

TRENERE OG TRENINGSTIDER SESONGEN 2020-2021

Aldersgruppe	Lag	Trenere	E-post	TRENINGSTIDER
Damer Senior	Damer A	Gitte Torp Amalie Furdal Jakobsen	gittetorp4@gmail.com	Man 20.30-22.00 Forum Tirs 20.30-22.00 Forum Tors 20:30-22:00 Forum
	Damer B	Hanne Marte Bekken	hannemarte@hotmail.com	Tirs 19.00-20.30 Forum bane 2 Ons 20:30-22:00 Forum Bane 3
	Frustrerte fruer/Damer C	Ine Gustavsen Camilla Tveitnes	inekristinegustavsen@gmail.com ctveitnes@hotmail.com	Ons 20:30-22:00
Herrer Senior		Dag Øyvind Skogstrand	dag-oeyvind@skogstrand.priv.no	Tirs 20.30-22.00 Forum Tors 20.30-22.00 Forum
TH Senior		Ingebjørg Amble	ingebtan@frisurf.no	Mand 17:00-18:00 A.hallen
Jenter 2004/2005		Anders Grahl Madsen Merethe Ellingsen Rebekka Hjort	merethenilsen@hotmail.com rebekka28@hotmail.com	Man 17:00-18:00 Forum Tors 21:00-22:00 Fred 19:30-21:00
Jenter 2006		Inger Helen Eichner Carina Skogen Mariell Eichner	ingereichner@gmail.com carina.skogen@yahoo.com marielleeichner@gmail.com	Mand 19-20:30 Forum Bane 3 Ons 19-20:30 Forum Bane 3 Fred 18:30-19:30 Forum Bane 2
Gutter 2006/2007		Robert Helle Christer Hantveit Halvar Lie	robertnufc@gmail.com haakon.forstmann@hotmail.com	Tirsd 20:00-22:00 A.hallen Torsd 20:00-21:00 Forum Fred 19:30-21:00 Forum
Jenter 2007		Hilde Daae Johannessen Erlend Lundemo Therese Bjelland Lie Roger Storheim Roger Færøy	hildeahk@gmail.com erlendlundemo@gmail.com theresebjelland@hotmail.com rogestor@online.no	Man 20.00-21.00 Kleppstø barneskole Tirs 18.00-19.00 Forum Tors 18.00-19.30 Forum Fre 17.00-18.30 Forum
Gutter 2008/2009		Sanna Aasebø May Helen Haugen	aaseboes@gmail.com mayhelenmail@gmail.com	Onsd 19:00-20:00 Hop Torsd 19:30-20:30 Forum

		Torstein Aabrekk-Sørensen	torstein78@hotmail.com	
Jenter 2008	Sør	Gry Soltvedt (Karianne, Marius, Jane,)	gryeks@icloud.com	Mand 16-17:30 A.Hallen Fred 16-17:30 A. Hallen
	Follese/Strushamn	Stine Steffensen Benedicte/ Elin Lea Hermine Laksy Maria Skeggs Skjønhaug	stisteff@hotmail.com	Tirs 19-20:30 Forum Bane 3 Tors 19:30 -20:30 Forum Bane 2
	Nord	Ann-Kristin Olafsen Morten Meinhardt Erikstad Lill Therese Willard	ann-k-ol@online.no merikstad@outlook.com lillwill84@hotmail.com	Mand Tveit skole (stengt) Onsd 19-20:30 Forum Bane 1 Torsd Tveit skole (stengt)
	Ask	Aaste Eggebø Næss Rebekka Stenfeldt	aasteness@gmail.com	Mand 17-18 Hop Fred 18-19 Hop
Jenter 2009	Nord	Cecilie Willard Andreas Wisnes Fristad Henrik Orth Bjarne Nilsen Roar Angeltveit	ceciliewillard@yahoo.no awfristad@hotmail.no heo@wilsonship.no roarangeltveit@hotmail.com	Mand 19-20 Forum Ons 19-20 Forum
	Sør	Mette Møller Ruben Nordnes Remy Furevik Erlend Lundemo Aurora Møller	follese@hotmail.com ruben@ght.no remy.furevik@gmail.com erlendlundemo@gmail.com auroramoller@live.no	Tirsd 19:00-20:00 A.hallen Torsd 17-18 Forum
	Ask	Ronny Nyhammer Olsen	rnolsen@hotmail.com	Mand 18-19 Hop Fred 17-18 halv bane Hop
Jenter 2010	Sør	Christine Ullestad Jan Erik Johannessen	christine.ullestad@handball.no johannessenjanerik@gmail.com	Tirsd 18:00-19:00 A.Hallen Torsd 18-19 Forum Bane 3

