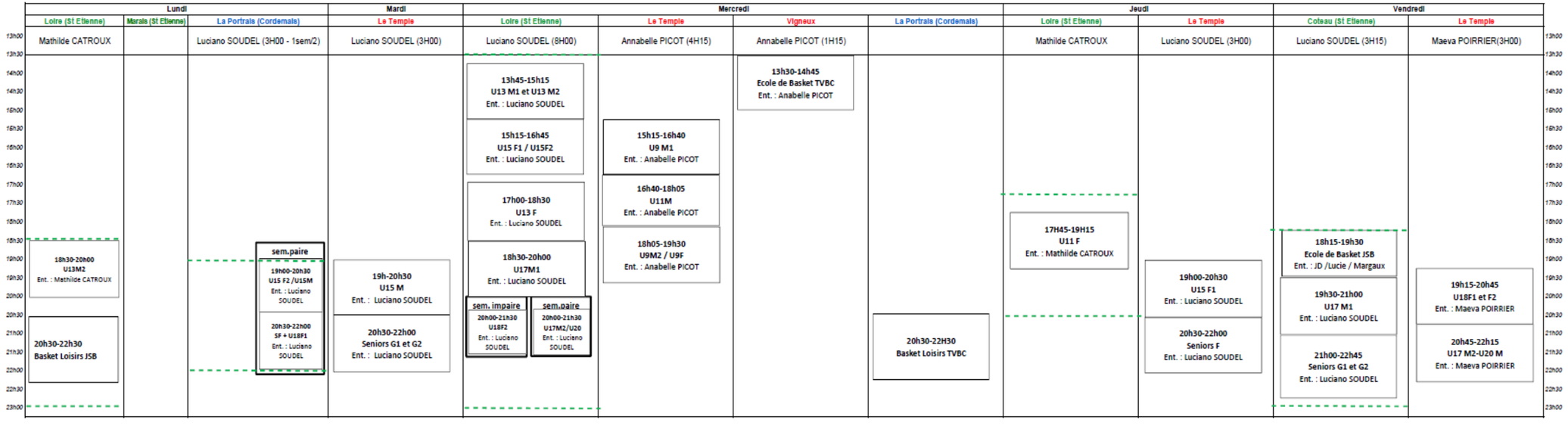Planning des entraînements saison 2018/2019