SATU	RDAY	available seasbest Alex (	10.00 \ 1   1   1   1   1					
		organisational support: F	10:00+), Arwin, Boudewij Pim Touis (Talent- en Ou					
		group A	group B	DBT/individual	parents			
8:00	8:30	group	group B	preperatory meeting	puroms			
8:30	9:00			proporatory mostalig				
9:00	9:30		arrrival / welcome					
9:30	10:00	warming-up 15	om (Edwin), weekend intr	o 15m (Gabor)				
10:00	10:30	3 1	, , , , , , , , , , , , , , , , , , ,	,				
10:30	11:00	base program exe	rcises. (Gabor, †1)					
11:00	11:30	1 3		assist in program				
11:30	12:00	basic fw 15m (Gabor) -	hard fw 15m (Bou) -					
12:00	12:30				to distribute the new date			
12:30	13:00		lunch		individual talks with			
13:00	13:30		Lunah tallı. Cahan		parent-committee -			
13:30	14:00 lunch talk - Gabor answering questic							
14:00	14:30							
14:30	15:00	quiek rouleting 2 minu	to games with specific	taking up spots for 2				
15:00	15:30	quick roulating 3 minu rules and 1		taking up spots for 3				
15:30	16:00	rules and 1	minute rest	minute lessons.				
16:00	16:30							
16:30	17:00	basic fw 30m (Bou)	hard fw 30m (Gabor)	assist in program				
		COO	ling down and goodbye (A	Alex)				
SUN	DAY	available coaches: Alex, A	Arwin, Boudewijn, Edwin,	Gabor + club trainers				
		SUNDAY available coaches: Alex, Arwin, Boudewijn, Edwin, Gabor + club trainers organisational support: Pim, Louis (Talent- en Oudercommissie)						
		organisational support: F	Pim, Louis (Talent- en Ou	dercommissie)				
		group	<mark>Pim, Louis (Talent- en Ou</mark> o group	dercommissie) DBT	club trainers			
8:00	8:30	•	•	dercommissie)	club trainers			
8:30	9:00	•	group	dercommissie) DBT				
8:30 9:00	9:00 9:30	group	group arrrival / welcome	dercommissie)  DBT  preperatory meeting	arrival (bou)			
8:30 9:00 9:30	9:00 9:30 10:00	group	group	dercommissie)  DBT  preperatory meeting				
8:30 9:00 9:30 10:00	9:00 9:30 10:00 10:30	group warming-up 1	group  arrrival / welcome  5m (Edwin), TOPIC INTRO	DBT preperatory meeting  15m (Gabor)	arrival (bou) join the group (bou)			
8:30 9:00 9:30 10:00 10:30	9:00 9:30 10:00 10:30 11:00	group	group  arrrival / welcome  5m (Edwin), TOPIC INTRO	dercommissie)  DBT  preperatory meeting	arrival (bou) join the group (bou)			
8:30 9:00 9:30 10:00 10:30 11:00	9:00 9:30 10:00 10:30 11:00 11:30	group warming-up 1	group  arrrival / welcome  5m (Edwin), TOPIC INTRO	DBT preperatory meeting  15m (Gabor)  assist in	arrival (bou) join the group (bou) program			
8:30 9:00 9:30 10:00 10:30 11:00 11:30	9:00 9:30 10:00 10:30 11:00 11:30 12:00	group warming-up 1	group  arrrival / welcome  5m (Edwin), TOPIC INTRO	DBT preperatory meeting  15m (Gabor)  assist in	arrival (bou) join the group (bou)			
8:30 9:00 9:30 10:00 10:30 11:00 11:30 12:00	9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30	warming-up 1  TOPIC exercise	group  arrrival / welcome 5m (Edwin), TOPIC INTRO es. (Gabor, †1)	DBT preperatory meeting  15m (Gabor)  assist in	arrival (bou) join the group (bou) program			
8:30 9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30	9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30 13:00	group warming-up 1	group  arrrival / welcome 5m (Edwin), TOPIC INTRO es. (Gabor, †1)	DBT preperatory meeting  15m (Gabor)  assist in	arrival (bou) join the group (bou) program			
8:30 9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30 13:00	9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30 13:00 13:30	warming-up 1  TOPIC exercise	group  arrrival / welcome 5m (Edwin), TOPIC INTRO es. (Gabor, †1)	DBT preperatory meeting  15m (Gabor)  assist in	arrival (bou) join the group (bou) program			
