

Trainingsplan Winter 2024 / 2025

Stand: 01.10.2024

Gültig ab 30.09.2024



| Montag | | |
|--|---|--|
| 14:15 | 14:15 | 14:00 |
| Schulkooperation | Miro O. (2018) Paul S. (2018) Lukas S. (2019) Theo S. (2019) Lean V. (2019) Tr.: Letizia | Evelyn T. (2014) Marc T. (2014) Liam O. (2014) Julius B. (2014) Dexter B. (2013) Tr.: Katharina |
| 15:00 | 15:00 | 15:00 |
| Leon S. (2016) Anni R. (2016) | Tuana R. (2017) Benjamin H. (2018) Clara Z. (2018) Hannah N. (2016) Elisabeth K. (2017) Tr.: Letizia | Lena R. (2016) Mia M. (2016) Matteo V. (2016) Moritz H. (2015) Tr.: Katharina |
| 16:00 | | 16:00 Mannschaftstraining |
| Hannes K. (2015) Lion H. (2016) Mats G. (2015) | | Liam S.(z) (2014) Felix L.(z) (2014) John G.(z) (2014) Tr.: Katharina |
| 17:00 | | 17:00 Mannschaftstraining |
| Bastian O. (2010) Tim C. (2011) Philipp K. (2010) Emil S. (2010) Tom I. (2011) Thisal K. (2007) | | Matti K.(z) (2012) Lars M.(z) (2012) Moritz K.(z) (2012) Tr.: Katharina |

| Dienstag | |
|--|---|
| 14:15 | |
| Schulkooperation | |
| 15:00 | 15:00 |
| Mathilde S. (2013) Marie K. (2013) | Jakob O. (2013) Sophie S. (2014) Jonas S. (2014) Nives O. (2015) Tr.: Sebastian |
| 16:00 | 16:00 |
| Thajana R. (2010) Jella K. (2008) Rose H. (2012) Olivia S. (2011) | Elissa R. (2012) Anneke O. (2013) Luisa S. (2013) Julija M. (2015) Tr.: Sebastian |
| 17:00 | 17:00 |
| Thomas Z. (2010) David R. (2007) | David G. (2005) Matteo M. (2005) Nils H. (2006) Filip T. (2005) Tr.: Sebastian |

| Mittwoch |
|--|
| 14:15 |
| Schulkooperation |
| 15:00 |
| Marie L. (2008) Kim C. (2009) Lina G. (2008) Hannah H. (2009) |
| 16:00 Mannschaftstraining |
| Hannes K. (2015) Lion H. (2016) Mats G. (2015) Magarete G. (2015) Julia W. (2015) Tr.: Eric |
| 17:00 Mannschaftstraining |
| Sophie C. (2014) Isabelle M.(z) (2013) Mathilda K. (2014) Zoe W. (2013) Diana L. (2013) Tr.: Eric |

| Donnerstag |
|---|
| 14:15 |
| Schulkooperation |
| 15:00 |
| Jana Ba. (2013) Emilia S. (2012) Lucia G. (2013) Enna H. (2013) Johanna H. (2012) |
| 16:00 |
| Linus B. (2010) Pau T. (2010) Lion P. (2007) |
| 17:00 |
| Elina L. (2008) Anna T. (2008) Anna V. (2011) Lara G. (2010) |

| Freitag | |
|---------------------|--|
| 14:00 | |
| Christian Y. (2010) | |
| Martin H. (2010) | |
| Emmy F. (2010) | |
| Hannah S. (2010) | |
| Selina W. (2012) | |
| Zhixiang Y. (2011) | |
| Binta M. (2008) | |
| 15:00 | |
| Benedikt D. (2010) | |
| Julian R. (2011) | |
| Jana H. (2009) | |
| Clara L. (2008) | |
| Mirja H. (2008) | |
| Lena S. (2009) | |
| Sophia M. (2010) | |

| Samstag | |
|---------------------|--|
| 09:00 | |
| Corylus W. (2011) | |
| Jakob G. (2012) | |
| 10:00 | |
| Julian H. (2010) | |
| Jonathan W. (2009) | |
| Bruno G. (2011) | |
| Gloria G. (2010) | |
| Thomas H. (2010) | |
| Cara D. (2014) | |
| 11:00 | |
| Thomas Z.(z) (2010) | |
| David R.(z) (2007) | |
| Noah V. (2006) | |
| Jonas S. (2009) | |
| Carlos C. (2008) | |

Freitag

| Samstag | | |
|---------------------|-------------------------------------|-------------------|
| 12:00 | | 12:00 |
| Matti K. (2012) | | Aurelia S. (2006) |
| Maxime H. (2013) | | Flavia B. (2007) |
| Oliver E. (2012) | | Anna M. (2005) |
| Alex S. (2013) | | Lara C. (2005) |
| Moritz K. (2012) | | |
| Lars M. (2012) | | |
| | | Tr: Markus |
| 13:00 | 13:00 | 13:00 |
| Connor S. (2017) | Emily Z. (2017) | Viola T. (2010) |
| Alexander H. (2017) | Isabell Z. (2017) | Alicia S. (2010) |
| Boris K. (2016) | Valentino A. (2016) | Letizia M. (2011) |
| Alisia T. (2016) | Lena W. (2018) | |
| Ann J. (2015) | Hannah L. (2016) | |
| | Alexander B. (2016) | |
| | Tr: Jonas / Julian / Philipp | Tr: Markus |
| 13:45 | 13:45 | 14:00 |
| Ana K. (2017) | Kaixi L. (2018) | Karina B. (2010) |
| Laura J. (2018) | Diana H. (2017) | Tamina K. (2010) |
| Kaixi L. (2018) | Liana H. (2017) | Carla S. (2010) |
| Emilia C. (2017) | Marina E. (2017) | Marie Lo. (2008) |
| Elyne C. (2015) | | Milena Lo. (2008) |
| Sophie S. (2017) | Tr: Jonas / Julian / Philipp | Tr: Markus |
| 14:30 | | |
| Kairui L. (2013) | | |
| Marvin L. (2013) | | |
| Michelle Z. (2013) | | |
| Felix R. (2013) | | |
| Jonathan L. (2014) | | |
| Anastasia S. (2014) | | |
| 15:30 | | |
| John G. (2014) | | |
| Felix L. (2014) | | |
| Liam S. (2014) | | |
| Isabelle M. (2013) | | |