

HALLOWEEN TRAINING  
JEUJD  
TRAINING TURNZAAL VTI

|                       | WEEK 43 MESO 1 bel.10 |     |            |     |            |     |            |            | WEEK 44 MESO 1 bel.6 |     |            |     |            |       |            |            |
|-----------------------|-----------------------|-----|------------|-----|------------|-----|------------|------------|----------------------|-----|------------|-----|------------|-------|------------|------------|
|                       | ma - 20/10            |     | wo - 22/10 |     | vr - 24/10 |     | za - 25/10 | zo - 26/10 | ma - 27/10           |     | wo - 29/10 |     | vr - 31/10 |       | za - 01/11 | zo - 02/11 |
| 1ste jaar CADET DAMES | 19u30                 |     | 19u30      |     | 19u30      |     | 11u00      |            | 19u30                |     | 19u30      |     | 19u30      |       | 11u00      |            |
| Evelien Vets          | R                     | LaC | SpK-SpT    | FoW | St+Co +KrA | KoS |            |            | Habc                 | LaC | St+Co      | VeS | Lte        | KoS   |            |            |
| Fen Antonissen        |                       |     | SpK-SpT    | FoW | St+Co +KrA | KoS |            |            |                      |     | St+Co      | VeS | Lte        | KoS   |            |            |
| Jo Lieckens           | Lte                   | LaC | SpK-SpT    | FoW | St+Co +KrA |     |            |            | Habc                 | LaC | St+Co      | VeS | Lte        | KoS   |            |            |
| Juliette Horemans     |                       |     | SpK-SpT    | FoW | St+Co +KrA | KoS |            |            |                      |     | St+Co      | VeS | Lte        | KoS   |            |            |
| Lilli-free Frans      | Lte                   | LaC | SpK-SpT    | FoW | St+Co +KrA | KoS |            |            | Habc                 | LaC | St+Co      | VeS | Lte        | KoS   |            |            |
| Mila Thielemans       |                       |     | SpK-SpT    | FoW | St+Co +KrA | KoS | PaH        |            |                      |     | St+Co      | VeS | Lte        | KoS   | PaH        |            |
| Mona Van Dijk         | Lte                   | LaC | SpK-SpT    | FoW | St+Co +KrA | KoS |            |            | Habc                 | LaC | St+Co      | VeS | Lte        | KoS   |            |            |
| Nanette David         | Lte                   | LaC | CaH        |     | St+Co +KrA | KoS |            |            | Habc                 | LaC | SpT        | JeV | Lte        | JePSS |            |            |
| Sofie Van den Eynde   |                       |     | SpK-SpT    | FoW | St+Co +KrA | KoS | PaH        |            |                      |     | St+Co      | VeS | Lte        | KoS   | PaH        |            |
| 2de jaar CADET DAMES  | 19u30                 |     | 19u30      |     | 19u30      |     | 11u00      |            | 19u30                |     | 19u30      |     | 19u30      |       | 11u00      |            |
| Aliki Hopchet         | Lte                   | LaC | KrA        | VeS | St+Co +KrA | KoS |            |            | Habc                 | LaC | SpT        | VeS | KrA        | KoS   |            |            |
| Feline De Swert       | Lte                   | LaC | KrA        | VeS | St+Co +KrA | KoS |            |            | Habc                 | LaC | SpT        | VeS | KrA        | KoS   |            |            |
| Good-Luck Kossi       | Lte                   | LaC | KrA        | VeS | St+Co +KrA | KoS |            |            | Habc                 | LaC | SpT        | VeS | KrA        | KoS   |            |            |
| Jolien Monsieurs      | R                     | LaC | KrA        | VeS | St+Co +KrA | KoS | PaH        |            | Habc                 | LaC | SpT        | VeS | KrA        | KoS   | PaH        |            |
| Juno Pieters          | Lte                   | LaC | KrA        | VeS | St+Co +KrA | KoS |            |            | Habc                 | LaC | SpT        | VeS | KrA        | KoS   |            |            |
| Lauren Wuyts          |                       |     |            |     |            |     |            |            |                      |     | SpT        | JeV | KrA        | JePSS | PaH        |            |
| Saar Vanchaze         | Lte                   | LaC | KrA        | VeS | St+Co +KrA | KoS |            |            | Habc                 | LaC | SpT        | VeS | KrA        | KoS   |            |            |

|                             |
|-----------------------------|
| Kan zaterdag horden         |
| Meerkamper                  |
| Werper                      |
| 1/2 Fond loper + Discipline |
| 1/2 F specifiek             |

