

**Trainingslager Februar 2017 - 13.-17.02.2017 in Chemnitz**  
**- Ablaufplan -**

| Datum  | Torhüter | Programm                   | Gruppe 1    | 2007-2010                | Gruppe 2    | 2005-2006                | Gruppe 3    | 2002-2004                |
|--------|----------|----------------------------|-------------|--------------------------|-------------|--------------------------|-------------|--------------------------|
| Mo.    |          |                            | 08:00       | Treff / Eröffnung        | 07:00       | Treff                    | 06:40       | Treff                    |
| 13.02. |          |                            | 08:45-09:30 | Eis ESH 50%              | 07:40-08:30 | Eis ESH                  | 07:00-07:50 | Eis ESH                  |
|        |          |                            | 10:00       | 2. Frühstück             | 08:45       | 2. Frühstück             | 08:15       | 2. Frühstück             |
|        |          | 13:20-14:10 Eis ESH        | 11:00-12:00 | Spiele ESG               | 10:00-11:00 | Athletik Tests TH        | 09:00-10:00 | Stocktechnik 1 ESG       |
|        |          | davor und danach mit Teams | 12:15       | Mittagessen              | 11:15       | Messen/Wiegen            | 10:30       | Abfahrt U14A Wsw         |
|        |          |                            | 12:45-14:00 | Mittagsruhe              | 11:45       | Mittagessen              | 11:15       | Mittagessen              |
|        |          |                            | 14:15       | Vesper                   | 12:30-14:15 | Mittagsruhe              | 11:45-13:45 | Mittagsruhe              |
|        |          |                            | 15:30-16:30 | Eis ESH                  | 14:30-15:30 | Athletik Spiele TH       | 14:25-15:15 | Eis ESH                  |
|        |          |                            | 16:45       | Ende                     | 15:45       | Vesper                   | 15:45       | Vesper                   |
|        |          |                            |             |                          | 16:45-17:45 | Eis ESH                  | 16:00       | Ende                     |
|        |          |                            |             |                          | 18:00       | Ende                     |             |                          |
| Di     |          |                            | 08:00       | Treff                    | 06:40       | Treff                    | 07:00       | Treff                    |
| 14.02. |          |                            | 08:45-09:30 | Eis ESH 50%              | 07:00-07:50 | Eis ESH                  | 07:40-08:30 | Eis ESH                  |
|        |          |                            | 10:00       | 2. Frühstück             | 08:15       | 2. Frühstück             | 08:45       | 2. Frühstück             |
|        |          | 13:20-14:10 Eis ESH        | 11:00-12:00 | Spiele TH                | 09:00-10:00 | Athletik Spiele TH       | 10:00-11:00 | Athletik Tests TH        |
|        |          | davor und danach mit Teams | 12:15       | Mittagessen              | 10:15-11:00 | Stocktechnik 1 ESG       | 11:15       | Messen/Wiegen            |
|        |          |                            | 12:45-14:00 | Mittagsruhe              | 11:15       | Mittagessen              | 11:45       | Mittagessen              |
|        |          |                            | 14:15       | Vesper                   | 11:45-13:45 | Mittagsruhe              | 12:30-14:15 | Mittagsruhe              |
|        |          |                            | 15:30-16:30 | Eis ESH                  | 14:25-15:15 | Eis ESH                  | 14:30-15:30 | Athletik Spiele TH       |
|        |          |                            | 16:45       | Ende                     | 15:45       | Vesper                   | 15:45       | Vesper                   |
|        |          |                            |             |                          | 16:00       | Ende                     | 16:45-17:45 | Eis ESH                  |
|        |          |                            |             |                          |             |                          | 18:00       | Ende                     |
| Mi     |          |                            | 08:00       | Treff                    | 07:00       | Treff                    | 06:40       | Treff                    |
| 15.02. |          |                            | 08:45-09:30 | Eis ESH 50%              | 07:40-08:30 | Eis ESH                  | 07:00-07:50 | Eis ESH                  |
|        |          |                            | 10:00       | 2. Frühstück             | 08:40       | 2. Frühstück             | 08:00-09:00 | Stocktechnik 2 ESG       |
|        |          |                            | 11:00-12:00 | Spiele TH                | 10:00-11:00 | Stocktechnik 2 ESG       | 09:10       | 2. Frühstück             |