	Nord	Ann Kristin Skråmestø Pedersen Ingrid Helen Marcussen Ronny Skråmestø Rene Madsen Eide	askromestoe@hotmail.com ingrid@basicfitness.no	Mand 18-19 Forum Torsd 19-20 Forum
Gutter 2010		Marita Steffensen Urne Preben Urne	marita.steffensen@hotmail.com preben.urne@gmail.com	Tirsd 18:30-20:00 A.hallen Torsd 18-19 Kleppestø Barneskole
Jenter 2011	Sør + Nord	Solveig Margrethe Dale Hilde Daae Johannessen Rita Evanger Lars Kallevåg	solveig.margrethe.dale@gmail.com hildeahk@gmail.com riathe@hotmail.com larskallevaag@hotmail.com	Tirsd 17-18 Forum Bane 2 Torsd 17-18 Forum Bane 1
	Ask	Sandra Helland Andreassen Daniel Lie Helland-Andreassen Caroline Strømsnes	sandrapedersen89@hotmail.com caroline_stromsnes@hotmail.com	Onsd 17-18:00 Hop Fredag 17-18 Hop halv bane
Gutter 2011/2012		Cesilie Larsen Jane Læg Reid Nilsen	cesilie1988@gmail.com janelegreid@hotmail.com	Onsd 18-19 Forum
	Jenter 2012	Nord	Christine Ullestad Kari Hjelm	christine.ullestad@handball.no kari_hjelm@hotmail.com
	Sør	Janne Kristin Vines Hanne	jannekristiin@gmail.com	Mand 17-18 Forum Bane 3
Gutter 2013		Julie Fromreide Elin Strømmen Merethe Johannessen Live Schrøder	eiluj93@hotmail.com elin.strommen@kluge.no merethejobj@gmail.com	Mand 17-18 Forum Bane 3
Jenter 2013	Nord	Elisabeth Alvær Røysen Linn Pedersen Lars Haugland	e.roysen@gmail.com haugland.lars@gmail.com	Onsd 17-18 Forum
	Sør	Trine Bruvik	trinemoren88@hotmail.com	

		Benedicte Van Zweden Renate Urne Joanatan Randall	benedictevz@gmail.com renate.urne@gmail.com jrandall92@yahoo.com	Tord 18-19 Forum
	Vest	Nicholas Lekanger Kristine Krokås Andre Falck Malin Lohne	nicholasg.lekanger@gmail.com kristinekrokaas@hotmail.com falckandre@gmail.com malinlohne@live.no	Tors 17-18:30 Fabrikken Hetlevik
Gutter 2014		Robert Helle		Onsd 17-18 A.hallen
Jenter 2014	Nord	Ine Gustavsen	inekristinegustavsen@gmail.com	Onsd 17-18 Forum
	Sør /Øst	Marianne Yndestad		Onsd 18-19 Hopshallen
	Vest	Marita Steffensen	marita.steffensen@hotmail.com	Onsd 17-18:30 Fabrikken Hetlevik
TH Mini		Heidi Willesvik Tonje Woll Skotnes	heiwil@hfk.no	Mand 18-19 Tveit skole