|     |                    |       |                     |       |                    |           |                       |
|-----|--------------------|-------|---------------------|-------|--------------------|-----------|-----------------------|
| KoS | Korte Spurt        | JePSS | Jesse PSS           | St+Co | Stabiliteit-core   | R         | Rust                  |
| VeS | Verlengde Spurt    | CaH   | Carl Hoog           | KrA   | Kracht training    | 1/2 F     | Halve Fond            |
| LaC | Lactisch-uthouding | AnK   | Anik Kogel / Discus | Len   | Lenigheid training |           | Deelname wedstrijd    |
| SpK | Sprongkracht       | FoW   | Fons speer / Discus | Lte   | Looptechniek       | lege cel  | Kan dan niet trainen  |
| JeV | Jean Ver           | DiW   | Dirk DH Werpen      | Habc  | Horde ABC          | Alt.Na.Tr | Alternatieve training |
| SpT | Sprong techniek    | PaH   | Paul Horden         | VeH   | Verlengde horden   | AFWEZIG   | Gemelde afwezigheid   |

|                       |       |     |         |     |            |     |       |  |       |     |       |     |       |       |        |  |
|-----------------------|-------|-----|---------|-----|------------|-----|-------|--|-------|-----|-------|-----|-------|-------|--------|--|
| 1ste jaar CADET HEREN | 19u30 |     | 19u30   |     | 19u30      |     | 11u00 |  | 19u30 |     | 19u30 |     | 19u30 |       | 11u00  |  |
| Emile Reusens         | Lte   | LaC | SpK-SpT | VeS | St+Co +KrA | KoS |       |  | Habc  | LaC | St+Co | VeS | Lte   | KoS   |        |  |
| Ernest Vermeulen      | Lte   | LaC | SpK-SpT | VeS | St+Co +KrA | KoS |       |  | Habc  | LaC | St+Co | VeS | Lte   | KoS   |        |  |
| Isar Movahedi         | Lte   | LaC | SpK-SpT | VeS | St+Co +KrA | KoS |       |  | Habc  | LaC | St+Co | VeS | Lte   | KoS   |        |  |
| Jasper Tilemans       |       |     | SpK-SpT | VeS | St+Co +KrA | KoS |       |  |       |     | St+Co | VeS | Lte   | KoS   |        |  |
| Jonas Cassaer         | R     |     | CaH     |     | St+Co +KrA | KoS |       |  |       |     | SpT   | JeV | Lte   | JePSS |        |  |
| Kobe Rodyns           |       |     | SpK-SpT | VeS | St+Co +KrA | KoS |       |  |       |     | St+Co | VeS | Lte   | KoS   |        |  |
| Leon Pepermans        | R     |     | SpK-SpT | VeS | St+Co +KrA | KoS |       |  |       |     | St+Co | VeS | Lte   | KoS   |        |  |
| Matz Van Haver        | R     | LaC | SpK-SpT | VeS | St+Co +KrA | KoS |       |  | Habc  | LaC | St+Co | VeS | Lte   | KoS   |        |  |
| Siebe Dieltjens       |       |     | SpK-SpT | VeS | St+Co +KrA | KoS |       |  |       |     | St+Co | VeS | Lte   | KoS   |        |  |
| Thomas Van Herck      | R     | LaC | CaH     |     | St+Co +KrA | KoS | PaH   |  | Habc  | LaC | SpT   | JeV | Lte   | JePSS | PaH    |  |
| Tiebe Aertgeerts      |       |     | SpK-SpT | VeS | St+Co +KrA | KoS |       |  |       |     | St+Co | VeS | Lte   | KoS   |        |  |
| 2de jaar CADET HEREN  | 19u30 |     | 19u30   |     | 19u30      |     | 11u00 |  | 19u30 |     | 19u30 |     | 19u30 |       | 11u00  |  |
| Alec Everdepoel       | Lte   | LaC | CaH     |     | St+Co +KrA | KoS | PaH   |  | Habc  | LaC | CaH   |     | KrA   | KoS   | PaH ?? |  |
| Lars Van Langendonck  | Lte   | LaC | KrA     | VeS | St+Co +KrA | KoS |       |  | Habc  | LaC | SpT   | VeS | KrA   | KoS   |        |  |
| Lowie Claessens       | Lte   | LaC | KrA     | VeS | St+Co +KrA | KoS |       |  | Habc  | LaC | SpT   | VeS | KrA   | KoS   |        |  |
| Tim Mylemans          | R     | LaC | CaH     |     | St+Co +KrA | KoS | PaH   |  | Habc  | LaC | SpT   | JeV | KrA   | JePSS | PaH    |  |
| Victor Symens         |       |     | CaH     |     |            |     |       |  | Habc  | LaC | CaH   |     | KrA   | KoS   |        |  |