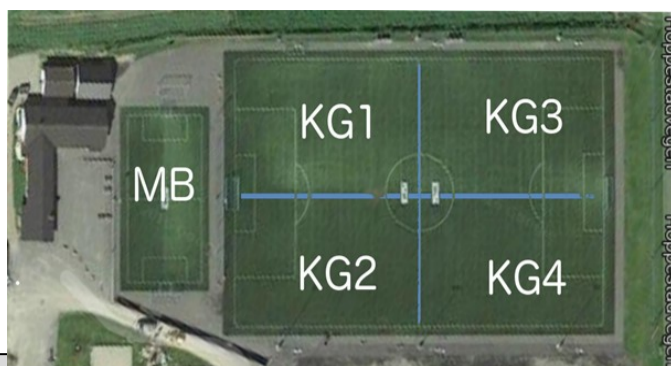


Treningstider Fossum Sommer 2023

Lag	Trener	Tlf	Lagleder/ trener	Tlf
Jenter 6 (2017)	Carlos Rios	92 06 89 49		
Jenter 8 (2015)	Aksel Rgd	99 26 96 42	Eirin Topper Forstrøm	93 64 45 36
Jenter 11 (2013/2012)	Trond Johansson	41 51 85 84	Anne- Lene Lundsett	91 71 87 95
Jenter 12 (2011)	Katrine Kringlæk	99 50 54 03	Anki Johnsen	95 82 25 98
Jenter 13/15 (08/09/10)	Lene Bigseth/ Kjetil Roland	98 68 39 71/ 98 01 34 98	Kristine Jansen Tufte	93 20 09 59
Damer A	Vetle Gulbrandsen	40 47 84 76		
Gutter 6 (2017)	Toril Jämtveit	91 73 64 62		
Gutter 7 (2016)	Stig Haddal	99 55 10 54	Linn Therese Jacobsen	98 42 05 31
Gutter 8 (2015)	Linn Iren Gusfre	95 90 54 41	Lene Sønstebo	93 60 04 46
Gutter 9 (2014)	Silke Mostert	48 26 02 91	Victoria Bærulfsen	41 45 16 38
Gutter 10 (2013)	Ørjan Gullhaug	90 50 36 17	Merethe Østby	48 00 89 06
Gutter 12 (2011/2012)	Aksel Rgd	99 26 96 42	Carlos Rios	92 06 89 49
Gutter 13 (2010)	Morten Espeland	91 68 34 90	Maria Walnum Taraldsen	97 54 17 40
Gutter 14 (2008/2009)	Trond Rossvang	91 88 02 08	Andreas Billington	92 01 39 08
Gutter 19	Knut Horrigmo	90 47 88 65		
Herrer A				



Mandag					
	KG 1 (NordVest)	KG 2 (SørVest)	KG 3 (NordØst)	KG 4 (SørØst)	MB
1530					
1600					
1630					
1700	Gutter 10 (2013)	Gutter 13 (2010)	Damer A	Damer A	Jenter 8 (2015)
1730	Gutter 10 (2013)	Gutter 13 (2010)	Damer A	Damer A	Jenter 8 (2015)
1800	Gutter 10 (2013)	Gutter 13 (2010)	Damer A	Damer A	Jenter 11 (2013/2012)
1830	Gutter 14 (2008/2009)	Gutter 14 (2008/2009)	Gutter 12 (2011/2012)	Gutter 12 (2011/2012)	Jenter 11 (2013/2012)
1900	Gutter 14 (2008/2009)	Gutter 14 (2008/2009)	Gutter 12 (2011/2012)	Gutter 12 (2011/2012)	Jenter 11 (2013/2012)
1930	Gutter 14 (2008/2009)	Gutter 14 (2008/2009)	Gutter 12 (2011/2012)	Gutter 12 (2011/2012)	
2000					
2030					
2100					
2130					
2200					

Tirsdag					
	KG 1 (NordVest)	KG 2 (SørVest)	KG 3 (NordØst)	KG 4 (SørØst)	MB
1530					
1600					
1630					
1700	Jenter 12 (2011)	Jenter 12 (2011)	Gutter 12 (2011/2012)	Gutter 12 (2011/2012)	Gutter 7 (2016)
1730	Jenter 12 (2011)	Jenter 12 (2011)	Gutter 12 (2011/2012)	Gutter 12 (2011/2012)	Gutter 7 (2016)
1800	Jenter 12 (2011)	Jenter 12 (2011)	Gutter 12 (2011/2012)	Gutter 12 (2011/2012)	Gutter 7 (2016)
1830	Jenter 13/15 (08/09/10)	Jenter 13/15 (08/09/10)	Jenter 13/15 (08/09/10)	Jenter 13/15 (08/09/10)	Jenter 13/15 (08/09/10)
1900	Jenter 13/15 (08/09/10)	Jenter 13/15 (08/09/10)	Jenter 13/15 (08/09/10)	Jenter 13/15 (08/09/10)	Jenter 13/15 (08/09/10)
1930	Jenter 13/15 (08/09/10)	Jenter 13/15 (08/09/10)	Jenter 13/15 (08/09/10)	Jenter 13/15 (08/09/10)	Jenter 13/15 (08/09/10)
2000					
2030					
2100					
2130					
2200					

