

Oktober-2024		November-2024		December-2024		Januari-2025		Februari-2025		Maart-2025		April-2025		Mei-2025		Juni-2025		Juli-2025		Augustus-2025		September-2025		Oktober-2025	
di 1		vr 1	Starkamp Balk	Zon 1		wo 1		Zat 1	Training Lanzarote	Zat 1	Opti Orange	di 1		do 1		Zon 1	DVR	di 1	Nieuwpoortweek	vr 1		ma 1		wo 1	
wo 2		Zat 2	Starkamp Balk	ma 2		do 2		Zon 2		Zon 2	Opti Orange	wo 2		vr 2	Tune up U4	ma 2		wo 2	Nieuwpoortweek	Zat 2		di 2		do 2	
do 3		Zon 3	Starkamp Balk	di 3		vr 3		ma 3		ma 3		do 3		Zat 3	U4 Medemblik	di 3		do 3		Zon 3		wo 3		vr 3	
vr 4		ma 4		wo 4		Zat 4		di 4		di 4		vr 4		Zon 4	U4 Medemblik	wo 4		vr 4		ma 4	Training Arco	do 4		Zat 4	Training Braassem
Zat 5		di 5		do 5		Zon 5		wo 5		wo 5		Zat 5	Training P. Zel.	ma 5		do 5		Zat 5		di 5	Training Arco	vr 5	Tune up U4	Zon 5	training Braassem
Zon 6		wo 6		vr 6		ma 6		do 6		do 6		Zon 6	Training P. Zel.	di 6		vr 6		Zon 6		wo 6	Training Arco	Zat 6	U4 Medemblik	ma 6	
ma 7		do 7		Zat 7		di 7		vr 7		vr 7		ma 7		wo 7		Zat 7		ma 7		do 7	Rustdag	Zon 7	U4 Medemblik	di 7	
di 8		vr 8		Zon 8		wo 8		Zat 8	Training Braassem	Zat 8		di 8		do 8		Zon 8		di 8		vr 8	ORA cup	ma 8		wo 8	
wo 9		Zat 9	Training Loosdrecht	ma 9		do 9		Zon 9	Training Braassem	Zon 9		wo 9		vr 9		ma 9		wo 9		Zat 9	ORA cup	di 9		do 9	
Zon 10		Zon 10	Training Loosdrecht	di 10		vr 10		ma 10		ma 10		do 10		Zat 10	Training Workum	di 10		do 10		Zon 10	ORA cup	wo 10		vr 10	
vr 11		ma 11		wo 11		Zat 11	Training Rotterdam	di 11		di 11		vr 11		Zon 11	Training Workum	wo 11		vr 11		ma 11	Rustdag	do 11		Zat 11	Slotombi Br + afscheid
Zat 12		di 12		do 12		Zon 12	Training Rotterdam	wo 12		wo 12		Zat 12	Optispring	ma 12		do 12		Zat 12	Trainingskamp Schew.	di 12	Tr S Lombardi Regatta	vr 12		Zon 12	Slotombi Braassem
Zon 13		wo 13		vr 13		ma 13		do 13		do 13		Zon 13	Optispring	di 13		vr 13		Zon 13	Trainingskamp Schew.	wo 13	Tr S Lombardi Regatta	Zat 13	Training Roompot	ma 13	
ma 14		do 14		Zat 14		di 14		vr 14		vr 14		ma 14		wo 14		Zat 14	Training Schew.	ma 14		do 14	Tr S Lombardi Regatta	Zon 14	Training Roompot	di 14	
di 15		vr 15		Zon 15		wo 15		Zat 15	Training Braassem	Zat 15	Training Muiden	di 15		do 15		Zon 15	Training Schew.	di 15		vr 15		ma 15		wo 15	
wo 16		Zat 16	Training Loosdrecht	ma 16	Training Malta	do 16		Zon 16	Training Braassem	Zon 16	Training Muiden	wo 16		vr 16	Tune up	ma 16		wo 16		Zat 16		di 16		do 16	
do 17		Zon 17	Training Loosdrecht	di 17	Training Malta	vr 17		ma 17		ma 17		do 17		Zat 17	Selectie Workum	di 17		do 17		Zon 17		wo 17		vr 17	
