

Planning Pôle Espoirs Filles Orléans - Du lundi 27/03 au jeudi 30/03

| Semaine précédente | | | Lundi | | | | | Mardi | | | | | Mercredi | | | | | Jeudi | | | | | TOTAL | | | | | |
|--------------------|------|-----|---------------------------|----------------|-----------------|----------------|-----------------|-------|---|----------------|--------------|---|----------|--------------|---------------|----------------|----------------|----------------|----------------|----------------|---|----------------|----------------|----------------|----------------|----|---|---|
| | | | Lieux | B 1 | F | B 1 | F | | | R | F | | | F | Argenton | B 2 | F | F | F | A | | C | | R | R | B1 | | |
| Ressenti joueuses | | | Horaires | 17H00 18H30 | 18H00 18H45 | 18H30 20H00 | 18H30 19H15 | | | 12H25 13H45 | 16H45 18H | | | 7H15 8H50 | 8H00 18H30 | 15H00 17H00 | 16H00 17H00 | 17H00 18H00 | 17H15 18H15 | 17H45 19H15 | | 12H00 13H30 | 11H15 12H30 | 12H25 13H45 | 16H25 18H00 | | | |
| Niveau de... (/10) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fat. | Sat. | In. | Thème | HB | Prépa. Phys. | HB | Prépa. Phys. | | | HB | HB | | | Muscu | UNSS | HB | Course | Renf. Muscu | Spé GB | HB | | HB | HB | HB | HB | | | |
| | | | 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 | | 4 | |
| | | | RADENAC | Audrey | 1 | | | | | 1 | | | | | 1 | | | | | | | | | | 1 | | 4 | |
| | | | ROCHEREAU | Gwenn | 1 | | | | | | | | | | 1 | | | | | | | | | 1 | | 3 | | |
| | | | SALMON | Auriane | 1 | | | | | 1 | | | | | 1 | | | | | | | | | | 1 | | 4 | |
| | | | ANDRE | Lilou | 1 | | | | | | | | | | | | | | | | | | | 1 | | 2 | | |
| | | | CHEVALIER | Emma | 1 | | | | | 1 | | | | | | | | | | | | | | 1 | | 3 | | |
| | | | DEMBELE | Audrey | Stage Cadettes | | | | | | | | | | | | | | | | | | | | | | | 0 |
| | | | DEMBELE | Laureen | 1 | | | | | | | | | | | | | | | | | | | 1 | | 2 | | |
| | | | EMERY | Gabrielle | 1 | | | | | | | | | | | | | | | | | | | | | 1 | | |
| | | | MAROL | Ambre | 1 | | | | | | | | | | | | | | | | | | | 1 | | 2 | | |
| | | | N'GHETA | Cornelia | 1 | | | | | | | | | | | | | | | | | | | | | 1 | | |
| | | | PEILLON | Mélina | Stage Cadettes | | | | | | | | | | | | | | | | | | | | | | | 0 |
| | | | POYER | Cyrielle | | | 1 | | | 1 | | | | | | | | | | | | | | 1 | | 3 | | |
| | | | TOUBISSA ELBECO | Justicia | | | 1 | | | | | | | | | | | | | | | | | | | 1 | | |
| | | | VANQUELEFS | Amélie | 1 | | | | | 1 | | | | | | | | | | | | | | 1 | | 3 | | |
| | | | WAJOKA | Suzanne | | | 1 | | | | | | | 1 | | | | | | | | | | 1 | | 3 | | |
| | | | ARNAUD | Manon | | | 1 | | | | | | | 1 | | | | | | 1 | | | | 1 | | 4 | | |
| | | | JEAN ELIE | Noa | | | 1 | | | | | | | 1 | | | | | | | | | | 1 | | 3 | | |
| | | | RICARDO | Anais | Stage Cadettes | | | | | | | | | | | | | | | | | | | | | | | 0 |
| | | | FOPPA | Pauletta | | | 1 | | | | | | | 1 | | | | | | 1 | | | 1 | 1 | | 5 | | |
| | | | DIAGOURAGA | Aminata | | | 1 | | | | | | | 1 | | | | | | 1 | | | | 1 | | 4 | | |
| | | | BLIN | Apolline | | | 1 | | | 1 | | | | 1 | | | | | | | | | | 1 | | 4 | | |
| | | | BAUDENEAU | Sarah | | | 1 | | | | | | | 1 | | | | | | | | | | 1 | | 3 | | |
| | | | DELALANDE | Melissa | | | 1 | | | | | | | 1 | | | | | | | | | | | | 2 | | |
| | | | DUBOIS | Emeline | | | 1 | | | | | | | 1 | | | | | | 1 | | | | 1 | | 4 | | |
| | | | TOTAL PRESENTES | | 0 | 14 | 0 | 11 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 21 | 0 | 0 | |
| | | | BLESSEES PRESENTES | | | 4 | | 2 | | | | | | 1 | | | | | | | | | | 6 | | | | |
| | | | VALIDES PRESENTES | | 0 | 10 | 0 | 9 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | 6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | |

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



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| Bilan semaine précédente | <ul style="list-style-type: none"> Laugane Pina : reprise en milieu de semaine. Audrey Hembert : reprise. Melissa Delalande : arrêté 15 jours suite à récidives douleurs chevilles. |
| Semaine prochaine | <ul style="list-style-type: none"> Gwenn Rochereau : arrêt prolongé 3 à 4 semaines (point dans 15 jours). Stage France Cadette : Audrey Dembele, Anaïs Ricardo et Mélina Peillon. |