**OVERZICHT SELECTIES EN TRAININGSTIJDEN - SEIZOEN 2011-2012**

*overzicht d.d. 01 februari 2012*

| selectie | **Senioren** | | | | **Senioren** | | | | **Senioren C** | | | | **Junioren A** | | | | **Junioren B** | | | | **Junioren/Minioren** | | | | **Minioren** | | | | **Voorselectie** | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| zwemmers | Bianca de Bruin | | seD | 84-11 | | | | | Hanneke | | | | | | | | | | | | | | | | | | | | | | | |
| | Maryse Lampe | | seD | 87-10 | | | | | Katinka van Dongen | | seD | 77-5 | Cindy van Seventer | | ju3 | 98-3 | Elise Dorsman | | ju1 | 97-9 | Samantha Tiggelmans | | ju2 | 99-8 | Yahne Biesbroek | | ju1 | 0 | Leanne Bomas | | m3 | 03 |
| | Sascha de Bruin | | seD | 88-5 | | | | | Maaike de Waaard | | seD | 90-9 | Minou van Seventer | | ju3 | 98-3 | Lonneke de Roo | | ju3 | 98-2 | Lisanne Weeda | | ju1 | 00-4 | Toeranneh Zinaly | | m5 | 01-11 | Celise Vromans | | | |
| | Myrthe Lampe | | seD | 90-2 | | | | | Michelle Heijnemans | | seD | 93-4 | Larissa Paans | | ju3 | 98-8 | Layla Middelkoop | | ju1 | 00-1 | Annemarijn Kok | | ju1 | 00-9 | Jaella Schot | | m5 | 01-12 | Isa Maes | | | |
| | Lisa van Milt | | seD | 92-8 | | | | | Marloes Boelhouwer | | seD | 93-7 | Miranda vanValen | | ju3 | 98-11 | Esra Reehorst | | ju1 | 00-5 | Ditte van Hoorn | | m5 | 01-7 | Malika Alberts | | m4 | 01-1 | Jesica Kras | | | |
| | Lisa Klatten | | seD | 92-11 | | | | | Floortje de Waard | | seD2 | 94-3 | Trang Hoang | | ju3 | 98-12 | Bobbi Smidt | | ju1 | 00-8 | Daniëlle van Valen | | m5 | 01-8 | Narjiss Belabas | | m3 | 03-2 | Esmeralda Diephout | | | |
| | Sharon de Klerk | | seD2 | 94-2 | | | | | Tirza Vrijhof | | je2 | 96-4 | Elise van Scholl | | ju2 | 99-02 | Chantalle Zijderveld | | ju1 | 00-9 | Jana Plaisier | | m5 | 01-8 | | | | | Rinske Bouman | | | |
| | Aure Lampe | | seD2 | 94-5 | | | | | | | | | | | | | Jade von Rotz | | ju1 | 00-9 | Rianne Jongeleen | | m5 | 01-10 | Nick Alberts | | m6 | 00-7 | Amy-Jo Middelkoop | | | |
| | Ilse Verhaaf | | seD1 | 95-7 | | | | | Bas van Gool | | seH | | | | | | Naomi Knetemenn | | ju1 | 00-10 | Isa Boom | | m4 | 02-4 | Tim Blom | | m6 | 00-8 | | | | |
| | Sanne de Roo | | seD1 | 95-8 | | | | | Martin Dorsman | | seH | | Gabriël Danckaarts | | ju3 | 97-10 | Laura Tromp | | ju1 | 00-11 | Lara Idsinga | | m4 | 02-4 | Stijn den Otter | | m5 | 01-10 | | | | |
| | Naomi van Gool | | seD1 | 95-11 | | | | | Jurrien van Die | | seH | 78-1 | Rainier Voll | | ju2 | 98-8 | Zoe van Gool | | ju1 | 00-10 | | | | | Asher de Jong | | m5 | 01-2 | Mike Vermeij | | | |
| | Nick Klatten | | seH | 90-6 | | | | | Dennis Grevenbroek | | seH | 84-6 | Joep Clasener | | ju2 | 98-12 | | | | | Chang Jing Wu Lin | | ju1 | 99 | Ilyas Aouladamar | | m4 | 02 | David Kras | | | |
| | | | | | | | | | Mark van Noorloos | | seH | 88-1 | Sybe de Waaard | | ju1 | 99-11 | Jeroen Jongeleen | | ju3 | 97-6 | Aidan van Gool | | m6 | 00-1 | Jeffrey Weeda | | m4 | 02-9 | Bjorn de Klerk | | m4 | 02 |
| | | | | | | | | | Freek Rijper | | seH | 90-8 | Rogier Dorsman | | ju1 | 99-07 | Anne Nieuwkoop | | ju2 | 98-04 | Liam van Gool | | m6 | 00-1 | Dimitri Triantos | | m4 | 02-10 | Timo Kock | | m2 | 01 |
| | | | | | | | | | Sven de Groot | | seH | 90-11 | | | | | | | | | Wesley Agterdenbos | | m6 | 00-7 | Julian Stok | | m3 | 03-9 | Sem Agterdenbos | | m1 | 05-4 |
| | | | | | | | | | Jelmar van Zijderveld | | seH1 | 93-1 | | | | | | | | | Mark de Jongh | | m6 | 00-8 | Niels Zwiers | | m3 | 03 | Tim | | | |
| | | | | | | | | | Jeroen Durinck | | seH1 | 93-3 | | | | | | | | | Luke Boom | | m6 | 00-9 | Daniel Stok | | m3 | 03-9 | | | | |
| | | | | | | | | | Sybren Groenewegen | | seH1 | 93-12 | | | | | | | | | Robin Waas | | m5 | 01-1 | Romio Tiggelmans | | m5 | 01 | | | | |