Onsdag					
	KG 1 (NordVest)	KG 2 (SørVest)	KG 3 (NordØst)	KG 4 (SørØst)	MB
1530					
1600					
1630					
1700	Jenter 12 (2011)	Jenter 11 (2013/2012)			Gutter 6 (2017)
1730	Jenter 12 (2011)	Jenter 11 (2013/2012)			Gutter 6 (2017)
1800	Jenter 12 (2011)	Jenter 11 (2013/2012)			Gutter 6 (2017)
1830	Gutter 14 (2008/2009)	Gutter 14 (2008/2009)	Gutter 14 (2008/2009)	Gutter 14 (2008/2009)	
1900	Gutter 14 (2008/2009)	Gutter 14 (2008/2009)	Gutter 14 (2008/2009)	Gutter 14 (2008/2009)	
1930	Gutter 14 (2008/2009)	Gutter 14 (2008/2009)	Gutter 14 (2008/2009)	Gutter 14 (2008/2009)	
2000	Herrer A	Herrer A			
2030	Herrer A	Herrer A			
2100	Herrer A	Herrer A			
2130					
2200					

Torsdag					
	KG 1 (NordVest)	KG 2 (SørVest)	KG 3 (NordØst)	KG 4 (SørØst)	MB
1530					
1600					
1630					
1700	Jenter 6 (2017)	Gutter 8 (2015)	Gutter 14 (2008/2009)	Gutter 14 (2008/2009)	Jenter 8 (2015)
1730	Jenter 6 (2017)	Gutter 8 (2015)	Gutter 14 (2008/2009)	Gutter 14 (2008/2009)	Jenter 8 (2015)
1800	Jenter 6 (2017)	Gutter 8 (2015)	Gutter 14 (2008/2009)	Gutter 14 (2008/2009)	Gutter 9 (2014)
1830	Gutter 13 (2010)	Gutter 10 (2013)	Gutter 12 (2011/2012)	Gutter 12 (2011/2012)	Gutter 9 (2014)
1900	Gutter 13 (2010)	Gutter 10 (2013)	Gutter 12 (2011/2012)	Gutter 12 (2011/2012)	
1930	Gutter 13 (2010)	Gutter 10 (2013)	Gutter 12 (2011/2012)	Gutter 12 (2011/2012)	
2000	Damer A	Damer A			
2030	Damer A	Damer A			
2100	Damer A	Damer A			
2130					
2200					

Fredag					
	KG 1 (NordVest)	KG 2 (SørVest)	KG 3 (NordØst)	KG 4 (SørØst)	MB
1530					
1600					
1630					
1700					Gutter 7 (2016)
1730					Gutter 7 (2016)
1800					Gutter 7 (2016)
1830					
1900					
1930					
2000					
2030					
2100					
2130					
2200					

Lørdag					
	KG 1 (NordVest)	KG 2 (SørVest)	KG 3 (NordØst)	KG 4 (SørØst)	MB
1030					
1100	Gutter 12 (2011/2012)	Gutter 12 (2011/2012)			
1130	Gutter 12 (2011/2012)	Gutter 12 (2011/2012)			
1200	Gutter 12 (2011/2012)	Gutter 12 (2011/2012)			
1230	Gutter 12 (2011/2012)	Gutter 12 (2011/2012)			
1300					
1330					
1400					
1430					
1500					
1530					
1600					
1630					
1700					
1730					
1800					
1830					
1900					
1930					
2000					
2030					
2100					
2130					
2200					

Søndag					
	KG 1 (NordVest)	KG 2 (SørVest)	KG 3 (NordØst)	KG 4 (SørØst)	MB
1100					
1130					
1200					
1230					
1300					
1330					
1400					
1430					
1500					
1530					
1600					
1630					
1700					
1730					
1800					
1830					
1900	Damer A	Damer A	Damer A	Damer A	
1930	Damer A	Damer A	Damer A	Damer A	
2000	Damer A	Damer A	Damer A	Damer A	
2030					
2100					
2130					
2200					