

Volejbola nodaļas  
treneru nodarbību grafiks  
2025./2026. m.g.

Nodarbības notiek Jēkabpils Sporta namā/Jēkabpils 2.vidusskolā

| Treneris              | Grupas<br>kvalifikācija | Pirmdiena   | Otrdiena    | Trešdiena   | Ceturtdiena | Piektdiena  | Sestdiena   |
|-----------------------|-------------------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Raivis<br>Obrumans    | MT-4                    | 15.30-16.50 | 15.30-16.50 | 15.00-17.00 |             |             |             |
|                       | SMP-3                   | 18.00-20.20 | 18.00-20.20 | 18.00-20.20 | 18.00-20.20 | 18.00-20.20 | 12.00-14.20 |
| Aivis Kokins          | MT-2                    | 16.00-17.00 | 16.00-17.00 | 16.00-17.00 | 16.00-17.00 | 15.40-17.40 |             |
|                       | SMP-1                   | 17.10-19.30 | 17.10-19.30 | 17.10-19.30 | 17.10-19.30 | 17.40-19.40 | 10.00-12.00 |
| Guntis<br>Grigalis    | SSG                     | 14.00-15.00 | 14.00-15.00 | 14.00-15.00 | 14.00-15.00 |             |             |
|                       | MT-4                    |             |             |             | 15.20-17.20 | 15.20-17.20 |             |
|                       | MT-6                    | 15.20-17.40 | 15.20-17.40 |             |             |             |             |
|                       | SMP-1                   | 18.20-19.40 | 18.20-21.00 |             | 18.20-21.00 | 18.20-21.00 |             |
| Mārcis<br>Obrumans    | MT-6                    |             |             | 15.20-17.40 | 15.20-17.40 | 15.20-17.20 |             |
|                       | ASM                     | 18.00-20.40 | 18.00-20.40 | 18.00-20.40 | 18.00-20.00 | 18.00-20.40 | 10.00-12.40 |
| Dāvis Emīls<br>Melnis | MT-1                    | 14.20-15.40 | 14.20-15.40 |             | 14.20-15.40 | 14.20-15.40 |             |
|                       | SMP-1                   | 19.40-21.00 |             | 18.20-21.00 |             |             |             |