# LCVLHB

LIGUE CENTRE VAL DE LOIRE FFHANDBALL

# Pôle Espoir/CER Masculin LCVLHB 2022/2023

| Class | | | | | | Jours | Lundi | | | | | | | Mardi | | | | mercredi | | | | | | | Jeudi | | | | | | Nombre de séance | info semaine |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | Horaires | 12H30/13H30 | 12H/13H | 13H/14H | 15H30/17H00 | 17H15/18H15 | 18H15/19H15 | 17H30/19H00 | 10H30/12H00 | 15H30/17H00 | 17H30/19H00 | 17H30/19H00 | 14H00/15H30 | 14H00/15H30 | 14H00/15H00 | 15H00/16H00 | 16H00/17H00 | 17H00/18H30 | | 10H30/12H | 10H30/12H00 | 15H30/16H30 | 17H00/18H00 | 17H30/19H00 | 18H00/19H15 | Par joueur | semaine joueur |
| | | | | | | dominante séance | Kinésithérapeute | Musculation | Musculation | entraînement | entraînement | entraînement | divers journalier | spécifique | ent | séance Pôle | Séance CF/pôle | Entraînement GB | Entraînement | Musculation | Musculation | Musculation | Entraînement | | Specifique | specfique GB | Séance | Musculation | Pôle/CF | Entraînement | | |
| | | | | | | Lieux | Infirmerie marceau | Marceau | Marceau | M.Régnier | Marceau | Marceau | Kiné | CRJS | Rosskopf | Marceau | CRJS | Halle des sports | Halle des sports | Marceau | Marceau | Marceau | Marceau | | CRJS | CRJS | Collège | Marceau | CRJS | Marceau | | |
| | | | | | | Encadrements | Serge | Benjamin | Benjamin | Sébastien | Fred | Fred | étude -Soutien scolaire | Xavier | Xavier | Xavier | Fabrice | Nebojsa | Fred | Benjamin | Benjamin | Benjamin | Fred | | Sébastien | Nebojsa GB | Fred | Benjamin | Fabrice | Fred | | |
| | | | | | | EFFECTIF | retour week-end | Robin | | | Gp1 | Gp2 | médecin | Fred | Fred | Fred | Fred | | Sébastien | Robin | | | Sébastien | | Fred | | | CER | Christophe | Sébastien | | |
| | | | | | | | 12H30/13H30 | | | | | | autres | | | | | | | | | | | | | | | | | | | |
| TERMINALE | 1 | 1 | ALO | 2005 | GOHIER | Edgar | | 1 | | | | 1 | | | | | 1 | | | 1 | | | 1 | | 1 | | | | 1 | | 7 | ras |
| | 2 | 2 | ARG | 2005 | MARTIN | Jonah | | 1 | | | | 1 | | | | | 1 | | | 1 | | | 1 | | 1 | | | | | | 7 | ras |
| | 3 | 3 | GB | 2005 | SERVAT | Sacha | | 1 | | | | 1 | | | | | 1 | | | 1 | | | 1 | | | | | | 1 | | 7 | ras |
| | 4 | 4 | DC | 2006 | BARBEAU | Sacha | | 1 | | | | 1 | | | | | 1 | | | 1 | | | 1 | | 1 | | | | 1 | | 7 | ras |
| 1ère | 5 | 1 | ALO | 2006 | DO REGO | WILLIAMS | | 1 | | | | 1 | | | | | 1 | | | 1 | | | 1 | | | | | | 1 | | 7 | ras |
| | 6 | 2 | ARG | 2006 | DORSEMAINE | ARMAND | | 1 | | | | 1 | | | | 1 | | 1 | | | 1 | | | | R | | | | | 1 | 6 | ras |
