Trainingsschema seizoen 2026-2027 | Bijgewerkt op 23 oktober 2026.

	Baskensburg						Combinatie		Gymzaal	Kroonjuweel
	Hal 2			Hal 1						
	Veld 1	Veld 2	Veld 3	Veld 1	Veld 2	Veld 3	Veld 1	Veld 2	Theo Tijssen	
Maandag										
14:30				14:30-15:30 Skillstraining U14-1, U14-2, U16-1, U16-2						
14:45										
15:00										
15:15										
15:30					15:30-16:30 Performancetraining Eduard U14-1, U14-2, U16-1, U16-2					
15:45										
16:00	16:00-17:00 U12-1 Sjors Niels	16:00-17:00 U10-1 Zack Andrew	16:00-17:00 U12-2 Osman							
16:15										
16:30										
16:45										
17:00	17:00-18:15 U14-1 Sjors Ramon	17:00-18:15 U14- 2 Rinze / Ali Angel	17:00-18:15 U16-1 Sandy Niels				17:00-18:15 U8-1+ U8-2 U10-2 & U10-3 Anton Vera & Eliah	17:15-18:45 VU14-1 Jessica		
17:15										
17:30										
17:45										
18:00				18:00-19:00	18:00-19:30 U18-1 Niels Andrew	18:00-19:30 U22-1 Rakhes				
18:15	18:15-19:30 VU18-1 Demi/Isa/Maria	18:15-19:30 U16-3/U14-3 Angel Sandra	18:15-19:30 U16-2 + U18-2 Osman							
18:30										
18:45										
19:00				19:00-20:30 D1 & D2 Melanie Arjan						
19:15										
19:30					19:30-21:00 H2 Raylin	19:30-21:30 H1 (+U22) Sandy				
19:45										
20:00									20:00-21:00 Dames R Romana	
20:15										
20:30				20:30-22:00 H rec Bart & Luc						
20:45										
21:00					21:00-22:00					
21:15										
21:30										
21:45										
22:00										
Dinsdag										
14:30				14:30-16:30 Skills U16-1 & U16-2 Video	14:30-16:30 Skills U16-1 & U16-2 Video	14:30-16:30 Video U14-1 & U14-2 Skills				
14:45										
15:00										
15:15										
15:30										
15:45										
16:00										
16:15										
16:30				16:30-18:00 U16-1 Sandy Osman	16:30-18:00 U16-2 Andrew	16:30-18:00 U14-1 & U14-2 Sjors Stefan Angel				
16:45										
17:00										
17:15										
17:30										
17:45										
18:00	18:00-19:30 U12-1 Raylin	18:00-19:30 U18-1 + U18-2 Niels Nick	18:00-19:30 U22-1 Rakhes							
18:15										
18:30										
18:45										
19:00										
19:15										
19:30										
19:45										
20:00										
Woensdag										
15:30	15:30-16:30	15:30-16:30 U8-1/U10-2&3 Anton Terya-a	15:30-16:30							
15:45										
16:00										
16:15										
16:30	16:30-18:00	16:30-18:00 U16-3/U14-3 Anton	16:30-18:00 U16-1 t/m H1 Shots & Pick ups							
16:45										
17:00										
17:15										
17:30										
17:45										
18:00										18:00-19:30 VU18-1 Maria/Isa/Demi
18:15										
18:30										
18:45										
19:00										
19:15										
19:30										19:30-21:00 D1 & D2 Melanie Arjan
19:45										
20:00										
20:15									20:15-21:15 Dames R Romana	
20:30										
20:45										
21:00										
Donderdag										
13:30				13:30-15:00 Teamtraining Bbklas Sandy en Sjors U14-1, U14-2, U16-1, U16-2						
13:45										
14:00										
14:15										
14:30										
14:45										
15:00				15:00-16:00 Performancetraining Eduard + Niels U14-1, U14-2, U16-1, U16-2 + U12						
15:15										
15:30										
15:45										
16:00	16:00-17:30 U12-1 Sjors Angel	16:00-17:30 U12-2 Osman Matz Bram	16:00-17:30 U10-1 Isaiah Zack Andrew							
16:15										
16:30										
16:45										
17:00										
17:15										
17:30	17:30-19:00	17:30-19:00	17:30-19:00							
17:45	teamtr. niet Bbkla	U18-1 & U18-2	VU14-1							
18:00	U14 & U16	Niels	Angel							
18:15	Sjors	Andrew	Osman							
18:30										
18:45										
19:00				19:00-20:30 U22-1 Rakhes	19:00-20:30 H2 Raylin	19:00-20:30 H1 Sandy				
19:15										
19:30										
19:45										
20:00										
20:15										
Vrijdag										

Legenda

Marathon: reguliere teams
Marathon: ZLND Waves Academy teams

Leeftijdscategorie	Geboortejaren
U8	2019 en later
U10	2017–2018
U12	2015–2016
U14	2013–2014
U16	2011–2012
U18	2009–2010
U19 (landelijk mannen)	2008–2010
U20	2007–2008
U22	2005–2006
Senioren	2004 en eerder