

|                    |                             | Maandag                             |                           |                    | Dinsdag                   |                           |                           |                           |                     | Woensdag            |                      | Donderdag                 |                           |                     |                     | Vrijdag                   |                           |                           |   | Totaal<br>trainingen<br>x week |
|--------------------|-----------------------------|-------------------------------------|---------------------------|--------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------|---------------------|----------------------|---------------------------|---------------------------|---------------------|---------------------|---------------------------|---------------------------|---------------------------|---|--------------------------------|
|                    |                             | sportlaan                           | poolster                  | poolster           | sportlaan<br>veld 1       | sportlaan<br>veld 1       | sportlaan<br>veld 1       | sportlaan<br>veld 2       | sportlaan<br>veld 2 | sportlaan<br>2 veld | sportlaan<br>veld 1  | sportlaan<br>veld 1       | sportlaan<br>veld 2       | sportlaan<br>veld 2 | sportlaan<br>veld 1 | sportlaan<br>veld 2       | poolster                  |                           |   |                                |
|                    |                             | loop +<br>fund.<br>17.30 -<br>18.30 | U16.1<br>18.30 -<br>20.00 | D1 20.00-<br>21.00 | U12.1<br>17.00 -<br>18.30 | U14.1<br>18.30 -<br>20.00 | U18.1<br>20.00 -<br>21.30 | U14.2<br>18.00 -<br>19.30 | D1 19.30 -<br>21.30 | Benjamins           | U12.1 17.00<br>18.30 | U18.1<br>18.30 -<br>20.00 | U14.1<br>18.00 -<br>19.30 | D1 19.30 -<br>21.30 | D1 16.30<br>18.30   | U20.1<br>16.30 -<br>18.30 | U12.2<br>17.30 -<br>19.00 | U16.1<br>19.00 -<br>20.30 |   |                                |
| Jacobs             | Isa                         |                                     |                           | 1                  |                           |                           |                           |                           | 1                   |                     |                      |                           |                           | 1                   |                     |                           |                           |                           | 4 |                                |
| Linge van          | Gwen                        |                                     |                           | 1                  |                           |                           |                           |                           | 1                   |                     |                      | 1                         |                           |                     | 1                   |                           |                           |                           | 4 |                                |
| Lewakabessy        | Amber                       |                                     |                           | 1                  |                           |                           |                           |                           | 1                   |                     |                      |                           | 1                         |                     | 1                   |                           |                           |                           | 4 |                                |
| Plagmeijer         | Leonie                      |                                     |                           | 1                  |                           |                           |                           |                           | 1                   |                     |                      |                           | 1                         |                     | 1                   |                           |                           |                           | 4 |                                |
| Verfalle           | Anniek                      |                                     |                           |                    |                           |                           |                           |                           | 1                   |                     |                      |                           |                           |                     | 1                   |                           |                           |                           | 2 |                                |
| Kopra              | Shelaney                    |                                     |                           | 1                  |                           |                           | 1                         |                           |                     |                     |                      | 1                         |                           |                     | 1                   |                           |                           |                           | 4 |                                |
| Hartman            | Anna                        |                                     |                           |                    |                           |                           | 1                         |                           |                     |                     |                      |                           | 1                         |                     | 1                   |                           |                           |                           | 3 |                                |
| Rozing             | Loes                        |                                     |                           |                    |                           |                           | 1                         |                           |                     |                     |                      | 1                         |                           |                     | 1                   |                           |                           |                           | 3 |                                |
| Es van             | Priscilla                   |                                     |                           | 1                  |                           |                           | 1                         |                           |                     |                     |                      | 1                         |                           |                     | 1                   |                           |                           |                           | 4 |                                |
| Blokker            | Demi                        |                                     |                           | 1                  |                           |                           | 1                         |                           |                     |                     |                      | 1                         |                           |                     | 1                   |                           |                           |                           | 4 |                                |
| Kersbergen         | Iris                        |                                     |                           | 1                  |                           |                           | 1                         |                           |                     |                     |                      | 1                         |                           |                     |                     |                           | 1                         |                           | 4 |                                |
| Bax                | Noa                         |                                     |                           | 1                  |                           |                           | 1                         |                           |                     |                     |                      | 1                         |                           |                     |                     |                           |                           | 1                         | 4 |                                |
| Esch van           | Eline                       |                                     |                           | 1                  |                           |                           | 1                         |                           |                     |                     |                      | 1                         |                           |                     |                     |                           |                           |                           | 4 |                                |
| Jansen             | Jenske                      |                                     |                           | 1                  |                           |                           | 1                         |                           |                     |                     |                      | 1                         |                           |                     |                     |                           | 1                         |                           | 4 |                                |
| Lewakabessy        | Noa                         |                                     |                           | 1                  |                           |                           | 1                         |                           |                     |                     |                      | 1                         |                           |                     | 1                   |                           |                           |                           | 4 |                                |
| Teijema            | Celesta                     |                                     |                           | 1                  |                           |                           | 1                         |                           |                     |                     |                      | 1                         |                           |                     | 1                   |                           |                           |                           | 4 |                                |
| Linge van          | Mecx                        |                                     |                           | 1                  |                           |                           | 1                         |                           |                     |                     |                      | 1                         |                           |                     |                     |                           |                           | 1                         | 4 |                                |
| Steijn van         | Ines                        |                                     |                           | 1                  |                           |                           | 1                         |                           |                     |                     |                      |                           |                           |                     |                     |                           |                           | 1                         | 3 |                                |