|        |          | 13:20-14:10 Eis ESH        | 12:15       | Mittagessen              | 11:45       | Mittagessen              | 10:00-11:00 | Athletik Spiele TH       |
|        |          | davor und danach mit Teams | 12:45-14:00 | Mittagsruhe              | 12:15-13:40 | Mittagsruhe              | 11:15       | Mittagessen              |
|        |          |                            | 14:15       | Vesper                   | 13:45-14:30 | warm up                  | 11:45-13:45 | Mittagsruhe              |
|        |          |                            | 15:40-16:45 | Eis ESH                  | 14:45       | Vesper                   | 14:25-15:25 | Eis ESH                  |
|        |          |                            | 16:45       | Ende                     | 15:40-16:45 | Eis ESH                  | 15:45       | Vesper                   |
|        |          |                            |             |                          | 17:00       | Ende                     | 16:00       | Ende                     |
| Do     |          |                            | 08:00       | Treff                    | 06:40       | Treff                    | 07:00       | Treff                    |
| 16.02. |          |                            | 08:45-09:30 | Eis ESH 50%              | 07:00-07:50 | Eis ESH                  | 07:40-08:30 | Eis ESH                  |
|        |          |                            | 10:00       | 2. Frühstück             | 08:00-09:00 | Theorie 1 Kabine         | 08:40       | 2. Frühstück             |
|        |          |                            | 11:00-12:00 | Spiele TH                | 09:10       | 2. Frühstück             | 10:00-11:00 | Theorie 1 Kabine         |
|        |          |                            | 12:15       | Mittagessen              | 10:00-11:00 | Athletik Spiele TH       | 11:45       | Mittagessen              |
|        |          |                            | 12:45-14:00 | Mittagsruhe              | 11:15       | Mittagessen              | 12:15-13:00 | Mittagsruhe              |
|        |          |                            | 14:15       | Vesper                   | 11:45-13:45 | Mittagsruhe              | 13:20-14:10 | Eis Kleinfeldturnier ESH |
|        |          |                            | 15:30-16:30 | Eis ESH                  | 14:25-15:15 | Eis ESH                  | 14:30       | Abfahrt U14 B in Crim.   |
|        |          |                            | 16:45       | Ende                     | 15:45       | Vesper                   | 14:30-15:30 | Athletik Spiele TH       |
|        |          |                            |             |                          | 16:00       | Ende                     | 15:45       | Vesper                   |
|        |          |                            |             |                          |             |                          | 16:30-17:20 | Eis ESH                  |
|        |          |                            |             |                          |             |                          | 17:00       | Ende                     |
| Fr     |          |                            | 08:00       | Treff                    | 07:00       | Treff                    | 06:40       | Treff                    |
| 17.02. |          |                            | 08:45-09:30 | Eis ESH 50%              | 07:40-08:30 | Eis ESH                  | 07:00-07:50 | Eis ESH                  |
|        |          |                            | 10:00       | 2. Frühstück             | 08:40       | 2. Frühstück             | 08:00-09:00 | Theorie 2 Kabine         |
|        |          |                            | 11:00-12:00 | Spiele TH                | 10:00-11:00 | Theorie 2 Kabine         | 09:10       | 2. Frühstück             |
|        |          |                            | 12:15       | Mittagessen              | 11:45       | Mittagessen              | 10:00-11:00 | Athletik Spiele TH       |
|        |          |                            | 12:45-14:00 | Mittagsruhe              | 12:15-13:00 | Mittagsruhe              | 11:15       | Mittagessen              |
|        |          |                            | 14:15       | Vesper                   | 13:20-14:10 | Eis ESH                  | 11:45-13:45 | Mittagsruhe              |
|        |          |                            | 15:30-16:30 | Eis Kleinfeldturnier ESH | 14:30-15:30 | Athletik Spiele TH       | 14:25-15:15 | Eis ESH                  |
|        |          |                            | 16:45       | Ende                     | 15:45       | Vesper                   | 15:45       | Vesper                   |
|        |          |                            |             |                          | 16:30-17:20 | Eis Kleinfeldturnier ESH | 16:00       | Ende                     |
|        |          |                            |             |                          | 17:45       | Ende                     |             |                          |