vr 18		ma 18		wo 18	Training Malta	Zat 18	NIT dag	di 18		di 18		vr 18	Easter Regatta	Zon 18	Selectie Workum	wo 18		vr 18		ma 18		do 18		Zat 18	
Zat 19	Training Loosdrecht	di 19		do 19	Euromed Malta	Zon 19	Training Rotterdam	wo 19		wo 19		Zat 19	Easter Regatta	ma 19		do 19		Zat 19	Trainingskamp Schew.	di 19		vr 19		Zon 19	
Zon 20	Training L'drecht / Ouder intro	wo 20		vr 20	Euromed Malta	ma 20		do 20		do 20		Zon 20	Easter Regatta	di 20		vr 20		Zon 20	Trainingskamp Schew.	wo 20		Zat 20	Training Roompot	ma 20	
ma 21		do 21		Zat 21	Euromed Malta	di 21		vr 21		vr 21		ma 21	Easter Regatta	wo 21		Zat 21	Training Schew.	ma 21	Trainingskamp Schew.	do 21	Training Medemblik	Zon 21	Training Roompot	di 21	
di 22		vr 22		Zon 22	Euromed Malta	wo 22		Zat 22	Training Valencia	Zat 22	Training Muiden	di 22		do 22		Zon 22	Training Schew.	di 22	Trainingskamp Schew.	vr 22	Training Medemblik	ma 22		wo 22	
wo 23		Zat 23		ma 23		do 23		Zon 23	Training Valencia	Zon 23	Training Muiden	wo 23		vr 23		ma 23		wo 23	Trainingskamp Schew.	Zat 23	OCN clinic Medemblik	di 23		do 23	
do 24		Zon 24	Training Lanzarote	di 24		vr 24		ma 24	Training Valencia	ma 24		do 24		Zat 24	U4 Workum	di 24		do 24		Zon 24	OCN clinic Medemblik	wo 24		vr 24	
vr 25		ma 25	Training Lanzarote	wo 25		Zat 25		di 25	Training Valencia	di 25		vr 25		Zon 25	U4 Workum	wo 25		vr 25		ma 25		do 25		Zat 25	
Zat 26	ONK teamracen Loosdrecht	di 26	Training Lanzarote	do 26		Zon 26	Training Lanzarote	wo 26	Training Valencia	wo 26		Zat 26	OCN Clinic Med.	ma 26		do 26		Zat 26		di 26		vr 26	Tune up U4	Zon 26	
Zon 27	ONK teamracen Loosdrecht	wo 27	Training Lanzarote	vr 27		ma 27	Training Lanzarote	do 27	Opti Orange	do 27		Zon 27	OCN Clinic Med.	di 27		vr 27		Zon 27		wo 27		Zat 27	U4 Roompot	ma 27	
ma 28		do 28	Training Lanzarote	Zat 28		di 28	Training Lanzarote	vr 28	Opti Orange	vr 28		ma 28	OCN Clinic Med.	wo 28		Zat 28	Nieuwpoortweek	ma 28		do 28		Zon 28	U4 Roompot	di 28	
di 29	Aankomst avond	vr 29	Training Lanzarote	Zon 29		wo 29	Training Lanzarote	Zat 29	Training Muiden	di 29	Training Muiden	do 29	DVR	do 29	DVR	Zon 29	Nieuwpoortweek	di 29		vr 29		ma 29		wo 29	
wo 30	Starkamp Balk	Zat 30	Training Lanzarote	ma 30		do 30	Training Lanzarote			Zon 30	Training Muiden	wo 30		vr 30	DVR	ma 30	Nieuwpoortweek	wo 30		Zat 30	Training Medemblik	di 30		do 30	
do 31	Starkamp Balk			di 31		vr 31	Training Lanzarote			ma 31				Zat 31	DVR			do 31		Zon 31	Training Medemblik			vr	

	Winter	Zomer	Totaal
Training basis programma	24	29	53
Wedstrijd basis programma	2	22	24
Training optioneel	22	6	28
Wedstrijd optioneel	8	16	24
NIT dag	1	0	1