| | 7 | 3 | PVT | 2006 | BERRUET | TIM | | 1 | | | | B | | | | B | | | | 1 | | | Protocole reprise | | B | | | | | Reprise Marceau | 2 | protocole de reprise |
| | 8 | 4 | DC | 2007 | GOUGEON | JULES | | 1 | | | | 1 | | | | 1 | | | | 1 | | | 1 | | R | | | | R | Voir Kiné | 5 | ras |
| | 9 | 5 | ALO | 2006 | GREMIAU | POL | | 1 | | | | 1 | | | | 1 | | | | 1 | | | 1 | | 1 | | | | | 1 | 7 | ras |
| | 10 | 6 | ARG | 2006 | TSHIMANGA | ESTRELA | | | | | | 1 | | | | 1 | | | | | 1 | | 1 | | C | | | | | 1 | 5 | ras |
| | 11 | 7 | GB | 2006 | JAOUEN | Victor | | 1 | | | 1 | 1 | | | | 1 | | 1 | | | | 1 | 1 | | | 1 | | | | 1 | 9 | ras |
| | 12 | 8 | GB | 2006 | ASCENSI | YANIS | | 1 | | | | 1 | | | | 1 | | 1 | | | | 1 | 1 | | | 1 | | | | 1 | 8 | ras |
| | 13 | 9 | DC | 2006 | YESLI | MEHDI | | 1 | | | | 1 | | | | 1 | | | | | 1 | | 1 | | R | | | | | 1 | 6 | ras |
| | 14 | 10 | ARG | 2006 | PORTUT | MARC AUREL | 1 | 1 | | | | B | Kiné 12H30 | | | B | | | | 1 | | | Protocole reprise | | B | | | | | Reprise Marceau | 3 | pas de tirs et protocole de renforcements |
| | 15 | 11 | PVT | 2006 | MARCHAND | Aymerick | | 1 | | | | 1 | | | | 1 | | | | | 1 | | 1 | | 1 | | | | | 1 | 7 | ras |
| 2nde | 16 | 1 | PVT | 2007 | DIABY | INZA | | | 1 | | 1 | | | 1 | | 1 | | | | | 1 | | 1 | | | | | | | 1 | 7 | ras |
| | 17 | 2 | ALO | 2007 | CHARLETON | GABIN | | | 1 | | 1 | | | 1 | | 1 | | | | | 1 | | Benoît 17H00 Kiné | | | | | | | voir médecin | 5 | arrêt entorse genou |
| | 18 | 3 | DC | 2007 | DUTERTRE | LOUIS | | | 1 | | 1 | | | 1 | | 1 | | | | | 1 | | Benoît 17H00 Kiné | | | | | | | Voir médecin | 5 | à surveiller tendinite |
| | 19 | 4 | PVT | 2007 | GAUGIN-LAVIE | ALIX | | | 1 | | 1 | | | B | | B | | | | | | 1 | B | | | | | | | Voir médecin | 3 | arrêt douleur péroné +cheville + imagerie à faire |
| | 20 | 5 | GB | 2007 | LEROY | JOHANN | | | 1 | | 1 | | | 1 | | 1 | | 1 | | | | 1 | 1 | | | | | | | | 8 | ras |
| | 21 | 6 | DC | 2007 | MONTAIGU | NOA | | | 1 | | 1 | | | 1 | | 1 | | | 1 | | | 1 | | | | | | | | 1 | 7 | ras |
| | 22 | 7 | ARG | 2007 | PACCOU | MATHIEU | | | 1 | | 1 | | | 1 | | 1 | | | | | | 1 | 1 | | | | | | | 1 | 7 | ras |
| | 23 | 8 | ALO | 2007 | SAMPEDRO | VICENTE | 1 | | 1 | | B | | Kiné 12H30 | B | | B | | | | | | 1 | Benoît 17H00 Kiné | | | | | | | Muscu marceau | 3 | arrêt élogation |
| | 24 | 9 | ARG | 2007 | TREPY-JULIEN | WESLEY | | | | | B | | | B | | B | | | | | | 1 | B | | | | | | | Muscu marceau | 1 | arrêt en attente d'opération |
| | 25 | 10 | ARG | 2007 | BETARE | KÉNISSA | | | | | 1 | | | 1 | | 1 | | | 1 | | | 1 | | | | | | | | 1 | 6 | ras |
