

Trainingsschema volwassenentraining 2023-1

| Datum | Trainer 1e en 2e | Wedstrijden |
|--------|----------------------|---------------------------------------|
| 7-Jan | Henk + Lia | Beltrum L |
| 14-Jan | Patrick + Carl | |
| 21-Jan | André + Edwin | Westerbork M-K-B |
| 28-Jan | Marijn + Noël | |
| 4-Feb | Renata + Richard | Genderingen K-J-L-M |
| 11-Feb | Rudy + Mathijs | |
| 18-Feb | Henk + Lia | Nieuwehorne J |
| 25-Feb | Patrick + Emiel | |
| 4-Mar | André + Carl | |
| 11-Mar | Marijn + Edwin | Kootstertille NK MSR +B Zelhem |
| 18-Mar | Renata + Noël | Zeist K-J-B |
| 25-Mar | Rudy + Richard | |
| 1-Apr | Henk + Lia | Bathmen L-M |
| 8-Apr | Patrick + Mathijs | Buren |
| 15-Apr | André + Emiel | Elst K-B |
| 22-Apr | Marijn + Carl | Norg + Utrecht + (27-4) Kollumerzwaag |
| 29-Apr | Renata + Edwin | Steenbergen M-K-J |
| 6-May | Rudy + Noël | Eindhoven |
| 13-May | Henk + Lia | Havelte NK JSR + K-B + Nijmegen |
| 20-May | Patrick +Richard | Delft |
| 27-May | André + Mathijs | |
| 3-Jun | Marijn + Emiel | Knipe J-L-M-K |
| 10-Jun | Renata + Carl | Dronten K-J-B |
| 17-Jun | Geen training | Harreveld 18-6 NL LSR +J |
| 24-Jun | Rudy + Edwin | Loil |
| 1-Jul | Patrick + Noël | |
| 8-Jul | Henk + Lia | |
| | | |

| 1e trainers | 2e trainers |
|-------------------------------|---------------------------------|
| Rudy ter Bogt 0630807403 | Mathijs Waenink 0613683566 |
| André te Brake 0651473594 | Emiel Ribbers0622032504 |
| Henk v Ruitenbeek 0653718183 | Lia Nummerdor 0634339653 |
| Marijn Domhof 0630255674 | Noel ter Bogt 0611652340 |
| Renata Gierkink 0612982349 | Edwin Gierkink 0610781175 |
| Patrick Heuvelman 0641851006 | Richard Kl Goldewijk 0623164642 |
| Reserve | Carl Domhof 06 26014142 |
| Wilfried 352106 of 0621958550 | Emiel Ribbers 0622032504 |