

Opstart Trainingen Rapid

| Dag | Tijd | Team | Leiding | | |
|-----------|-------------|----------------------------------|--------------------|----------------------------|----------|
| | | | Hoofdtrainer | Training | Toezicht |
| Maandag | 20.00-21.00 | Trimmers / HVA / HVB / DVA / DVB | Sander Schuurbiers | Sander Schuurbiers + Teams | Laurens |
| Dinsdag | 19.30-21.00 | D1 / DJ1 | Fedde Grunstra | Fedde + Bram | Laurens |
| Woensdag | 19.00-21.00 | Keeperschool | Pia de Wolf | Pia de Wolf | Laurens |
| | 19.30-21.00 | H1 | Martin Jacobs | Timo of Feico | Laurens |
| Donderdag | 20:00-21:00 | H2 / H3 / D2 | Kommer Kersting | Teams | Laurens |