Trainingsplan SV Solingen 08/10 e.V. Saison 2023/2024

gültig ab 11. Novembert 2023 Stand: 11.11.2023
Version 1.1

SVS Team	JG	T	Liga	Min.	Montag	Wo	Pl	Kab	Dienstag	Wo	Pl	Kab	Mittwoch	Wo	Pl	Kab	Donnerstag	Wo	Pl	Kab	Freitag	Wo	Pl	Kab
1. Herren	S	Erdim	BZL	285					19.45-21.15	B	1	1					19.45-21.15	W	1	L	19.30-21.15	B	1	1
2. Herren	S	Daniel	A	270					19.45-21.15	B	2	2	19.45-21.15	W	1	L					19.45-21.15	W	1	L
3. Herren	S	Hassan	B	180					19.45-21.15	W	1	L					19.45-21.15	B	1	1				
Damen	S	Michael	BZL	180									19.45-21.15	W	2	R					18.15-19.45	W	1	R
A1 / U19	5	Murat	BL	270	19.45-21.15	B	1	1					19.45-21.15	B	1	1	19.45-21.15	W	2	R				
A2 / U18	6	Holger	LK	180									19.15-20.45	B	2	3					18.30-20.00	B	2	3
B1 / U17	7	Gaetano	LK	180					18.15-19.45	B	2	4					19.45-21.15	B	2	2				
B2 / U16	8	Enzo	KK	180	18.00-19.30	B	2	3									18.00-19.45	B	2	3				
C1 / U15	9	Heiko	LK	285	18.30-20.00	B	1	2					18.00-19.45	W	1	L					18.45-20.15	W	2	L
C2 / U14	10	Karsten	KK	205									18.00-19.45	B	1	4					17.45-19.30	B	1	2
C3 / U14	10	Aaron	KK	240	16.45-18.30	B	1	2					17.00-19.15	B	2	1								
C4 / U14	10	Rafael	KK	180					18.45-20.15	W	1	L					18.15-19.45	W	2	R				
D1 / U13	11	Vincenzo	LK	255					18.15-19.45	B	1	3	18.00-19.45	W	2	L					17.30-18.45	W	2	L
D2 / U13	12	Oliver	KK	180					17.30-19.00	W	2	L					18.15-19.45	B	1	4				
D3 / U12	12	Candan	KK	165					18.00-19.30	B	VP	2					17.00-18.15	B	1	1				
E1 / U11	13	Marcel+Marku	KK	265					16:30-18:15	B	1										17.00-18.15	W	1	L
E2 / U11	14	Giuseppe	KK	180									16.30-18.00	B	1	2					17.00-18.30	B	VP	1
E3 / U10	14	Asim	KK	180					16.30-18.15	B	2	1									16.30-17.45	B	1	3
E4 / U10	14	Mahmut	KK	180					16.30-18.15	B	2	1									16.30-17.45	B	1	3
F1 / U9	15	Ionnis	KK	165									17.45-19.00	B	VP	3	17.30-19.00	B	VP	2				
F2 / U9	16	Ersan	KK	150					16.30-18:00	B	VP	2									16:00-17:00	B	VP	2
F3 / U8	16	Yildirim	KK	165					17:30-18:45	W	1	2					17.30-18.45	W	2	L				
G1 / U7	17	Oreste	KK	240	17:30-19:00	B	VP	1									17.30-18.45	W	1	L				
G2 / U7	17	Carlo	KK	165					17.30-18.45	W	1	R					17.30-18.45	W	1	L				
	18																							
Mäd. U15	9	Becky	KK	180	16.30-18.00	B	2	4													16.30-18.00	B	2	4
AH I	S	Jürgen		120									19.00-21.00	B	VP	2								
AH II	S			90													19.30-21.00	B	VP	3				
HC Wald				90	19.30-21.00	B	2	4																