| | 26 | 11 | ARG | 2007 | DUPUY | SAMUEL | | | 1 | | | | | 1 | | 1 | | | | | | 1 | 1 | | | | | | | 1 | 7 | ras |
| 3ème | 27 | 1 | DC | 2008 | BONNIN | ZACHARI | | | | 1 | | | | | 1 | | | | 1 | | | | | | | | 1 | 1 | | | 5 | ras |
| | 28 | 2 | GB | 2008 | HAELEWYN | LILIAN | | | | 1 | | | | | 1 | | | | 1 | | | | | | | | 1 | 1 | | | 5 | ras |
| | 29 | 3 | ARG | 2008 | GRUSZCZYNSKI | MILO | | | | 1 | | | | | 1 | | | | 1 | | | | | | | | 1 | 1 | | | 5 | ras |
| | 30 | 4 | PVT | 2008 | LORANS | HYPOLITE | | | | 1 | | | | | 1 | | | | 1 | | | | | | | | 1 | 1 | | | 5 | ras |
| | 31 | 5 | ARG | 2008 | GODEC | LEANDRE | | | | 1 | | | | | 1 | | | | 1 | | | | | | | | 1 | 1 | | | 5 | ras |
| | 32 | 6 | ARG | 2008 | SERVIAN | BAPTISTE | | | | 1 | | | | | 1 | | | | 1 | | | | | | | | 1 | 1 | | | 5 | ras |
| | 33 | 8 | DC | 2008 | CARIOU | NOAH | | | | 1 | | | | | 1 | | | | Benoît 14H00 Kiné | | | | | | | | R | 1 | | | 3 | contracture bas du dos |
| | 34 | 9 | ARG | 2009 | GROULT-JAOUEN | PAUL | | | | 1 | | | | | 1 | | | | 1 | | | | | | | | 1 | 1 | | | 5 | ras |
| | 35 | 10 | ALO | 2009 | MBEMBA | NINO | | | | 1 | | | | | B | | | | Benoît 14H00 Kiné | | | | | | | | B | 1 | | | 2 | arrêt Osgood |
| | 36 | 11 | GB | 2008 | GIRARD | TIMEO | | | | 1 | | | | | 1 | | | | 1 | | | | | | | | 1 | 1 | | | 5 | contracture bas du dos |
| | 37 | 12 | ALO | 2008 | CLOPEAU | AUGUSTIN | | | | 1 | | | | | 1 | | | | Benoît 14H00 Kiné | | | | | | | | R | 1 | | | 3 | contracture bas du dos |
| | 38 | 13 | DC | 2008 | MICHEL | NOA | | | | 1 | | | | | 1 | | | | 1 | | | | | | | | 1 | 1 | | | 5 | ras |
| | 39 | 14 | PVT | 2008 | SOLOMON | NIKITA | | | | 1 | | | | | 1 | | | | 1 | | | | | | | | 1 | 1 | | | 5 | ras |
| | 40 | 15 | ARG | 2008 | JARNIGON | EMILIEN | | | | 1 | | | | | 1 | | | | 1 | | | | | | | | 1 | 1 | | | 5 | ras |
| | 41 | NL | GB | 2008 | GODEAU (CED) | MARIUS | | | | 1 | | | | | 1 | | | | CED | | | | | | | | 1 | CED | | | 3 | ras |
| | | | | | | Kinésithérapeute | serge | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | Médecin | | | | | | | Karip 17H45 Jean-Yves 17H45 | | | Karip 17H30 | | | Benoît 14H00 Kiné | | | | Benoît 17H00 Kiné | | | | | | | Serge 18H00 Jean-Yves 17H45 | | |
| | | | | | | Total par séance | 2 | 14 | 9 | 15 | 10 | 13 | | 8 | 14 | 14 | 7 | 3 | 14 | 9 | 6 | 11 | 16 | 0 | 6 | 3 | 12 | 14 | 5 | 13 | | | |

**Bilan semaine:**

bonne semaine de travail malgré les garçons ont été sensibilisé par le staff médical pour que les étirements soient effectués tous les jours

**Projection semaine suivante**

déplacement au CF Saran Mercredi 21 septembre pour entraînement