

SATURDAY		available coaches: Alex (10:00+), Arwin, Boudewijn, Edwin, Gabor organisational support: Pim, Louis (Talent- en Oudercommissie)				
		group A	group B	DBT/individual	parents	
8:00	8:30			preparatory meeting		
8:30	9:00					
9:00	9:30	arrival / welcome				
9:30	10:00	warming-up 15m (Edwin), weekend intro 15m (Gabor)				
10:00	10:30	base program exercises. (Gabor, †1)		assist in program		
10:30	11:00					
11:00	11:30	basic fw 15m (Gabor) - hard fw 15m (Bou) -				
11:30	12:00					
12:00	12:30	lunch				individual talks with parent-committee - answering questions
12:30	13:00					
13:00	13:30	lunch talk - Gabor				
13:30	14:00					
14:00	14:30	quick roulating 3 minute games with specific rules and 1 minute rest		taking up spots for 3 minute lessons.		
14:30	15:00					
15:00	15:30					
15:30	16:00					
16:00	16:30					
16:30	17:00	basic fw 30m (Bou)	hard fw 30m (Gabor)	assist in program		
		cooling down and goodbye (Alex)				

SUNDAY		available coaches: Alex, Arwin, Boudewijn, Edwin, Gabor + club trainers organisational support: Pim, Louis (Talent- en Oudercommissie)			
		group	group	DBT	club trainers
8:00	8:30			preperatory meeting	
8:30	9:00				
9:00	9:30	arrival / welcome			arrival (bou)
9:30	10:00	warming-up 15m (Edwin), TOPIC INTRO 15m (Gabor)			join the group (bou)
10:00	10:30	TOPIC exercises. (Gabor, †1)		assist in program	
10:30	11:00				
11:00	11:30				
11:30	12:00	lunch		lunch	
12:00	12:30			talk - open discussion on topics	
12:30	13:00				
13:00	13:30				
13:30	14:00	equipe fencing group A (Alex)	equipe fencing group B (Edwin)	individual teaching a equipe group B	individual teaching a equipe group A
14:00	14:30				
14:30	15:00				
15:00	15:30				
15:30	16:00				
16:00	16:30	basic fw 30m (Edwin)	flash circle (Gabor)	assist in program	
16:30	17:00	cooling down and goodbye (Alex)			goodbye (bou)

Notes:

†	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 ansv	All DBT coaches can answer sport-specific questions about technique, tactics and training.			