

| Team | maandag 15 augustus | dinsdag 16 augustus | woensdag 17 augustus | donderdag 18 augustus | vrijdag 19 augustus |
|---------|--------------------------|--|--|--|---|
| JO18-1 | 18.30-20.00 uur training | | Oefenwedstrijd uit | 18.30-20.00 uur training / 20.00 uur avondeten | |
| JO18-2 | | 13.00-14.30 uur training | 18.30-20.00 uur training / 20.00 uur avondeter | | |
| JO18-3 | | 18.00-19.30 uur training / 19.30 uur avondeter | | 15.00-16.30 uur training | |
| JO16-1 | 18.30-20.00 uur training | 15.00-16.30 uur training | | 16.30-18.00 uur training / 18.00 uur avondeten | |
| JO16-2 | | | 12.00-13.30 uur training | | 16.30-18.00 uur training / 18.00 uur avondeten |
| JO16-3 | | 16.30-18.00 uur training / 18.00 uur avondeter | | 13.00-14.30 uur training | |
| JO16-4 | | 17.00-18.30 uur training / 18.30 uur avondeter | | 17.30-19.00 uur training | |
| JO14-1 | 10.00-12.00 uur training | | 10.00-12.00 uur: Teamspel / Lacrosse / Boogschieten / Snack | | 10.00-12.00 uur training |
| JO14-2 | 15.00-16.30 uur training | | 09.30-11.30 uur: Lacrosse / Boogschieten / Snack / Teamspel | 13.30-15.00 uur training | |
| JO14-3 | | 15.00-16.30 uur training | 11.30-14.00 uur: Teamspel 1 / Lacrosse / Boogschieten / Snack / Teamspel 2 | | |
| JO12-1 | 16.30-18.00 uur training | | Oefenwedstrijd uit | | 11.30-13.30 uur: Snack / Teamspel / Lacrosse / Boogschiet |
| JO12-2 | | | 17.30-19.00 uur training | | 11.30-13.30 uur: Teamspel / Lacrosse / Boogschieten / Snack |
| JO12-3A | | 11.30-13.00 uur training | | | 11.30-13.30 uur: Lacrosse / Boogschieten / Snack / Teamspe |
| JO12-3B | | | 12.00-13.30 uur training | | 11.30-13.30 uur: Boogschieten / Snack / Teamspel / Lacrosse |
| JO10-1 | | | 15.00-16.00 uur training | | 13.00-15.00 uur: Snack / Teamspel / Lacrosse / Boogschiet |
| JO10-2A | | | 15.00-16.00 uur training | | 13.30-15.30 uur: Lacrosse / Boogschieten / Snack / Teamspe |
| JO10-2B | | | 15.00-16.00 uur training | | 13.30-15.30 uur: Lacrosse / Boogschieten / Snack / Teamspe |
| JO9-1 | | | 17.30-18.30 uur training | | 15.00-17.00 uur: Snack / Teamspel 2 / Teamspel 1 / Lacrosse |
| JO9-2 | | | 17.30-18.30 uur training | | 15.00-17.00 uur: Snack / Teamspel 2 / Teamspel 1 / Lacrosse |
| JO9-3 | | | 17.30-18.30 uur training | | 15.00-17.00 uur: Snack / Boogschieten / Teamspel 2 / Teamspel 1 |
| JO9-4 | | | 17.30-18.30 uur training | | 15.00-17.00 uur: Snack / Boogschieten / Teamspel 2 / Teamspel 1 |
| MO18-1 | 18.30-20.00 uur training | Oefenwedstrijd start 15.00 uur | | 18.00-19.30 uur training / 19.30 uur avondeten | |
| MO18-2 | 18.30-20.00 uur training | | | Oefenwedstrijd uit / 18.00 uur avondeten | |
| MO18-3 | 18.30-20.00 uur training | | 18.30-20.00 uur training / 20.00 uur avondeter | | |
| MO18-4 | | | 18.00-19.30 uur training / 19.30 uur avondeter | | 18.30-20.00 uur training |
| MO16-1 | | 9.30-11.00 uur training / 17.00-18.30 uur training | | 11.00-12.30 uur taining / Oefenwedstrijd uit | |
| MO16-2 | | 18.30-20.00 uur training / 20.00 uur avondeter | | 17.30-19.00 uur training | |
| MO16-3 | 17.00-18.30 uur training | | | 17.30-19.00 uur training / 19.00 uur avondeten | |
| MO16-4 | 18.30-20.00 uur training | | 16.30-18.00 uur training / 18.00 uur avondeter | | |
| MO16-5 | | 18.30-20.00 uur training / 20.00 uur avondeter | | 16.30-18.00 uur training | |
| MO14-1 | | | 09.30-11.30 uur: Boogschieten / Snack / Teamspel / Lacrosse | | 18.30-20.00 uur training |
| MO14-2 | 16.30-18.00 uur training | | 09.30-11.30 uur: Teamspel / Lacrosse / Boogschieten / Snack | Oefenwedstrijd start 16.00 uur | |
| MO14-3 | | 12.30-14.00 uur training | 11.30-14.00 uur: Lacrosse / Boogschieten / Snack / Teamspel 2 / Teamspel 1 | | |
| MO14-4 | 15.30-17.00 uur training | | 11.30-14.00 uur: Boogschieten / Snack / Teamspel 2 / Teamspel 1 / Lacrosse | | |
| MO14-5 | | | 11.30-14.00 uur: Teamspel 2 / Teamspel 1 / Lacrosse / Boogschieten / Snack | 12.00-13.30 uur training | |
| MO14-6 | | | 11.30-14.00 uur: Snack / Teamspel 2 / Teamspel 1 / Lacrosse / Boogschiet | 15.30-17.00 uur training | |
| MO12-1 | | 17.00-18.30 uur training | 17.00-19.00 uur training | | 10.00-12.00 uur: Teamspel / Lacrosse / Boogschieten / Snack |
| MO12-2A | | 11.30-13.00 uur training | | | 09.30-11.30 uur: Teamspel / Lacrosse / Boogschieten / Snack |
| MO12-2B | 15.00-16.30 uur training | | | | 09.30-11.30 uur: Lacrosse / Boogschieten / Snack / Teamspe |
| MO12-3A | | 13.30-15.00 uur training | | | 09.30-11.30 uur: Boogschieten / Snack / Teamspel / Lacrosse |
| MO12-3B | | | | 15.00-16.30 uur training | 09.30-11.30 uur: Boogschieten / Snack / Teamspel / Lacrosse |
| MO10-1A | | | 15.00-16.00 uur training | | 13.30-15.30 uur: Snack / Teamspel / Lacrosse / Boogschiet |
| MO10-1B | | | 15.00-16.00 uur training | | 13.30-15.30 uur: Snack / Teamspel / Lacrosse / Boogschiet |
| MO10-2A | | | 15.00-16.00 uur training | | 13.30-15.30 uur: Boogschieten / Snack / Teamspel / Lacrosse |
| MO10-2B | | | 15.00-16.00 uur training | | 13.30-15.30 uur: Boogschieten / Snack / Teamspel / Lacrosse |
| MO9-1 | | | 17.30-18.30 uur training | | 15.30-17.30 uur: Teamspel 1 / Lacrosse / Boogschieten / Snack |
| MO9-2 | | | 17.30-18.30 uur training | | 15.30-17.30 uur: Teamspel 1 / Lacrosse / Boogschieten / Snack |
| MO9-3 | | | 17.30-18.30 uur training | | 15.30-17.30 uur: Lacrosse / Boogschieten / Teamspel 2 / Snack |
| MO9-4 | | | 17.30-18.30 uur training | | 15.30-17.30 uur: Lacrosse / Boogschieten / Teamspel 2 / Snack |
| MO9-5 | | | 17.30-18.30 uur training | | 15.30-17.30 uur: Lacrosse / Boogschieten / Teamspel 2 / Snack |