| | Sanne Smidt | afspr | je2 | 96-4 | | | | | Sjoerd Rijper | | seH1 | 93-12 | | | | | | | | | Robin Stok | | m5 | 01-1 | | | | | | | | |
| | **Jeugd A** | | | | **Jeugd B** | | | | **Jeugd C** | | | | | | | | | | | | Esper Paans | | m5 | 01-10 | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | Ruben Nicolaas | | m5 | 01-11 | | | | | | | | |
| | Roy Bos | | je1 | 95-8 | Samira Heijnemans | | je1 | 97-1 | Paulien Kaptein | | je2 | 96-2 | | | | | | | | | Bryan Agterdenbos | | m4 | 02-1 | | | | | | | | |
| | | | | | Pim van Milt | | ju4 | 96-4 | Sanne Boelhouwer | | je1 | 97-6 | | | | | | | | | | | | | | | | | | | | |
| | | | | | Daan Clasener | | ju4 | 96-6 | Joan Man | | je1 | 97-11 | | | | | | | | | | | | | | | | | | | | |
| | | | | | Roberto Hogerwerf | | ju3 | 97-4 | Daphne v Antwerpen | | je1 | 97-3 | | | | | | | | | | | | | | | | | | | | |
| | | | | | Bob Bosklopper | | ju4 | 96-12 | Cilia v Dam | | je1 | 97-6 | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | totaal 19 zwemmers | | | | | | | | totaal 23 zwemmers | | | | totaal 23 zwemmers | | | | | | | | totaal 20 zwemmers | | | | totaal 16 zwemmers | | | | totaal 13 zwemmers | | | |
| trainers | Gerard Agterdenbos<br>Wouter Rijper | | | | Gerard Agterdenbos<br>Wouter Rijper | | | | Jaap Tak & Wouter Rijper | | | | Myrthe Lampe & Wouter Rijper | | | | Myrthe Lampe & Wouter Rijper | | | | Kees Agterdenbos & Dick Knetemann | | | | Jaap Tak | | | | Wout Paans & Wouter Rijper | | | |
| bad | wedstrijdbad | | | | wedstrijdbad | | | | wedstrijdbad | | | | wedstrijdbad | | | | wedstrijdbad | | | | wedstrijdbad | | | | wedstrijdbad | | | | Instructiebad / wedstrijdbad | | | |
| trainings | maandag | 5:45 | 7:00 | 75 | maandag | 5:45 | 7:00 | 75 | | | | | | | | | | | | | maandag | 5:45 | 7:00 | 75 | | | | | maandag | 06.00 | 07.00 | 60 |
| dagen | dinsdag | 6:00 | 7:00 | 60 | | | | | | | | | dinsdag | 6:00 | 7:00 | 60 | dinsdag | 6:00 | 7:00 | 60 | | | | | dinsdag | 6:00 | 7:00 | 60 | | | | |
| | dinsdag | 18:00 | 18:45 | 45 | dinsdag | 18:00 | 18:45 | 45 | dinsdag | 18:00 | 18:45 | 45 | | | | | | | | | | | | | | | | | | | | |
| | woensdag | 5:45 | 7:00 | 75 | woensdag | 5:45 | 7:00 | 75 | | | | | | | | | | | | | woensdag | 5:45 | 7:00 | 75 | | | | | | | | |
| | woensdag | 18:00 | 19:00 | 60 | woensdag | 18:00 | 19:00 | 60 | woensdag | 18:00 | 19:00 | 60 | woensdag | 18:00 | 19:00 | 60 | woensdag | 18:00 | 19:00 | 60 | | | | | | | | | woensdag | 17.00 | 18.00 | 60 |
| | donderdag | 6:00 | 7:00 | 60 | | | | | donderdag | 6:00 | 7:00 | 60 | donderdag | 6:00 | 7:00 | 60 | | | | | | | | | donderdag | 6:00 | 7:00 | 60 | | | | |
| | donderdag | 18:00 | 19:30 | 90 | donderdag | 18:00 | 19:30 | 90 | | | | | donderdag | 18:00 | 19:30 | 90 | donderdag | 18:00 | 19:30 | 90 | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | vrijdag | 6:00 | 7:00 | 60 | vrijdag | 6:00 | 7:00 | 60 | vrijdag | 06.00 | 07.00 | 60 |
| | vrijdag | 18:00 | 18:45 | 45 | vrijdag | 18:00 | 18:45 | 45 | vrijdag | 18:00 | 18:45 | 45 | vrijdag | 18:00 | 18:45 | 45 | vrijdag | 18:00 | 18:45 | 45 | | | | | | | | | | | | |
| | zaterdag Dord | 6:15 | 7:30 | 75 | zaterdag Dord | 6:15 | 7:30 | 75 | | | | | zaterdag Dord/Zdr | 6:15 | 7:30 | 75 | zaterdag Dord | 6:15 | 7:30 | 75 | zaterdag Zwijndrech | 8:30 | 9:30 | 60 | zaterdag | 8:30 | 9:30 | 60 | *zaterdag* | *08.30* | *09.30* | *60* |
| | | | | | | | | | | | | | | | | | of 1x /m zwijndrec | 8:30 | 9:30 | 60 | of 1x /m Dordrecht | 6:15 | 7:30 | 75 | | | | | *(zaterdag in wedstrijdbad)* | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

elke zaterdagochtend trainen de selecties Sen-Jeugd A/B-Jun A/B/C in het 50m bad in Dordrecht 6.15u-7.30u (behoudens afwijkingen )