

## HOKKIE: OEFENINGE & KONDISIONERING 2019

| SESSIE & TYD                                   | MAANDAG                    | DINSDAG        | WOENSDAG            | DONDERDAG |                          |                |                     |                |
|--|----------------------------|----------------|---------------------|-----------|--------------------------|----------------|---------------------|----------------|
| SESSIE 1<br>(vroeë oefensessie)<br>14:30-15:45 | o.19A<br>(korthoekies)     | o.14A          | o.16C               | o.16D     | GK-oefening<br>(groep 1) | o.14B<br>o.16A | o.14C               | o.14A          |
|  |                            | o.19C          |                     | o.19A     |                          | o.14A          |                     | o.16C<br>o.19B |
| SESSIE 2<br>(laat oefensessie)<br>15:45-17:00  | o.14B                      | o.16A<br>o.16B | o.14C               | o.19B     | GK-oefening<br>(groep 2) | o.16B          | o.19D               | o.19A          |
|  |                            | o.19A          |                     | o.19D     |                          | o.16D<br>o.19C |                     | o.16A          |
| KONDISIONERING 1<br>15:15-15:45                | o.14B, o.16A, o.16B, o.19A |                | o.14C, o.19B, o.19D |           | o.16B, o.16D, o.19C      |                | o.19A, o.19D        |                |
| KONDISIONERING 2<br>15:45-16:15                | o.14A, o.19C               |                | o.16C, o.16D        |           | o.14A, o.14B, o.16A      |                | o.14C, o.16C, o.19B |                |
| GIMNASIUM 1<br>14:30-15:15                     |                            |                |                     |           |                          |                | o.16A               |                |
| GIMNASIUM 3<br>15:45-16:30                     |                            |                | o.19A               |           |                          |                | o.14A               |                |

GK = Doelwagters. Groep 1 = o.14A, o.16AB, o.19AB. Groep 2 = o.14B, o.16CD, o.19CD

|                         |   |   |
|-------------------------|---|---|
| PLEK                    | 1 | 2 |
| SIEN ROOSTER<br>HIER BO |   | 3 |

1. Mini-Astro
2. Astro (helfte naaste aan Rhenish)
3. Astro (helfte naaste aan Janine Visser Atletiekfasiliteit)

Alle **kondisionering** vind op die Janine Visser Atletiekfasiliteit plaas.

## NETBAL: OEFENINGE & KONDISIONERING 2019

| PLEK                                | TYD                                    | MAANDAG        | DINSDAG                   | WOENSDAG                  | DONDERDAG                 |
|-------------------------------------|--|----------------|---------------------------|---------------------------|---------------------------|
| SENTRUM                             | 14:30-15:45                            |                | o.17AB                    | o.16AB                    | o.18AB                    |
|                                     | 15:45-17:00                            |                | o.15AB                    |                           | o.14AB                    |
| BAAN 1                              | 14:30-15:45                            |                | o.15CD                    | o.15CD                    | o.17AB                    |
|                                     | 15:45-17:00                            | o.18AB         | o.18AB                    | o.14EF                    | o.14EF                    |
| BAAN 2                              | 14:30-15:45                            |                | o.16CD                    |                           |                           |
|                                     | 15:45-17:00                            |                | o.18CD                    | o.18CD                    | o.16CD                    |
| BAAN 3                              | 14:30-15:45                            | o.16AB         |                           | o.17AB                    | o.16AB                    |
|                                     | 15:45-17:00                            | o.15AB         | o.14AB                    | o.14AB                    | o.15AB                    |
| BAAN 4                              | 14:30-15:45                            |                | o.15EF                    |                           | o.16EF                    |
|                                     | 15:45-17:00                            | o.14CD         | o.16EF                    | o.14CD                    | o.15EF                    |
| JANINE VISSER<br>ATLETIEKFASILITEIT | <b>Kondisionering 1</b><br>15:15-15:45 | o.14CD, o.15AB | o.14AB, o.18CD            | o.14AB, o.14CD,<br>o.18CD | o.15AB, o.16CD            |
|                                     | <b>Kondisionering 2</b><br>15:45-16:15 |                | o.15CD, o.16CD,<br>o.17AB | o.15CD, o.16AB            | o.18AB, o.16AB,<br>o.17AB |
| GIMNASIUM                           | <b>Gimnasium 1</b><br>14:30-15:15      |                | o.18AB                    |                           |                           |
|                                     | <b>Gimnasium 2</b><br>15:15-15:45      |                | o.15AB                    |                           | o.14AB                    |
|                                     | <b>Gimnasium 3</b><br>15:45-16:15      | o.16AB         |                           | o.17AB                    |                           |

## LANDLOOP: OEFENINGE 2019

| <b>MAANDAG</b>                                | <b>WOENSDAG</b>  | <b>VRYDAG</b>   |
|---|--|---|
| <b>17:15</b><br><br>Markötter<br>Sportsgronde | <b>14:30</b><br><br>Bloemhof se Janine Visser Atletiekfasiliteit<br>(behalwe wanneer daar liga is) | <b>05:45</b><br><br>Bloemhof Koshuishek<br>(bring jou kopliggie saam) |

## KONDISIONERINGSROOSTER 2019

|  |   |   |  |   |
|--|---|---|--|---|
| <b>KONDISIONERING 1</b><br>15:45-15:45 | Netbal: o.14CD, o.15AB<br><br>Hokkie: o.14B, o.16A, o.16B,<br>o.19A | Netbal: o.14AB, o.18CD<br><br>Hokkie: o.14C, o.19B, o.19D     | Netbal: o.14AB, o.14CD,<br>o.18CD<br><br>Hokkie: o.16B, o.16D, o.19C | Netbal: o.15AB, o.16CD<br><br>Hokkie: o.19A, o.19D                |
| <b>KONDISIONERING 2</b><br>15:45-16:30 | Hokkie: o.14A, o.19C  | Netbal: o.15CD, o.16CD,<br>o.17AB<br><br>Hokkie: o.16C, o.16D | Netbal: o.15CD, o.16AB<br><br>Hokkie: o.14A, o.14B, o.16A            | Netbal: o.18AB, o.16AB, o.17AB<br><br>Hokkie: o.14C, o.16C, o.19B |

## GIMNASIUMROOSTER 2019

|                                   |               |               |               |              |
|-----------------------------------|---------------|---------------|---------------|--------------|
| <b>GIMNASIUM 1</b><br>14:30-15:15 | Netbal o.18AB | Hokkie o.16A  |               |              |
| <b>GIMNASIUM 2</b><br>15:45-15:45 | Netbal o.15AB | Netbal o.14AB |               |              |
| <b>GIMNASIUM 3</b><br>15:45-16:30 | Netbal o.16AB | Hokkie o.19A  | Netbal o.17AB | Hokkie o.14A |