Trainingsplan SV Solingen 08/10 e.V. Saison 2022/2023

gültig ab 17. Oktober 2022 **Stand: 14.10.2022**

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	Rossi	BZL	270					19.45-21.15	B	1	1					19.45-21.15	W	1	1	19.45-21.15	B	1	1
2. Herren	S	Daniel	A	270					19.45-21.15	B	2	2					19.45-21.15	W	2	2	19.45-21.15	W	1	3
3. Herren	S	Rene	B	180					19.45-21.15	W	1	1					19.45-21.15	B	1	1				
Damen+U17	S	Kettenbach	BZL	270	19.30-21.00	B	VP	2					19.45-21.15	W	2	2					18.15-19.45	W	1	1
A1 / U19	4	Peter	BL	240					20.00-21.15	W	2	2	19.45-21.15	B	1	1					19.15-20.30	B	2	2
A2 / U18	5	Paul	KK	165									19.45-21.15	B	2	3					18.30-19.45	B	1	3
B1 / U17	6	Murat	BL	270	19.30-21.00	B	1	1					19.45-21.15	W	2	1	19.45-21.15	B	2	2				
B2 / U16	7	Cem	KK	180					18.30-19.45	B	2	4					18.15-19.45	B	2	3				
B3 / U16	7	Rene	KK	180									18.15-19.45	W	1	3					18.15-19.45	W	2	4
C1 / U15	8	Gaetano	LK	270	18.00-19.30	W	1	1	18.15-19.45	W	1	3					18.15-19.45	B	1	4				
C2 / U14	9	Heiko	KK	195					18.15-20.00	W	2	4					18.00-19.30	B	VP	2				
C3 / U14	9	Meik	KK	165									18.15-19.45	B	1	4					18.00-19.15	B	2	1
D1 / U13	10	Marcel	LK	270					18.15-19.45	B	1	4					18.15-19.45	W	1	3	16.30-18.00	B	1	2
D2 / U13	10	Andreas	KK	225									17.45-19.45	B	2	1					16.45-18.30	B	1	1
D3 / U12	11	Vincenzo	KK	255					18.15-19.45	B	1	3	18.15-19.45	W	2	4					19.00-20.15	B	VP	4
D4 / U12	11	Aaron	KK	285	18.00-19.30	B	VP	1					18.15-19.45	B	2	3					16.30-18.15	W	2	1
E1 / U11	12	Filippo	KK	300	16.30-18.00	B	1	2	16.30-18.15	B	1	1					16.30-18.15	B	1	1				
E2 / U11	12	Malek	KK	195	18.00-19.30	W	2	2													16.30-18.15	W	1	3
E3 / U10	13	Salvatore	KK	195	16.30-18.00	B	1	1					16.30-18.15	W	1	1								
F1 / U9	14	Giuseppe	KK	180									16.30-18.15	B	VP/1	4					16.30-17.45	B	VP	3
F2 / U9	14		KK	150									17.45-19.00	B	VP	3					17.45-19.00	B	VP	3
F3 / U8	15	Cengiz	KK	195					16.30-18.00	W	1	2					16.30-18.15	B	2	1				
F4 / U8	15	*Giuseppe*	KK	k.T.																				
G1 / U7	16	Cihan	KK	180					16.30-18.00	B	VP	4					16.30-18.00	B	VP	4				
G2 / U7	16	Oreste	KK	195					17.30-18.45	W	2	1					17.45-19.45	W	2	4				
G3 / U6	17	Chris	KK	60	17.00-18.00	VP	1	1																
Mäd. U15	8	Franzi	KK	180	16.30-18.00	B	2	1													16.30-18.00	B	2	1
Mäd. U13	10	Bernd	KK	180	16.30-18.00	B	2	1													16.30-18.00	B	2	1
AH I	S	Jürgen		120									19.00-21.00	B	VP	2								
AH II	S	Giuseppe		90													19.30-21.00	B	VP	3				
HC Wald	S			90	19.30-21.00	B	2	4																
Hobbys	S			90	18.00-19.30	B	1+2	3+4																
Hobbys	S			90	19.30-21.00	W	1+2	3+4																