

Trainingsplan Sommer Feld 2025

17. März – Osterferien 2025

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
14:00						Sportkiga 10:00-11:00 AR / PK
15:00			Bambini 15:00-16:00 AR/PK		W u 8 15:00-16:15 LA	M u 10 15:00 - 16:15 BaS
16:00	M u 14 16.15-17.30 BeS	M u 8 15:30-17:00 NN/CL	W u 12 16:15-17:30 BaS	M u 8 15:30-16:45 NN	W u 10 16:15-17:30 LA / TL	Bambini Jhg. 20 & 19 11.00-13:00 AR/PK
17:00	M u 16/ M u 18 17:30 - 18:45 BeS	W u 16 17:00-18:45	M u 16/ M u 18 17.30 – 18:45 BeS	W u 16 16:45-18:00 NN	W u 14 17:30 – 18:45 LA	Herren und mU16 17:30 – 18:45 LW
18:00		Damen / wU18 17:30-18:45 CG	M u 14 17.15 – 18:45 BeS	M u 12 16:45 – 17:45 BaS		
19:00				1. Damen 17:45-18:45 CG		
20:00						

(CO-)Trainer

AJ = Anna Jacob
BaS = Bastiaan Schuil
AR = Anna Ridder
BS = Ben Schwierz
CG = Christian Goldammer
CR = Conrad Reeder
FR = Florentine Reif
JB = Janna Bennewitz
JR = Julia Ridder
LA = Lilian Aura
LiA = Lilly Acker
JJ = Janis Jacob
LK = Luise Kirkmann
ML = Maxi Lewalter
MP = Mathias Prinz
MR = Max Rhode
NN = Niklas Niggemann
PK = Pia Keßler
SCH = Schmitti
TL = Tessa Loy
TvC = Thea v. Consbruch
FH = Frida Heckerth



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Nach den Osterferien 2025 V1.2 d.d. 6.3.2025

