

# Trainingsplan EVD-Jungfuechse Dezember 2017 V1

Datum	TW-Training	Laufschule	U8	Bambinis	KI.Schüler	Knaben	Schüler RL	Schüler BL	Jugend	Alte Herren
Fr 1										
Sa 2						G 17:15 - 18:45	G + 3 9:30 Neuss			
So 3	A 8:00 - 9:00 U14- U19	Girls Day 17:15 - 19:00	A 8:00 - 9:45	11:30 RL Iserlohn Training 8:00 - 9:45	G + 3 10:15 Kassel	G + 3 19:30 Neuwied				
Mo 4		A 17:15 - 18:15	1 17:15 - 18:15	G 17:15 - 18:15	4 Off Ice 17:00 - 18:00 18:15 - 19:30	3 Off Ice 17:00 - 18:00 18:15 - 19:30	G Off Ice 18:15 - 19:15 19:45 - 20:45	G Off Ice 18:15 - 19:15 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
Di 5					G 18:15 - 19:45					
Mi 6							G Off Ice 19:45 - 20:45 18:15 - 19:30	G Off Ice 19:45 - 20:45 18:15 - 19:30	1 19:45 - 20:45	21:00 - 22:00
Do 7		A 16:30 - 17:30	1 17:00 - 18:15	G 17:00 - 18:15	4 Off Ice 17:00 - 18:00 18:15 - 19:30	3 Off Ice 17:00 - 18:00 18:15 - 19:30		G 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
Fr 8										
Sa 9			G + 3 9:30 Duisburg	18:15 RL Ratingen		G 17:15 - 18:45		18:00 Hamburg		
So 10	A 8:00 - 9:00 U8- U12		A 8:00 - 9:45	G + 3 10:15 LL Duisburg Training 8:00 - 9:45	G + 3 17:30 Krefeld	3 19:45 - 20:45	11:00 Hamburg	17:15 Wiehl	21:00 - 22:00	
Mo 11		A 17:15 - 18:15	1 17:15 - 18:15	G 17:15 - 18:15	4 Off Ice 17:00 - 18:00 18:15 - 19:30	3 Off Ice 17:00 - 18:00 18:15 - 19:30	G Off Ice 18:15 - 19:15 19:45 - 20:45	G Off Ice 18:15 - 19:15 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
Di 12						G 18:15 - 19:45				
Mi 13					1 18:15 - 19:00		G + 3 19:30 Essen			
Do 14		A 16:30 - 17:30	1 17:00 - 18:15	G 17:00 - 18:15	4 Off Ice 17:00 - 18:00 18:15 - 19:30	3 Off Ice 17:00 - 18:00 18:15 - 19:30		G Off Ice 18:15 - 19:15 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
Fr 15										
Sa 16					G 9:30 - 10:45			G + 3 16:30 Hannover		
So 17	A 8:00 - 9:00 U8- U12		A 8:00 - 9:45	A 8:00 - 9:45				G + 3 10:15 Hannover		20:30 - 22:00
Mo 18		A 17:15 - 18:15	1 17:15 - 18:15	G 17:15 - 18:15	4 Off Ice 17:00 - 18:00 18:15 - 19:30	3 Off Ice 17:00 - 18:00 18:15 - 19:30	G Off Ice 18:15 - 19:15 19:45 - 20:45	G Off Ice 18:15 - 19:15 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
Di 19					G 18:15 - 19:45					
Mi 20							G Off Ice 19:45 - 20:45 18:15 - 19:30	G Off Ice 19:45 - 20:45 18:15 - 19:30	1 19:45 - 20:45	21:00 - 22:00
Do 21		A 16:30 - 17:30	1 17:00 - 18:15	G 17:00 - 18:15	4 Off Ice 17:00 - 18:00 18:15 - 19:30	3 Off Ice 17:00 - 18:00 18:15 - 19:30		G 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
Fr 22										
Sa 23			1 11:45 - 12:45	G 11:45 - 12:45		G 17:15 - 18:45	G + 3 9:30 Herne		20:30 Neuss	
So 24								G 8:00 - 9:45		
Mo 25										
Di 26										
Mi 27			18:15 - 19:30	18:15 - 19:30	Off Ice 18:00 - 19:00 19:30 - 20:30	Off Ice 18:00 - 19:00 19:30 - 20:30	Off Ice 19:15 - 20:15 20:45 - 22:00	Off Ice 19:15 - 20:15 20:45 - 22:00		
Do 28										
Fr 29			18:15 - 19:30	18:15 - 19:30					19:30 - 20:30	20:45 - 22:00
Sa 30					1 9:30 - 10:45	3 9:30 - 10:45	20:30 Neuss	G 17:15 - 18:45		
So 31										

Mit den roten Zahlen vor den Trainings- und Spielzeiten ist die Kabinenbelegung vorgegeben (A=Anschallraum). Um einen reibungslosen Ablauf zu gewährleisten, ist dieser Belegung Folge zu leisten.