Maandag 15 augustus

| | Veld 1-water | | Veld 2 - water | | Veld 3 - semi | | Clubhuis / Terras |
|---------------|---|-----------------|------------------|-----------------|-----------------|---------------------|--|
| | 1AB | 1CD | 2AB | 2CD | 3AB | 3CD | |
| 09.30 - 10.00 | | | | | | | |
| 10.00 - 10.30 | Training JO14-1 10.00-12.00 Duncan / Joep | | | | | | |
| 10.30 - 11.00 | | | | | | | |
| 11.00 - 11:30 | | | | | | | |
| 11:30 - 12:00 | | | | | | | |
| 12.00 - 12.30 | | | | | | | |
| 12.30 - 13.00 | | | | | | | |
| 13.00 - 13.30 | | | | | | | |
| 13.30 - 14.00 | | | | | | | |
| 14.00 - 14:30 | | | | | | | |
| 14.30 - 15.00 | | | | | | | |
| 15:00 - 15:30 | Training JO14-2 | | Training MO12-2B | | | | |
| 15.30 - 16.00 | 15.00-16.30 | | 15.00-16.30 | Training MO14-4 | | | |
| 16.00 - 16:30 | Joost (inval) | | Noortje / Thije | 15.30-17.00 | | | |
| 16.30 - 17.00 | Training MO14-2 | Training JO12-1 | | Noortje | | | |
| 17.00 - 17.30 | 16.30-18.00 | 16.30-18.00 | | Training MO16-3 | | | |
| 17.30 - 18.00 | Joost | Niels / Arnoud | | 17.00-18.30 | | | |
| 18.00 - 18.30 | | | | Noortje | | | |
| 18.30 - 19.00 | Training JO18-1 | Training MO18-2 | Training MO18-1 | Training JO16-1 | Training MO18-3 | Training MO16-4 | |
| 19.00 - 19.30 | 18.30-20.00 | 18.30-20.00 | 18.30-20.00 | 18.30-20.00 | 18.30-20.00 | 18.30-20.00 | |
| 19.30 - 20.00 | Joost | Joost / Jort | Hans / Judith | Thije / Pepijn | Paul | Brandon / Charlotte | |
| 20.00 - 20.30 | Trainersbijeenkomst: | | | | | | Trainersbijeenkomst + borrel O18, O16, O14 en O12 trainers Start 20.00 uur |
| 20.30 - 21.00 | O18, O16, O14 en O12 trainers | | | | | | |
| 21.00 - 21.30 | | | | | | | |
| 21.30 - 22.00 | | | | | | | |

