

Trainingsplan Saison 2023 - 2024

10.03.2024

| Team | Trainer | Natelnr. | Kabine | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag |
|-------------|-----------------------|---------------|--------|-----------------|-----------------|-----------------|-----------------|-----------------|------------|
| Aktive 1 | Appassito Gianluca | 076 340 40 11 | A1 | | 19:00 - 20:30 1 | | 19:00 - 20:30 1 | 19:00 - 20:30 1 | |
| Aktive 2 | Fischer Philipp | 079 271 75 74 | 1 | | 20:00 - 21:30 2 | | 20:00 - 21:30 2 | | |
| Aktive 3 | Kägi Peter | 079 660 45 45 | 1 | | | 20:00 - 21:30 K | | | |
| Aktive 4 | Veraguth Erik | 079 291 87 87 | 8 | | 20:00 - 21:30 K | | 20:15 - 21:45 3 | | |
| A - Jun. | Momoh Robin | 079 850 31 12 | 2 | | | 20:00 - 21:30 3 | | 20:00 - 21:30 K | |
| Frauen | Di Labbio Serafino | 076 283 70 62 | 7 | | 20:00 - 21:30 3 | | 20:00 - 21:30 K | | |
| Ba | Schlittler Reto | 078 714 26 48 | 5 | | 19:30 - 21:00 K | | 19:30 - 21:00 2 | | |
| Bb | Wirz Roger | 079 425 59 91 | 2 | 19:00 - 20:30 K | | | 19:00 - 20:30 3 | | |
| JIB | Aeppli Norma | 079 280 82 43 | 4 | | 19:00 - 20:30 3 | | 19:00 - 20:30 K | | |
| Ca | Clausius François | 078 645 76 04 | 3 | | 18:30 - 20:00 2 | | 18:30 - 20:00 K | | |
| Cb | Kläusli Thomas | 079 621 39 81 | 3 | | | 18:30 - 20:00 2 | | 18:30 - 20:00 K | |
| Cc | Quan Benjamin | 076 448 68 16 | 5 | 18:30 - 20:00 2 | | 18:30 - 20:00 K | | | |
| JIC | Schmidli Filippa | 078 819 95 36 | 6 | | 18:30 - 20:00 K | | 18:30 - 20:00 2 | | |
| Da | Mazzocco Marco | 079 668 47 00 | 4 | 18:30 - 20:00 2 | | 18:30 - 20:00 K | | | |
| Db | Gemperle Patrik | 079 700 22 13 | 6 | 18:30 - 20:00 K | | 18:00 - 19:30 3 | | | |
| Dc | Dragoni Sandro | 076 331 05 85 | 1 | 18:00 - 19:30 K | | 18:00 - 19:30 2 | | | |
| Dd H | Brun Pascal | 079 246 90 24 | | 18:00 - 19:30 H | | | 18:00 - 19:30 H | | |
| JID | Fuchs Lara | 079 950 55 18 | 4 | | 18:30 - 20:00 2 | | 18:30 - 20:00 K | | |
| Ea | Badertscher Christian | 079 230 92 82 | | 17:30 - 19:00 1 | | | 17:30 - 19:00 3 | | |
| Eb | Monosi Andrea | 076 818 56 79 | | 17:30 - 19:00 1 | | | 17:30 - 19:00 3 | | |
| Ec | Shouten Willem | 079 578 37 86 | | 18:00 - 19:30 3 | | | 18:00 - 19:30 3 | | |
| Ed H | Kaplanoglu Bogac | 076 468 38 33 | | 18:00 - 19:30 H | | 18:00 - 19:30 H | | | |
| Ee | Montouri Sandro | 076 380 81 90 | | 18:00 - 19:30 3 | | 18:00 - 19:30 3 | | | |
| Ef H | Cicerchia Giuseppe | 079 326 03 80 | | | | | 18:00 - 19:30 H | | Sa-10.15 H |
| Eg | Schraner Ruedi | 078 667 37 34 | | | | 18:30 - 20:00 3 | | | |
| Fa | Rango Claudio | 078 606 88 19 | | 18:00 - 19:30 1 | | | 17:30 - 19:00 1 | | |
| Fb | Stüssi Mirko | 079 465 13 97 | | | | | 17:00 - 18:30 1 | | |
| Fc | Wismer Thomas | 079 628 24 51 | | | | | | 17:00 - 18:30 1 | |
| Fd H | Bischof Marcel | 079 224 06 43 | | | | 17:30 - 19:00 H | | | |
| Ga | Hartman Patrick | | | | 17:30 - 19:00 1 | | | | |
| Gb H | Reto Seiler | | | | | | | | Sa-08.15 H |
| Sen.30+ | Bischof Stefan | 079 307 44 64 | 8 | 20:00 - 21:30 2 | | | | | |
| Sen.40+ | Rütimann Markus | 079 357 82 53 | 7 | 20:00 - 21:30 3 | | | | | |
| Sen.50+ | Beutler Markus | 079 614 12 56 | 7 | 20:00 - 21:30 3 | | | | | |
| TW - Jun B | Brülhart Christoph | 079 509 62 37 | | | | | 19:00 - 20:00 2 | | |
| TW - Jun D | Popp Werner | 079 617 76 56 | | | | | 18:15 - 19:15 K | | |
| Dd | Rolli bis 5.Mai | | | | 18:00 - 19:30 3 | | 18:00 - 19:30 2 | | |
| Ed | Rolli bis 5. Mai | | | 18:00 - 19:30 3 | | 18:00 - 19:30 2 | | | |
| Ef | | | | | | | | | |

Platz 1 Platz 2 Platz 3 Kunstrasen Hettlingen

Cup-und Meisterschaftsspiele haben immer 1.Prio.