

|           |  |                   |    |    |    |    |                                  |    |    |    |    |                                                 |    |    |    |    |                                                                      |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
|-----------|--|-------------------|----|----|----|----|----------------------------------|----|----|----|----|-------------------------------------------------|----|----|----|----|----------------------------------------------------------------------|----|----|----|----|-----------------------------------------|----|----|----|----|----|----|----|----|
| Maandag   |  | 15                | 15 | 30 | 45 | 16 | 15                               | 30 | 45 | 17 | 15 | 30                                              | 45 | 18 | 15 | 30 | 45                                                                   | 19 | 15 | 30 | 45 | 20                                      | 15 | 30 | 45 | 21 | 15 | 30 | 45 | 22 |
| Veld 1 AB |  |                   |    |    |    |    | Training JO11-2 Ervaren trainer  |    |    |    |    | Training (1x per 2 weken) JO14-1 / MO16-1       |    |    |    |    | Training MO16-3 Tijn / Borre                                         |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 1 CD |  |                   |    |    |    |    | Training MO12-1 Puck / Madelief  |    |    |    |    | Training MO14-6 Eliene / Sophie                 |    |    |    |    | Training JO18-2 Ben                                                  |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 2 AB |  |                   |    |    |    |    | Training MO11-2 Ervaren trainer  |    |    |    |    | Training JO14-2 Naud-Jan                        |    |    |    |    | Training MO16-4 Paul Jansen                                          |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 2 CD |  |                   |    |    |    |    |                                  |    |    |    |    | Training MO16-6 Niels                           |    |    |    |    | Training JO16-1 Niels / Marieke                                      |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 3 AB |  |                   |    |    |    |    | Training MO12-3 Ervaren trainer  |    |    |    |    | Training (1x per 2 weken) MO14-1 / MO14-2       |    |    |    |    | Training MO18-1 Jurriaan / Tjeerd                                    |    |    |    |    | Training JO18-1 Koen / Niels / Jurriaan |    |    |    |    |    |    |    |    |
| Veld 3 CD |  |                   |    |    |    |    |                                  |    |    |    |    | Training MO11-1B Lauren / Fien                  |    |    |    |    | JO16-3 Naudjan                                                       |    |    |    |    | Training MO18-4 Naudjan                 |    |    |    |    |    |    |    |    |
| Veld 4    |  |                   |    |    |    |    | Training JO12-2 Julius / Gijs    |    |    |    |    | Training MO14-3 Lotte / Willemijn               |    |    |    |    | Training MO14-5 Madelief/ Yfke                                       |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 5    |  |                   |    |    |    |    |                                  |    |    |    |    |                                                 |    |    |    |    |                                                                      |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Dinsdag   |  | 15                | 15 | 30 | 45 | 16 | 15                               | 30 | 45 | 17 | 15 | 30                                              | 45 | 18 | 15 | 30 | 45                                                                   | 19 | 15 | 30 | 45 | 20                                      | 15 | 30 | 45 | 21 | 15 | 30 | 45 | 22 |
| Veld 1 AB |  |                   |    |    |    |    |                                  |    |    |    |    | Training MO14-4 Juul / Jara                     |    |    |    |    | Training MO14-2 Benthe (/Roos)                                       |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 1 CD |  |                   |    |    |    |    |                                  |    |    |    |    | Training JO12-2                                 |    |    |    |    | Training MO14-1 Thomas / Maaïke                                      |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 2 AB |  |                   |    |    |    |    |                                  |    |    |    |    | Training JO16-4 Saskia                          |    |    |    |    | Wedstrijd (1x per 4 weken ipv training): MO16-1/JO14-1/MO14-1/MO14-2 |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 2 CD |  |                   |    |    |    |    |                                  |    |    |    |    |                                                 |    |    |    |    | Training MO16-1 Saskia / Floor                                       |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 3 AB |  |                   |    |    |    |    |                                  |    |    |    |    | JO16-2 Hugo                                     |    |    |    |    | Keepers                                                              |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 3 CD |  |                   |    |    |    |    | Training MO12-2B Ervaren trainer |    |    |    |    | Training MO18-3 Training MO18-4                 |    |    |    |    | Training JO14-1 Tijn / Olivier                                       |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 4    |  |                   |    |    |    |    |                                  |    |    |    |    | Training MO14-6 Eliene / Sophie                 |    |    |    |    | Training MO18-2 Noor (Marije/Berk in maart)                          |    |    |    |    | MO16-3 Tijn/Borre                       |    |    |    |    |    |    |    |    |
| Veld 5    |  |                   |    |    |    |    |                                  |    |    |    |    | Training MO18-3 Training MO18-4 / JO18-2        |    |    |    |    |                                                                      |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Woensdag  |  | 15                | 15 | 30 | 45 | 16 | 15                               | 30 | 45 | 17 | 15 | 30                                              | 45 | 18 | 15 | 30 | 45                                                                   | 19 | 15 | 30 | 45 | 20                                      | 15 | 30 | 45 | 21 | 15 | 30 | 45 | 22 |