Dinsdag 16 augustus

| | Veld 1-water | | Veld 2 - water | | Veld 3 - semi | | Clubhuis / Terras | |
|---------------|--|---|--|--|---------------------------------------|---|----------------------------|--|
| | 1AB | 1CD | 2AB | 2CD | 3AB | 3CD | | |
| 09.30 - 10.00 | Training MO16-1 9.30-11.00 Saskia | | | | | | | |
| 10.00 - 10.30 | | | | | | | | |
| 10.30 - 11.00 | | | | | | | | |
| 11.00 - 11.30 | | | | | | | | |
| 11.30 - 12.00 | | Training MO12-2A 11.30-13.00 Benthe | Training JO12-3A 11.30-13.00 Olivier / Borre | | | | | |
| 12.00 - 12.30 | | | | | | | | |
| 12.30 - 13.00 | | | | | Training MO14-3 12.30-14.00 Eef | | | |
| 13.00 - 13.30 | Training JO18-2 13.00-14.30 Saskia | | | | | | | |
| 13.30 - 14.00 | | | Training MO12-3A 13.30-15.00 Quirine / Thije (inval) | | | | | |
| 14.00 - 14.30 | | | | | | | | |
| 14.30 - 15.00 | Oefenwedstrijd MO18-1 Start wedstrijd 15.00 | | | | | | | |
| 15.00 - 15.30 | | | Training JO14-3 15.00-16.30 Sverre / Franklin | Training JO16-1 15.00-16.30 Thije / Pepijn | | | | |
| 15.30 - 16.00 | | | | | | | | |
| 16.00 - 16.30 | | | | | | | | |
| 16.30 - 17.00 | | | Training JO16-3 16.30-18.00 Niels | | | | | |
| 17.00 - 17.30 | Training MO12-1 17.00-18.30 Eef / Milou / Tjeerd | Training JO16-4 17.00-18.30 Chris | | Training MO16-1 17.00-18.30 Saskia / Eefje | | | | |
| 17.30 - 18.00 | | | | | | Training JO18-3 18.00-19.30 Niels | | |
| 18.00 - 18.30 | Heren 1 | | Training MO16-2 18.30-20.00 Joost / Jort | Training MO16-5 18.30-20.00 Matthijs | | | JO16-4 (avondeten) | |
| 18.30 - 19.00 | | | | | | | | |
| 19.00 - 19.30 | | | | | | | | |
| 19.30 - 20.00 | | | | | | | | |
| 20.00 - 20.30 | Senioren | Senioren | Senioren | Senioren | Senioren | Senioren | MO16-2, MO16-5 (avondeten) | |

