

Trainingschema 2016-2017 vanaf april 2017

| Maandag | | | | |
|---------------|------------------------------------|--|-------|-------|
| Tijd | Team | Trainer | Veld | DI |
| 16.30 - 17.30 | Meisjes D2 | Tom Morris & Tom Reurink | Water | A |
| 16.30 - 17.30 | Jongens D1 | Rudi Westers | Water | B |
| 17.30 - 18.45 | Meisjes D1 | Rudi Westers | Water | A |
| 17.30 - 18.45 | Meisjes C3 | Alex Sumenko & Chloe Klaassen | Water | B |
| 18.45 - 20.00 | Meisjes C2 | Alex Sumenko | Zand | A |
| 18.45 - 20.00 | Jongens B2 | Tom Morris | Water | A |
| 18.45 - 20.00 | Jongens B1 | Daniel van Woerkom | Water | B |
| 18.45 - 20.00 | Jongens A1 | Daniel van Woerkom | Water | B |
| 20.00 - 21.15 | Meisjes A1 | Daniel van Woerkom | Water | A |
| 20.00 - 21.15 | Meisjes A2 | Alex Sumenko | Water | B |
| Dinsdag | | | | |
| Tijd | Team | Trainer | Veld | DI |
| 10.30 - 12.00 | FIT- Hockey | Groep | Water | A & B |
| 16.30 - 17.45 | Meisjes C1 | Jeroen Molenaar | Water | A |
| 16.30 - 17.45 | Meisjes D2 | Pieter de Lange | Water | B |
| 17.45 - 18.45 | Meisjes B1 | Jeroen Molenaar | Water | A |
| 18.00 - 19.00 | Meisjes B2 | Pieter de Lange | Zand | A |
| 18.30 - 20.00 | Jongens C1 | Tom Morris | Water | B |
| 18.30 - 20.00 | Jongens B1 | Michiel Penninks | Water | B |
| 20.00 - 22.00 | Heren 1 | Patrick Jeuken | Water | A & B |
| Woensdag | | | | |
| Tijd | Team | Trainer | Veld | DI |
| 16.00 - 17.00 | Meisjes F1 & F2 & F3 / Jongens F | Frank Buis + 4 Jeugdtrainers | Water | A & B |
| 17.00 - 18.00 | Meisjes 8E1 en E6 /Jongens E6 | Frank Buis + 4 Jeugdtrainers | Water | A & B |
| 17.45- 19.00 | Meisjes C1 | Frank Buis | Water | A |
| 17.45- 19.00 | Jongens C1 | Tijl Simons / Alex Sumenko | Water | B |
| 18.45 - 20.00 | Meisjes B1 | Tom Morris | Water | A |
| 18.45 - 20.00 | Jongens A1 | Alex Sumenko | Water | B |
| 20.00 - 21.30 | Trimhockey / Veterinnen/ Veteranen | N.v.t. | Water | A |
| 20.00 - 21.30 | Dames 1 | Frank Buis | Water | B |
| Donderdag | | | | |
| Tijd | Team | Trainer | Veld | DI |
| 16.30 - 17.30 | Jongens D1 | Lucas Middendorp & Michiel Wessels | Water | A |
| 16.30 - 17.30 | Meisjes D1 | Frank Buis | Water | B |
| 17.30 - 19.00 | Keepers | Frank Buis & Tom Reurink & Michiel Wessels | Water | A |
| 17.30 - 18.30 | Meisjes B2 | Daniel van Woerkom | Water | B |
| 17.30 - 18.30 | Meisjes A2 | Alex Sumenko | Water | B |
| 18.30 - 19.30 | Jongens B2 | Tom Morris | Zand | A |
| 18.45 - 20.00 | Jongens B1 | Michiel Penninks | Water | B |
| 18.30 - 19.30 | Meisjes A1 | Daniel van Woerkom | Water | A |
| 20.00 - 22.00 | Heren | Patrick Jeuken & Michiel Penninks | Water | A & B |
| Vrijdag | | | | |
| Tijd | Team | Trainer | Veld | DI |
| 16.00 - 17.00 | Meisjes F1 & F2 & F3 / Jongens F | Frank Buis + 4 Jeugdtrainers | Zand | A & B |
| 17.00 - 18.00 | Meisjes 8E1 en E6 /Jongens E6 | Frank Buis + 4 Jeugdtrainers | Zand | B |
| 16.00 - 17.00 | Jongens D1 | Rudi Westers | Water | A |
| 16.00 - 17.00 | Meisjes D1 | Lucas Middendorp & | Water | B |
| 17.00 - 18.00 | Meisjes C1 | Jeroen Molenaar | Water | A |
| 17.00 - 18.00 | Jongens C1 | Rudi Westers | Water | B |
| 17.00 - 18.00 | Meisjes C2 | Lucas Middendorp | Zand | B |
| 18.00 - 19.00 | Meisjes C3 | Chloe Klaassen & Caspar van Helden | Zand | B |
| 18.30 - 20.00 | Meisjes A1 | Daniel van Woerkom | Water | B |
| 18.30 - 20.00 | Meisjes B1 | Tom Morris | Water | B |
| 18.30 - 20.00 | Dames 1 | ONEVEN WEEK Alex Sumenko | Zand | A |
| 20.00 - 21.30 | Dames 1 | EVEN WEEK Tom Morris | Water | A |
| 20.00 - 21.30 | Jongens A1 | ONEVEN WEEK zelf | Zand | B |
| 20.00 - 21.30 | Jongens A1 | EVEN WEEK Alex Sumenko | Water | B |
| 20.00 - 22.00 | Heren 1 | ONEVEN WEEK Patrick Jeuken | Water | A & B |