

Wintertrainingsweken 2022-2023 Jeugd Vale Ouwe

Week		Trainingsweken	Winter 2022/2023
40	03/10 - 09/10	Lesweek 1	
41	10/10 - 16/10	Lesweek 2	
42	17/10 - 23/10	Lesweek 3	
43	24/10 - 30/10	Herfstvakantie	
44	31/10 - 06/11	lesweek 4	
45	07/11 - 13/11	Lesweek 5	
46	14/11 - 20/11	Lesweek 6	
47	21/11 - 27/11	Lesweek 7	
48	28/11 - 04/12	Lesweek 8	
49	05/12 - 11/12	Lesweek 9	
50	12/12 - 18/12	Lesweek 10	
51	29/12 - 25-12	Lesweek 11	
52 + 1	26/12 - 08/01	Kerstvakantie	Kersttoernooi
2	09/01 - 15/01	Lesweek 12	
3	16/01 - 22/01	Lesweek 13	
4	23/01 - 29/01	Lesweek 14	
5	30/01 - 05/02	Lesweek 15	
6	06/02 - 12/02	Lesweek 16	
7	13/02 - 19/02	Lesweek 17	

Week		Trainingsweken	Winter 2022/2023
8	20/2 - 26/02	Lesweek 18	
9	27/02 - 05/03	Voorjaarsvakantie	Activiteit
10	06/03 - 12/03	Lesweek 19	
11	13/03 - 19/03	Lesweek 20	
12	20/03 - 26/03		
13	27/03 - 01/04	Start zomertraining	