

Planning Pôle Espoirs Filles Orléans - Du lundi 17/10 au mercredi 19/10

| Semaine précédente | | | Lundi | | | | | Mardi | | | | | Mercredi | | | | | | | Jeudi | | | | TOTAL | | | | | | |
|--------------------|---------|-----|-----------------|--------------|-----------------|--------------|-------|-------|---|----|-------|-------|----------|-------|------|--------|----------|-------------|--------|-------|----|-------|----|-------|-------|-------|-------|-----|---|---|
| | | | Lieux | B 1 | B 1 | B 1 | B 1 | | | R | B 1 | | | F | | P | F | Cliniqu | F | F | | A | | | C | R | R | B 1 | | |
| Ressenti joueuses | | | Horaire | | 17H00 | 17H30 | 18H30 | 18H30 | | | 12H25 | 16H25 | | | 7H15 | 11H30 | 13H00 | 14H30 | 17H00 | 17H15 | | 17H30 | | 12H00 | 11H15 | 12H25 | 16H25 | | | |
| Niveau de... (/10) | | | Thème | | 18H30 | 18H30 | 20H00 | 19H30 | | | 13H45 | 18H30 | | | 8H50 | 13H00 | 15H00 | 15H30 | 18H00 | 18H15 | | 19H00 | | 13H30 | 12H30 | 13H45 | 18H00 | | | |
| Fat. | Sat. | In. | HB | Prépa. Phys. | HB | Prépa. Phys. | | | | HB | HB | | | Muscu | HB | Photos | Semelles | Renf. Muscu | Spé GB | | HB | | HB | HB | HB | HB | HB | | | |
| N.C | | | AYONG | Leslie | 1 | | | 1 | | | | | | | | | | 1 | | | | | | | | | | 4 | | |
| | | | KOUADIO | Urielle | 1 | | | 1 | | | | | 1 | | | | | | | 1 | | | | | | | | | | 4 |
| | | | DUHAMEL | Jade | 1 | | | 1 | | | | | 1 | | | | | | | 1 | | | | | | | | | | 4 |
| | | | HEMBERT | Audrey | 1 | | | 1 | | | | | 1 | | | | | | | 1 | | | | | | | | | | 4 |
| | | | KUZMANOSKI | Lora | 1 | | | 1 | | | | | 1 | | | | | | | 1 | | | | | | | | | | 4 |
| | | | PINA | Laugane | 1 | | | 1 | | | | | 1 | | | | | | | 1 | 1 | | | | | | | | | 5 |
| | | | RADENAC | Audrey | 1 | | | 1 | | | | | 1 | | | | | | | 1 | | | | | | | | | | 4 |
| | | | ROCHEREAU | Gwenn | 1 | | | 1 | | | | | 1 | | | | | | | 1 | | | | | | | | | | 4 |
| | | | SALMON | Auriane | 1 | | | 1 | | | | | 1 | | | | | | | 1 | | | | | | | | | | 4 |
| | | | ANDRE | Lilou | Opération genou | | | | | | | | | | | | | | | | | | | | | | | | 1 | |
| | | | CHEVALIER | Emma | | 1 | 1 | | | | | | 1 | 1 | | | | | | 1 | | | | | | | | | | 5 |
| | | | DEMBELE | Audrey | | 1 | 1 | | | | | | 1 | 1 | | | | | | 1 | 1 | | | | | | | | | 6 |
| | | | DEMBELE | Laureen | 1 | | | 1 | | | | | 1 | 1 | | | | | | 1 | | | | | | | | | | 5 |
| | | | EMERY | Gabrielle | | 1 | 1 | | | | | | 1 | 1 | | | | | | 1 | | | | | | | | | | 5 |
| | | | MAROL | Ambre | 1 | | | 1 | | | | | 1 | 1 | | | | | | 1 | | | | | | | | | | 5 |
| | | | N'GHETA | Cornelia | | 1 | 1 | | | | | | 1 | 1 | | | | | | 1 | | | | | | | | | | 5 |
| | | | PEILLON | Méline | | 1 | 1 | | | | | | 1 | 1 | | | | | | 1 | 1 | | | | | | | | | 6 |
| | | | POYER | Cyrielle | 1 | | | 1 | | | | | 1 | 1 | | | | | | 1 | | | | | | | | | | 5 |
| | | | TOUBISSA ELBECO | Justicia | 1 | | | 1 | | | | | 1 | 1 | | | | | | 1 | | | | | | | | | | 5 |
| | | | VANQUELEFS | Amélie | | 1 | 1 | | | | | | 1 | 1 | | | | | | 1 | | | | | | | | | | 4 |
| | | | TAHA | Marie-C | | 1 | 1 | | | | | | 1 | 1 | | | | | | 1 | | | | | | | | | | 4 |
| | | | WAJOKA | Suzanne | | 1 | 1 | | | | | | 1 | 1 | | | | | | 1 | | | | | | | | | | 4 |
| | | | ARNAUD | Manon | | 1 | 1 | | | | | | 1 | 1 | | | | | | 1 | | | | | | | | | | 4 |
| | | | JEAN ELIE | Noa | 1 | | | 1 | | | | | 1 | | | | | | | 1 | | | | | | | | | | 4 |
| | | | RICARDO | Anaïs | | 1 | 1 | | | | | | 1 | 1 | | | | | | 1 | | | | | | | | | | 4 |
| | | | FOPPA | Pauletta | | 1 | 1 | | | | | | 1 | 1 | | | | | | 1 | | | | | | | | | | 4 |
| | | | DIAGOURAGA | Aminata | | 1 | 1 | | | | | | 1 | 1 | | | | | | 1 | | | | | | | | | | 4 |
| | | | BLIN | Apolline | | 1 | 1 | | | | | | 1 | 1 | | | | | | 1 | | | | | | | | | | 4 |
| BAUDENEAU | Sarah | | 1 | 1 | | | | | | 1 | 1 | | | | | | 1 | | | | | | | | | | 4 | | | |
| DELALANDE | Melissa | | 1 | 1 | | | | | | 1 | 1 | | | | | | 1 | | | | | | | | | | 4 | | | |
| DUBOIS | Eméline | | 1 | 1 | | | | | | 1 | 1 | | | | | | 1 | | | | | | | | | | 4 | | | |
| TOTAL PRESENTES | | | 14 | 16 | 16 | 14 | 0 | 0 | 0 | 9 | 30 | 0 | 0 | 0 | 0 | 0 | 31 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | |
| BLESSEES PRESENTES | | | 1 | | | 1 | | | | 1 | | | | | | | | | | | | | | | | | | | | |
| VALIDES PRESENTES | | | 13 | 16 | 16 | 13 | 0 | 0 | 0 | 9 | 29 | 0 | 0 | 0 | 0 | 0 | 31 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | |

| | | | | |
|--------------------------------|-----|--------------|----|---------------|
| Lieux des entraînements | B 1 | Barthélémy 1 | R | Claude Robert |
| | B 2 | Barthélémy 2 | F | Franklin |
| | C | Chêne | P | Palais |
| | A | Auger | CH | Chambray |

| | |
|---------------------------------|--|
| Bilan semaine précédente | <ul style="list-style-type: none"> Ambre Marol : arrêtée toute la semaine : reprise progressive lundi soir. Auriane Salmon : entorse de la cheville au cross du collège (en attente des examens complémentaires) |
| Semaine prochaine | <ul style="list-style-type: none"> Mercredi entre 13H et 15H : Photos individuelles avec tenue Pôle (photo collective à 13H30). Retour dans les familles le mercredi après-midi pour les vacances scolaires. |

