR 1
21.45 - 22.00	HVCH 1	HVCH 2		trainers		3	5	11	15								VR 2		VR 1
22.00 - 22.15				trainers															
22.15 - 22.30				trainers															