8:30 9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30 13:00 13:30	9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30 13:00 13:30 14:00	warming-up 1  TOPIC exercise	group  arrrival / welcome 5m (Edwin), TOPIC INTRO es. (Gabor, †1)	DBT preperatory meeting  15m (Gabor)  assist in	arrival (bou) join the group (bou) program			
8:30 9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30 13:00 13:30 14:00	9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30 13:00 13:30 14:00 14:30	group  warming-up 1  TOPIC exercise	group  arrrival / welcome 5m (Edwin), TOPIC INTRO es. (Gabor, †1)	DBT preperatory meeting  15m (Gabor)  assist in  lur  talk - open disco	arrival (bou) join the group (bou) program nch ussion on topics			
8:30 9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30 13:00 13:30 14:00 14:30	9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30 13:00 13:30 14:00 14:30	warming-up 1  TOPIC exercise  lur  equipe fencing group A	group  arrrival / welcome 5m (Edwin), TOPIC INTRO es. (Gabor, †1)  nch  equipe fencing group B	DBT preperatory meeting  15m (Gabor)  assist in  lur  talk - open discu	arrival (bou) join the group (bou) program  nch  ussion on topics  individual teaching a			
8:30 9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30 13:00 13:30 14:00 14:30 15:00	9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30 13:00 13:30 14:00 14:30 15:00 15:30	group  warming-up 1  TOPIC exercise	group  arrrival / welcome 5m (Edwin), TOPIC INTRO es. (Gabor, †1)	DBT preperatory meeting  15m (Gabor)  assist in  lur  talk - open disco	arrival (bou) join the group (bou) program nch ussion on topics			
8:30 9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30 13:00 13:30 14:00 14:30 15:00 15:30	9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30 13:00 13:30 14:00 14:30 15:00 15:30 16:00	warming-up 1  TOPIC exercise  lur  equipe fencing group A (Alex)	group  arrrival / welcome 5m (Edwin), TOPIC INTRO es. (Gabor, †1)  och  equipe fencing group B (Edwin)	DBT preperatory meeting  15m (Gabor)  assist in  lur  talk - open discuired individual teaching a equipe group B	arrival (bou) join the group (bou) program nch ussion on topics individual teaching a equipe group A			
8:30 9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30 13:00 13:30 14:00 14:30 15:00	9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30 13:00 13:30 14:00 14:30 15:00 15:30	group  warming-up 1  TOPIC exercise  lur  equipe fencing group A (Alex)  basic fw 30m (Edwin)	group  arrrival / welcome 5m (Edwin), TOPIC INTRO es. (Gabor, †1)  nch  equipe fencing group B	DBT preperatory meeting  15m (Gabor)  assist in  lur  talk - open discuired individual teaching a equipe group B  assist in	arrival (bou) join the group (bou) program nch ussion on topics individual teaching a equipe group A			

Notes:

t	TO BE DETERMINED						
Who to ask?							
	specific trainings	specific trainings	- as metioned above				
	Pim	Pim	- general planning of weekends, etc.				
	Louis	Louis	- individual training with Gabor and other DBT-ers				
	Boudewijn	Boudewijn	- fencing specific topic and weekend planning, coaches-program				
	Tristan	Tristan	- EHBO, medical care, injuries				
	Louis	Louis	- scheduling individual training with Gabor and other DBT-ers this camp				
	Alexander	Alexander	- All team and tournament questions U23				
	Edwin	Edwin	- All questions CAD/JR/U23 men, general tournament planning				
	Matthijs	Matthijs	- All team and tournament questions CAD and JR - women				
	All DBT coaches can a	All DBT coaches can answ All DBT coaches can answer sport-specific questions about technique, tactics and training.					