Trainingsplan Dezember 2023 Stand 28.11.23

	Datum		TW	Laufschule On Ice 2 x 60 min	U 7 On Ice 2 x 60 min	U 9 ON Ice 3 Std	U 11 ON Ice 3 Std	U 13 On Ice 4 Std Off Ice 90 min	U 15 On Ice 4,5 Std Off Ice 2 Std	U 17 On Ice 5 Std Off Ice 2,5 Std	U 20 DNL On Ice 6 Std Off Ice 3 Std	1 . Mannschaft Oberliga	Alte Herren	
48	Fr	1	17:45 - 18:45 Igor Gross U7 - U9 - U11- U13			16:45 - 17:45	17:45 - 18:45	19:00 - 20:30			20:45 - 22:00	20:00 Tilburg Trappers		
	Sa	2		12:30 - 13:30	12:30 - 13:30			8:00 Herner EV	10:30 Kölner Haie 1B	16:00 SCC Adler Berlin	14:30 REV Bremerhaven	9:00 - 9:45		
	So	3							17:00 Ratinger Ice Aliens	11:00 SCC Adler Berlin	10:30 REV Bremerhaven	18:30 Herner EV		
49	Mo	4			17:00 - 18:00	17:00 - 18:00	17:00 - 18:00	ARI Off Ice 16:45 - 17:45 18:00 - 19:30	ARI Off Ice 16:45 - 17:45 18:00 - 19:30	ARI Off Ice 17:45 - 19:15 19:45 - 20:45	Off Ice 19:30 - 20:30 21:00 - 22:00			
	Di	5							17:00 - 18:30			18:30 - 19:45		
	Mi	6		16:00 - 17:00	16:00 - 17:00	16:00 - 17:00	17:00 - 18:00	17:00 - 18:00 Off Ice 18:15 - 19:15		19:45 - 21:00	Off Ice 18:15 - 19:15 19:45 - 21:00	18:15 - 19:30	21:15 - 22:15	
	Do	7							17:00 - 18:30 Off Ice 18:45 - 19:45	Off Ice 18:00 - 19:30 20:00 - 21:00	Off Ice 19:45 - 20:45 21:15 - 22:15	18:30 - 19:45		
	Fr	8						19:15 - 20:45			21:00 - 22:00	20:00 Hannover Indians		Lebenshilfe 16:00 - 19:00
	Sa	9	11:30 - 12:30 U15 - U17 - U20	11:30 -12:30	11:30 -12:30	16:30 - 17:30	9:15 U11 Grau Turnier 5 ERV Dinslaken EHC Troisdorf 1B ESC Moskitos Essen --- 9:00 U11 [illegible] in Neuss	10:30 Hammer Eisbären			14:30 Hamburg Crocodiles	12:45 - 13:30		
	So	10		Eisbahn Weihnachtsmarkt 13:00 - 14:00			6:45 -7:45			10:30 ESC Moskitos Essen		18:30 Herforder EV		
50	Mo	11			17:00 - 18:00	17:00 - 18:00	17:00 - 18:00	ARI Off Ice 16:45 - 17:45 18:00 - 19:30	ARI Off Ice 16:45 - 17:45 18:00 - 19:30		Off Ice 19:30 - 20:30 21:00 - 22:00	19:45 - 20:45		
	Di	12						17:00 - 18:15 Off Ice 18:30 - 19:30	18:15 - 19:45			20:00 ESC Moskitos Essen		
	Mi	13								ARI Off Ice 18:45 - 19:45 20:15 - 21:15			21:30 - 22:30	Stadtwerk 16:30 - 20:00
	Do	14							17:00 - 18:30 Off Ice 18:45 - 19:45	Off Ice 18:00 - 19:30 20:00 - 21:00	Off Ice 19:45 - 20:45 21:15 - 22:15	18:30 - 19:45		
	Fr	15	18:00 - 19: 00 Igor Gross U15 - U17 - U20	16:45 - 17:45	16:45 - 17:45	16:45 - 17:45	18:00 - 19:00	19:15 - 20:30		20:45 - 22:00		20:00 KSW Icefighters Leipzig		
	Sa	16	9,00 - 10:00 U7- U9 - U11 - U13	9:00 - 10:00	9:00 - 10:00	14:00 - 15:00	15:15 - 16:30	10:30 SpG Brackwede / EHC Gelsenkirchen		16:45 - 18:00	13:30 ESC Moskitos Essen	12:45 - 13:30		
	So	17		Eisbahn Weihnachtsmarkt 13:00 - 14:00				10:00 Weihnachtsfeier	16:30 Krefelder EV 1B		10:30 ESC Moskitos Essen	18:30 Rostock Piranhas		
51	Mo	18			17:00 - 18:00	17:00 - 18:00	17:00 - 18:00	ARI Off Ice 16:45 - 17:45 18:00 - 19:30	ARI Off Ice 16:45 - 17:45 18:00 - 19:30	ARI Off Ice 17:45 - 19:15 19:45 - 20:45	Off Ice 19:30 - 20:30 21:00 - 22:00			
	Di	19							17:15 - 18:45			18:45- 20:00		Schule 14:00 - 17:00
	Mi	20		16:00 - 17:00	16:00 - 17:00	16:00 - 17:00	17:00 - 18:00	17:00 - 18:00 Off Ice 18:15 - 19:15		19:45 - 21:00	Off Ice 18:15 - 19:15 19:45 - 21:00	18:15 - 19:30	21:15 - 22:15	
	Do	21							17:00 - 18:30 Off Ice 18:45 - 19:45	Off Ice 18:00 - 19:30 20:00 - 21:00	Off Ice 19:45 - 20:45 21:15 - 22:15	18:30 - 19:45		
	Fr	22	17:45 - 18:45 U15 - U17 - U20			16:45 - 17:45	16:45 - 17:45	17:45 - 19:00		19:30 U17 B Eisadler Dortmund		20:00 Tec Art Dragons Erfurt		
	Sa	23		9:00 - 10:00	9:00 - 10:00		10:30 U11 [illegible] Turnier 6 Aachener EC EC Bergisch Gladbach 1B EC Bergisch Land	16:30 - 18:00	14 :30 EJ Kassel Weihnachtsfeier			13:00 - 13:45		
	So	24												
52	Mo	25												
	Di	26										9:00 - 10:15 18:15 Herner EV		
	Mi	27		16:00 - 17:00	16:00 - 17:00	16:00 - 17:00	17:00 - 18:00	18:00 - 19:30 Off Ice 16:45 - 17:45		19:45 - 21:00	Off Ice 18:15 - 19:15 19:45 - 21:00	9:00 - 10:15	21:15 - 22:15	
	Do	28				17:00 - 18:00	17:00 - 18:00		Off Ice 16:45 - 17:45 18:15 - 19:45	Off Ice 18:00 - 19:30 20:00 - 21:00	Off Ice 19:45 - 20:45 21:15 - 22:15	9:00 - 10:15		
	Fr	29						16:45 - 18:15 Off Ice 18:45 - 19:45	Off Ice 17:00 - 18:00 18:30 - 20:00	Off Ice 18:45 - 19:45 20:15 - 21:45		9:00 - 10:15		
	Sa	30	10:30 - 11: 30 U7 - U9 - U11 - U13	10:30 - 11:30	10:30 - 11:30	11:45 - 12:45	11:45 - 12:45	13:00 - 14:30	13:00 - 14:30	14:45 - 15:45	16:00 - 17:00	9:00 - 10:15 18:30 Saale Bulls Halle		
	So	31												