



Trainingsplan Saison 2011 / 2012

| Tag | Uhrzeit | Mannschaft | Platz | Trainer | Kabine |
|-------------|-------------|------------|----------|------------------|--------|
| Montag | 17:00-18:30 | Bambini | Vre | Giovanni Dessi | 4 |
| | | E2 | Vre | Stefan Sprafke | 3 |
| | | F1 | Vli | Cedrik Hagara | 4 |
| | | F2 | Vli | Hasan Önata | 4 |
| | | E3 | K | Marc Jäger | 3 |
| | 18:30-20:00 | A1 | Li | Jörg Grunwald | 1 |
| | | B1 | Re | Norbert Musiolik | 2 |
| 19:30-21:00 | Damen | K | Utz Kapp | 3+4 | |

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|----------|-------------|------------|-----|--------------------|---|
| Dienstag | 17:30-19:00 | C1 | Re | Harald Orth | 1 |
| | 17:00-18:30 | D1 | Vli | Hermann Thielen | 2 |
| | | D2 | Vli | Jörg Nyenhuis | 2 |
| | | D3 | HK | Benny Musiolik | 2 |
| | | E1 | HK | Kevin Fiedler | 3 |
| | 19:30-21:00 | 1.Senioren | Li | Lars Mühlbauer | 1 |
| | | 2.Senioren | Re | Engelbert Schouren | 2 |
| | | 3.Senioren | K | Jens Walbrodt | 3 |

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|-------------|-------------|---------|----------|------------------|---|
| Mittwoch | 17:00-18:30 | Bambini | Vre | Giovanni Dessi | 4 |
| | | E2 | Vre | Stefan Sprafke | 3 |
| | | F1 | Vli | Cedrik Hagara | 4 |
| | | F2 | Vli | Hasan Önata | 4 |
| | | E3 | K | Marc Jäger | 3 |
| | 18:30-19:45 | A2 | K | Freddy Friedhoff | 4 |
| | 18:30-20:00 | A1 | Li | Jörg Grunwald | 1 |
| | | B1 | Re | Norbert Musiolik | 2 |
| 19:45-21:00 | Damen | K | Utz Kapp | 3 | |

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|------------|-------------|------------|-----|--------------------|---|
| Donnerstag | 17:30-19:00 | C1 | Re | Harald Orth | 4 |
| | 17:00-18:30 | D2 | Vli | Jörg Nyenhuis | 2 |
| | | D3 | Vre | Benny Musiolik | 2 |
| | | E1 | K | Kevin Fiedler | 1 |
| | 19:30-21:00 | 1.Senioren | Li | Lars Mühlbauer | 1 |
| | | 2.Senioren | Re | Engelbert Schouren | 2 |
| | | AH | K | Sven Siegel | 3 |

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|---------|-------------|------------|----|------------------|---|
| Freitag | 16:30-18:00 | FREI | Li | | |
| | | A2 | Re | Freddy Friedhoff | 1 |
| | 17:00-18:30 | D1 | K | Hermann Thielen | 2 |
| | 18:00-19:30 | A1 | Li | Jörg Grunwald | 3 |
| | | B1 | Re | Norbert Musiolik | 4 |
| | 19:30-21:00 | 1.Senioren | G | Lars Mühlbauer | 1 |
| | | 3.Senioren | K | Jens Walbrodt | 2 |

Legende: Vre = Viertel rechte Hälfte HK = halbes Kleinfeld
 Vli = Viertel linke Hälfte K = Kleinfeld
 Re/Li = rechte/linke Hälfte G = ganzer Platz