Woensdag 17 augustus

| | Veld 1-water | | Veld 2 - water | | Veld 3 - semi | | Veld 4 | Grasveld | Clubhuis / Terras | |
|---------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|---------------|------------|----------|--------------|----------------------------|--------------------------------|
| | 1AB | 1CD | 2AB | 2CD | 3AB | 3CD | | | | |
| | | | | | Teamspel 2 | Teamspel 1 | Lacrosse | Boogschieten | Snack | |
| 09.30 - 10.00 | | | | | | MO14-2 | JO14-2 | MO14-1 | | |
| 10.00 - 10.30 | | | | | | JO14-1 | MO14-2 | JO14-2 | MO14-1 | |
| 10.30 - 11.00 | | | | | | MO14-1 | JO14-1 | MO14-2 | JO14-2 | |
| 11:00 - 11:30 | | | | | | JO14-2 | MO14-1 | JO14-1 | MO14-2 | |
| 11:30 - 12:00 | | | | | MO14-5 | JO14-3 | MO14-3 | MO14-4 | JO14-1, MO14-6 | |
| 12.00 - 12.30 | Training JO16-2 | Training JO12-3B | | | MO14-6 | MO14-5 | JO14-3 | MO14-3 | MO14-4 | |
| 12.30 - 13.00 | 12.00-13.30 | 12.00-13.30 | | | MO14-4 | MO14-6 | MO14-5 | JO14-3 | MO14-3 | |
| 13.00 - 13.30 | Jitteke / Duncan | Fabian (?) / Bodil | | | MO14-3 | MO14-4 | MO14-6 | MO14-5 | JO14-3 | |
| 13.30 - 14.00 | | | Trainersbijeenkomst O10 | | JO14-3 | MO14-3 | MO14-4 | MO14-6 | MO14-5 | |
| 14:00 - 14:30 | | | | | | | | | | Trainers O10 |
| 14.30 - 15.00 | | | | | | | | | | |
| 15:00 - 15:30 | O10 trainingen | | | | | | | | | |
| 15.30 - 16.00 | | | | | | | | | | |
| 16.00 - 16:30 | | | Trainersbijeenkomst O9 | | | | | | Trainers O9 | |
| 16.30 - 17.00 | | Training MO16-4 16.30-18.00 | | | | | | | | |
| 17.00 - 17.30 | Training MO12-1 17.00-19.00 | Brandon / Charlotte | | | O9 trainingen | | | | | Training JO12-2 17.30-19.00 |
| 17.30 - 18.00 | Eef / Milou / Tjeerd | Training MO18-4 18.00-19.30 | | | | | | | | |
| 18.30 - 19.00 | | Rosa | Training JO18-2 18.30-20.00 | Training MO18-3 18.30-20.00 | | | Saskia | | | |
| 19.00 - 19.30 | | | Niels | Paul | | | | | | |
| 19.30 - 20.00 | | | | | | | | | MO18-4 (avondeten) | |
| 20.00 - 20.30 | Senioren | Senioren | Senioren | Senioren | Senioren | Senioren | Senioren | | JO18-2, MO18-3 (avondeten) | |

Donderdag 18 augustus

| | Veld 1-water | | Veld 2 - water | | Veld 3 - semi | | Clubhuis / Terras |
|---------------|--|-----------------|------------------------|-----------------|-----------------|----------|----------------------------|
| | 1AB | 1CD | 2AB | 2CD | 3AB | 3CD | |
| 09.30 - 10.00 | | | | | | | |
| 10.00 - 10.30 | | | | | | | |
| 10.30 - 11.00 | | | | | | | |
| 11.00 - 11.30 | SC training MO16-1 | | | | | | |
| 11.30 - 12.00 | 11.00-12.30 | | | | | | |
| 12.00 - 12.30 | Saskia / Floor | Training MO14-5 | | | | | |
| 12.30 - 13.00 | | 12.00-13.30 | | | | | |
| 13.00 - 13.30 | | Annabel / Kiki | | Training JO16-3 | | | |
| 13.30 - 14.00 | Training JO14-2 | | | 13.00-14.30 | | | |
| 14.00 - 14.30 | 13.30-15.00 | | | Niels | | | |
| 14.30 - 15.00 | Joost (inval) | | | | | | |
| 15.00 - 15.30 | | | Training MO12-3B | Training JO18-3 | | | |
| 15.30 - 16.00 | Oefenwedstrijd MO14-2 Start wedstrijd 16.00 uur | | 15.00-16.30 | 15.00-16.30 | Training MO14-6 | | |
| 16.00 - 16.30 | | | Pepijn / Thije (inval) | Niels | 15.30-17.00 | | |
| 16.30 - 17.00 | | | Training JO16-1 | Training MO16-5 | Bo / Wietske | | |
| 17.00 - 17.30 | | | 16.30-18.00 | 16.30-18.00 | | | |
| 17.30 - 18.00 | Training MO16-2 | Training MO16-3 | Thije / Pepijn | Matthijs | Training JO16-4 | | |
| 18.00 - 18.30 | 17.30-19.00 | 17.30-19.00 | | Training MO18-1 | 17.30-19.00 | | JO16-1, MO18-2 (avondeten) |
| 18.30 - 19.00 | Joost / Jort | Noortje | Training JO18-1 | 18.00-19.30 | Chris | | |
| 19.00 - 19.30 | | | 18.30-20.00 | Hans / Judith | | | MO16-3 (avondeten) |
| 19.30 - 20.00 | | | Joost | | | | MO18-1 (avondeten) |
| 20.00 - 20.30 | Senioren | Senioren | Senioren | Senioren | Senioren | Senioren | JO18-1 (avondeten) |