| Veld1 AB  |  |                   |    |    |    |    | Training Onder 9                 |    |    |    |    | Training JO11-1 Bastiaan / Fedde                |    |    |    |    | Wedstrijd (1x per 4 weken): MO18-1 Jurriaan / Tjeerd                 |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 1 CD |  | Training Onder 10 |    |    |    |    | Ervaren trainer                  |    |    |    |    | Training MO11-1A en MO11-1B Ervaren trainer     |    |    |    |    | Training of wedstrijd (1x per 2 weken): JO16-1 Niels / Marieke       |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 2 AB |  |                   |    |    |    |    | Hulp van ouders gezocht!         |    |    |    |    | Training JO12-1 Ties / Seb                      |    |    |    |    | Training of wedstrijd (elke week): JO18-1 Niels / Jurriaan           |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 2 CD |  |                   |    |    |    |    | tcjeugd@phenixhockey.nl          |    |    |    |    | Training JO14-3 Sven / Kees                     |    |    |    |    | Training of wedstrijd (elke week): JO14-2 Naud-Jan                   |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 3 AB |  |                   |    |    |    |    |                                  |    |    |    |    | Training Onder 8                                |    |    |    |    | Training MO14-3 Lotte / Willemijn                                    |    |    |    |    | Training MO18-3 Paul                    |    |    |    |    |    |    |    |    |
| Veld 3 CD |  |                   |    |    |    |    |                                  |    |    |    |    |                                                 |    |    |    |    | Training MO16-2 Mees / Tjeerd                                        |    |    |    |    | Training MO18-2 Niels                   |    |    |    |    |    |    |    |    |
| Veld 4    |  |                   |    |    |    |    |                                  |    |    |    |    | Training MO12-2A Belle / Jolie                  |    |    |    |    | Training JO14-4                                                      |    |    |    |    | MO16-5 door DO25-1                      |    |    |    |    |    |    |    |    |
| Veld 5    |  |                   |    |    |    |    |                                  |    |    |    |    |                                                 |    |    |    |    | Looptrainingen                                                       |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Donderdag |  | 15                | 15 | 30 | 45 | 16 | 15                               | 30 | 45 | 17 | 15 | 30                                              | 45 | 18 | 15 | 30 | 45                                                                   | 19 | 15 | 30 | 45 | 20                                      | 15 | 30 | 45 | 21 | 15 | 30 | 45 | 22 |
| Veld1 AB  |  |                   |    |    |    |    |                                  |    |    |    |    | Training MO11-1A Jasmijn / Lieselotte           |    |    |    |    | Training MO14-4 Vera                                                 |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 1 CD |  |                   |    |    |    |    |                                  |    |    |    |    | Training JO14-3 Sven / Kees                     |    |    |    |    | Training MO14-1 Thomas / Maaïke                                      |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 2 AB |  |                   |    |    |    |    | Training MO12-1 Ervaren trainer  |    |    |    |    | Training JO11-2 Merijn / Naud                   |    |    |    |    | Training MO16-1 Saskia / Floor                                       |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 2 CD |  |                   |    |    |    |    | Training JO11-1 Ervaren trainer  |    |    |    |    | Training JO18-1 (1x per 4 weken) / specialisten |    |    |    |    | Training MO18-1 Jurriaan / Tjeerd                                    |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 3 AB |  |                   |    |    |    |    |                                  |    |    |    |    | Training MO16-4 / Training MO16-5 /             |    |    |    |    | Training JO16-1 Niels / Marieke                                      |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 3 CD |  |                   |    |    |    |    | Training MO11-2 Janneke / Jet    |    |    |    |    | Training MO16-6 / JO16-4                        |    |    |    |    |                                                                      |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 4    |  |                   |    |    |    |    | Training MO12-3 Minke / Esmée    |    |    |    |    | combi training                                  |    |    |    |    | JO16-3 Hugo                                                          |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 5    |  |                   |    |    |    |    |                                  |    |    |    |    |                                                 |    |    |    |    |                                                                      |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Vrijdag   |  | 15                | 15 | 30 | 45 | 16 | 15                               | 30 | 45 | 17 | 15 | 30                                              | 45 | 18 | 15 | 30 | 45                                                                   | 19 | 15 | 30 | 45 | 20                                      | 15 | 30 | 45 | 21 | 15 | 30 | 45 | 22 |
| Veld1 AB  |  |                   |    |    |    |    |                                  |    |    |    |    | Training JO12-1 Ervaren trainer                 |    |    |    |    | Training JO14-4 Ties / Seb                                           |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 1 CD |  |                   |    |    |    |    | Training Onder 10                |    |    |    |    | keepj                                           |    |    |    |    | Training MO14-2 Benthe / Isabel                                      |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 2 AB |  |                   |    |    |    |    | Jeugdtrainers                    |    |    |    |    |                                                 |    |    |    |    | Training JO14-1 Tijn / Olivier                                       |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 2 CD |  |                   |    |    |    |    |                                  |    |    |    |    | Training MO12-2B Jet / Juul / Yfke              |    |    |    |    | Training MO14-5 Erik                                                 |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 3 AB |  |                   |    |    |    |    |                                  |    |    |    |    | Training Onder 9                                |    |    |    |    | Training JO16-2 (Niels)                                              |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 3 CD |  |                   |    |    |    |    | Training Onder 7                 |    |    |    |    | Jeugdtrainers                                   |    |    |    |    | Training MO16-2 Mees                                                 |    |    |    |    |                                         |    |    |    |    |    |    |    |    |
| Veld 4</  |  |                   |    |    |    |    |                                  |    |    |    |    |                                                 |    |    |    |    |                                                                      |    |    |    |    |                                         |    |    |    |    |    |    |    |    |