| Knippen            | Amber                       |                                     |                           | 1                  |                           |                           |                           |                           |                     |                     |                      | 1                         |                           |                     |                     |                           |                           | 1                         | 3 |                                |
| Schijndel van      | Quinta                      |                                     |                           | 1                  |                           |                           |                           |                           |                     |                     |                      |                           |                           |                     |                     |                           |                           | 1                         | 2 |                                |
| Schreuder          | Cassidy                     |                                     |                           | 1                  |                           |                           |                           |                           |                     |                     |                      | 1                         |                           |                     |                     |                           |                           | 1                         | 3 |                                |
| Toornstra          | Lotte                       |                                     |                           | 1                  |                           |                           | 1                         |                           |                     |                     |                      |                           |                           |                     |                     |                           |                           | 1                         | 3 |                                |
| Bruin de           | Nienke                      |                                     |                           | 1                  |                           |                           | 1                         |                           |                     |                     |                      |                           |                           |                     |                     |                           |                           | 1                         | 3 |                                |
| Beekman            | Bo                          |                                     |                           |                    |                           |                           | 1                         |                           |                     |                     |                      |                           | 1                         |                     |                     |                           |                           |                           | 2 |                                |
| Beek van           | Donna                       |                                     |                           |                    |                           |                           | 1                         |                           |                     |                     |                      |                           | 1                         |                     |                     |                           |                           |                           | 2 |                                |
| Reebeen            | Isa                         |                                     |                           |                    |                           |                           | 1                         |                           |                     |                     |                      | 1                         |                           |                     |                     |                           |                           | 1                         | 3 |                                |
| Sloot van der      | Jet                         |                                     |                           |                    |                           |                           | 1                         |                           |                     |                     |                      | 1                         |                           |                     |                     |                           |                           | 1                         | 3 |                                |
| Blokker            | Nikita                      |                                     |                           |                    |                           |                           | 1                         |                           |                     |                     |                      | 1                         |                           |                     |                     |                           |                           | 1                         | 3 |                                |
| Klomp              | Jane                        |                                     |                           |                    |                           |                           | 1                         |                           |                     |                     |                      | 1                         |                           |                     |                     |                           |                           |                           | 2 |                                |
| Van Loo            | Mare                        |                                     |                           |                    |                           |                           | 1                         |                           |                     |                     |                      | 1                         |                           |                     |                     |                           |                           |                           | 2 |                                |
| Geezman            | Nina                        |                                     |                           |                    |                           |                           | 1                         |                           |                     |                     |                      | 1                         |                           |                     |                     |                           |                           |                           | 2 |                                |
| Bais               | Frédérique                  |                                     |                           |                    |                           |                           | 1                         |                           |                     |                     |                      | 1                         |                           |                     |                     |                           |                           |                           | 2 |                                |
| Toornstra          | Floor                       |                                     |                           |                    |                           |                           | 1                         |                           |                     |                     |                      | 1                         |                           |                     |                     |                           |                           |                           | 2 |                                |
| De Leeuw           | Djula                       |                                     |                           |                    |                           |                           |                           |                           |                     |                     |                      | 1                         |                           |                     |                     |                           |                           |                           | 2 |                                |
| Van den Berg       | Fenne                       |                                     |                           |                    |                           |                           |                           |                           |                     |                     |                      | 1                         |                           |                     |                     |                           |                           |                           | 2 |                                |
| Terschegget        | Maud                        |                                     |                           |                    |                           |                           | 1                         |                           |                     |                     |                      |                           |                           |                     |                     |                           |                           |                           | 1 |                                |
| Jongewaard         | Norah                       |                                     |                           |                    |                           |                           | 1                         |                           |                     |                     |                      |                           |                           |                     |                     |                           |                           |                           | 1 |                                |
| Visscher           | Lieke                       |                                     |                           |                    |                           |                           | 1                         |                           |                     |                     |                      |                           |                           |                     |                     |                           |                           |                           | 1 |                                |
| Lobregt            | Nila                        |                                     |                           |                    |                           |                           | 1                         |                           |                     |                     |                      |                           |                           |                     |                     |                           |                           |                           | 1 |                                |
| Bax                | Senne                       |                                     |                           |                    |                           |                           | 1                         |                           |                     |                     |                      |                           |                           |                     |                     |                           |                           |                           | 1 |                                |
