

Trainingsplan EVD-Jungfuechse Februar 2018 V1

Datum	TW-Training	Laufschule	U8	Bambinis	Kl.Schüler	Knaben	Schüler RL	Schüler BL	Jugend	Alte Herren
Do 1		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 2					1 18:15 - 19:45	3 20:00 - 21:00	1 21:00 - 22:00			
Sa 3			1 9:15 - 10:45	3 & 4 9:15 - 10:45	16:30 Düsseldorf			G + 3 16:30 Berlin		
So 4	A 8:00 - 9:00			8:00 Girls Dortmund			A 8:00 - 9:30	G + 3 10:15 Bad Nauheim		ca. 21:00 - 22:00
Mo 5		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 6								G 18:15 - 19:45		
Mi 7		Gymnasium 9:00 - 11:30			1 18:15 - 19:45		G Off Ice 18:15 - 19:15 19:45 - 20:45	G Off Ice 18:15 - 19:15 19:45 - 20:45	1 21:00 - 22:00	
Do 8		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 Theorie 18:50 - 19:20 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
Fr 9										
Sa 10			1 17:15 - 18:45	G 17:15 - 18:45		G + 3 9:30 Iserlohn		16:00 Erfurt		
So 11	A 8:00 - 9:00	Kidsday 17:15 - 18:45			G + 3 10:15 Bad Nauheim	8:00 - 9:45	G + 3 19:30 Iserlohn		19:30 Bergisch Land	
Mo 12		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	1 Off Ice 19:45 - 20:45 21:00 - 22:00		
Di 13								G 18:15 - 19:45		
Mi 14							3 Off Ice 19:45 - 20:45 18:15 - 19:15	G 19:30 - 20:45	1 21:00 - 22:00	
Do 15		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 16					G 18:15 - 19:45		18:30 Ratingen			20:00 - 22:00
Sa 17				LL 14:30 Düsseldorf	G + 3 9:30 Herne	G 17:15 - 18:45				
So 18	A 8:00 - 9:00		A 8:00 - 9:45	A RL 14:00 Düsseldorf Training 8:00 - 9:45		8:00 Herne		G + 3 10:15 Kassel	1 21:00 - 22:00	
Mo 19		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 20								G 18:15 - 19:45		
Mi 21							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 22		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 23										
Sa 24			9:00 Dinslaken			G 17:15 - 18:45	10:00 Frankfurt	19:30 Hannover		
So 25	A 8:00 - 9:00		1 17:15 - 18:45	1 17:15 - 18:45	1 8:00 - 9:45	G + 3 10:15 Neuss			G + 3 19:30 Bergisch Land	
Mo 26		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 27								G 18:15 - 19:45		
Mi 28							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

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.