

| Team | Tijdstip | Veld | Trainer | Kleedkamer |
|-----------------|-------------------|---------------------|---------------|------------|
| JO7 (MP) | | | | |
| JO7 | wo:17.15-18.15 | trainingsveld 1 + 2 | Job Prins | |
| | | | | |
| JO8-1+2 | ma:17.15-18.15 | trainingsveld 1 | Fenno Dol | |
| | wo:17.15-18.15 | trainingsveld 1 | Fenno Dol | |
| | | | | |
| JO9 | | | | |
| JO9-1 | ma:17.15-18.15 | trainingsveld 1 + 2 | Fenno Dol | |
| | wo:17.15-18.15 | trainingsveld 1 + 2 | Fenno Dol | |
| | | | | |
| JO10 | | | | |
| JO10-1+2 | ma:18:30-19:30 | trainingsveld 1 + 2 | Ton Buis | |
| | wo:18:30-19:30 | trainingsveld 1 + 2 | Ton Buis | |
| | | | | |
| JO11 | | | | |
| JO11-1 | ma:18:30-19:30 | trainingsveld 1 + 2 | Ton Buis | |
| | wo:18:30-19:30 | kunstgrasveld 1 + 2 | Ton Buis | |
| JO11-2 | ma:18:30-19:30 | trainingsveld 1 + 2 | Ton Buis | |
| | wo:18:30-19:30 | kunstgrasveld 1 + 2 | Ton Buis | |
| | | | | |
| JO12 | | | | |
| JO12-1 | ma:18:30-19:30 | trainingsveld 1 + 2 | Ton Buis | |
| | wo:18:30-19:30 | kunstgrasveld 1 + 2 | Ton Buis | |
| | | | | |
| JO13 | | | | |
| JO13-1 | di: 17.15 - 18:15 | trainingsveld 1 + 2 | Cees de Geus | |
| | do: 17:15-18:15 | kunstgrasveld 1 + 2 | Cees de Geus | |
| MO13-1 | di: 17.15 - 18:15 | trainingsveld 1 + 2 | Cees de Geus | |
| | do: 17:15-18:15 | kunstgrasveld 1 + 2 | Cees de Geus | |
| | | | | |
| JO14 | | | | |
| JO14-1 | di: 17.15 - 18:15 | trainingsveld 1 + 2 | Cees de Geus | |
| | do: 17:15-18:15 | kunstgrasveld 1 + 2 | Cees de Geus | |
| | | | | |
| JO15 | | | | |
| JO15-1 | di:18:00-19:00 | kunstgrasveld 1 + 2 | Jelle Meester | |
| | do:18:00-19:00 | trainingsveld 1 + 2 | Jelle Meester | |
| | | | | |
| JO17 | | | | |
| JO17-1 | di:18.30 -19.45 | kunstgrasveld 1 + 2 | Dion Ponsen | |
| | do:18.30 -19.45 | trainingsveld 1 + 2 | Dion Ponsen | |
| JO17-2 | di:18.30 -19.45 | kunstgrasveld 1 + 2 | Dion Ponsen | |
| | do:18.30 -19.45 | trainingsveld 1 + 2 | Dion Ponsen | |
| | | | | |
| JO19 | | | | |
| JO19-1 | di: 18.30 - 19.45 | trainingsveld 1 + 2 | Olaf Meijer | |
| | do:18.30 - 19.45 | kunstgrasveld 1 + 2 | Olaf Meijer | |

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|---------------------|-------------------|---------------------|----------------|--|
| JO19-2 | di: 18.30 - 19.45 | trainingsveld 1 + 2 | Olaf Meijer | |
| | do:18.30 - 19.45 | kunstgrasveld 1 + 2 | Olaf Meijer | |
| Dames | | | | |
| Dames 1 | di:20.00 - 21.30 | kunstgrasveld 2 | Ruud de Winter | |
| | do:20.00 - 21.30 | kunstgrasveld 2 | Ruud de Winter | |
| | | | | |
| Senioren | | | | |
| Selectie | di:20.00 - 21.30 | trainingsveld 1+2 | Niels Bakker | |
| | do:20.00 - 21.30 | trainingsveld 1+2 | Niels Bakker | |
| | | | | |
| Overige sen. | | | | |
| Senioren | wo:19:45-21:00 | kunstgrasveld 2 | Mike Gitzels | |
| | | | | |
| Keepers | | | | |
| JO9+J11 | nog niet bekend | | | |
| JO13-JO15-J017 | nog niet bekend | | | |
| JO17+JO19+Sel | di: 19:45 - 20:45 | kunstgrasveld 2 | Erik Vertelman | |