| Hasebost           | Tess                        |                                     |                           |                    |                           |                           | 1                         |                           |                     |                     |                      |                           |                           |                     |                     |                           |                           |                           | 1 |                                |
| Oosterman          | Mexx                        |                                     |                           |                    |                           |                           | 1                         |                           |                     |                     |                      |                           |                           |                     |                     |                           |                           |                           | 1 |                                |
| Oosterman          | Zoë                         |                                     |                           |                    |                           |                           | 1                         |                           |                     |                     |                      |                           |                           |                     |                     |                           |                           |                           | 1 |                                |
| Singh              | Harsh                       |                                     |                           |                    |                           |                           | 1                         |                           |                     |                     |                      |                           |                           |                     |                     |                           |                           |                           | 1 |                                |
| De Beurs           | Danita                      |                                     |                           |                    |                           |                           | 1                         |                           |                     |                     |                      |                           |                           |                     |                     |                           |                           |                           | 1 |                                |
| Karreman           | Joa                         |                                     |                           |                    |                           | 1                         |                           |                           |                     |                     |                      | 1                         |                           |                     |                     |                           |                           |                           | 2 |                                |
| De Vries           | Sylvana                     |                                     |                           |                    |                           | 1                         |                           |                           |                     |                     |                      | 1                         |                           |                     |                     |                           |                           |                           | 2 |                                |
| Scholte            | Nanetta                     |                                     |                           |                    |                           | 1                         |                           |                           |                     |                     |                      | 1                         |                           |                     |                     |                           |                           |                           | 2 |                                |
| Noot               | Mila                        |                                     |                           |                    |                           | 1                         |                           |                           |                     |                     |                      | 1                         |                           |                     |                     |                           |                           |                           | 2 |                                |
| Jansen             | Romy                        |                                     |                           |                    |                           | 1                         |                           |                           |                     |                     |                      | 1                         |                           |                     |                     |                           |                           |                           | 2 |                                |
| Zon                | Rosalee                     |                                     |                           |                    |                           | 1                         |                           |                           |                     |                     |                      | 1                         |                           |                     |                     |                           |                           |                           | 2 |                                |
| Spaans             | Pam                         |                                     |                           |                    |                           | 1                         |                           |                           |                     |                     |                      | 1                         |                           |                     |                     |                           |                           |                           | 2 |                                |
| Geezman            | Jente                       |                                     |                           |                    |                           | 1                         |                           |                           |                     |                     |                      |                           |                           |                     |                     |                           | 1                         |                           | 2 |                                |
| De Beurs           | Leanne                      |                                     |                           |                    |                           | 1                         |                           |                           |                     |                     |                      |                           |                           |                     |                     |                           | 1                         |                           | 2 |                                |
| Van der Sloot      | Pien                        |                                     |                           |                    |                           | 1                         |                           |                           |                     |                     |                      |                           |                           |                     |                     |                           | 1                         |                           | 2 |                                |
| Veenstra           | Fleurine                    |                                     |                           |                    |                           |                           |                           |                           |                     |                     |                      | 1                         |                           |                     |                     |                           | 1                         |                           | 2 |                                |
| Gonzalez Vrieswijk | Susanna                     |                                     |                           |                    |                           |                           |                           |                           |                     |                     |                      | 1                         |                           |                     |                     |                           | 1                         |                           | 2 |                                |
| Heuvelman          | Iris                        |                                     |                           |                    |                           |                           |                           |                           |                     |                     |                      |                           |                           |                     |                     |                           | 1                         |                           | 1 |                                |
| Di Bartolo         | Esmée                       |                                     |                           |                    |                           |                           |                           |                           |                     |                     |                      |                           |                           |                     |                     |                           | 1                         |                           | 1 |                                |
| Lobregt            | Dali                        |                                     |                           |                    |                           |                           |                           |                           |                     |                     |                      |                           |                           |                     |                     |                           | 1                         |                           | 1 |                                |
| Sambo              | Chayenne                    |                                     |                           |                    |                           |                           |                           |                           |                     |                     |                      |                           |                           |                     |                     |                           | 1                         |                           | 1 |                                |
|                    | Totaal meiden x<br>training | 0                                   | 15                        | 10                 | 9                         | 12                        | 14                        | 12                        | 12                  | 0                   | 9                    | 14                        | 12                        | 11                  | 7                   | 12                        | 9                         | 14                        | 0 |                                |