# EJ KASSEL

Trainingsplan und Spielplan im **Dez.** 2016 Huskies

**Dat. 10.12.2016** **Vorläufig!**

| Tag | Datum | Laufschule | Bambini | Kleinschüler | Knaben | Schüler | DNL2 | Sen. | Damen | **DEL2** |
|---|---|---|---|---|---|---|---|---|---|---|
| Do. | 01. Dez | **Kit.11:30 - 12:30** | | | | | | | | 15:00 - 16:15 |
| Fr. | 02. Dez | Sch.13:15 - 14:15 | 15:15 - 16:15 | 16:15 - 17:15 | | | | | | **A Riessersee** |
| Sa | 03. Dez | | **U08 A12:15 B.Nau** | H 13.45 Dortmund | | | | | | 12:15 - 13:00 |
| Sa | 03. Dez | | U10 09:15 -10:30 | | 10:30 - 11:45 | | | | | |
| So | 04. Dez | | 10:15 - 11:45 | | **A 10:15 Duisburg** | | | | 07:30 - 08:30 | 9-10 H 17:00 B.Nau. |
| Mo | 05. Dez | | | | 16.45 - 17.45 | 18:00 - 19.00 | 19:15 - 20:15 | | | Frei |
| Di | 06. Dez | TW16:15 | U10 16.15 - 17:15 | 17:15 - 18:30 | 17:15 - 18:30 | | 18:45 - 19:45 | 20:00 - 21:00 | | 10:00 - 11:30 |
| Mi | 07. Dez | 15:15 - 16.15 | U8 15:45 - 16:45 | 16:45 - 17:45 | | 18:00 - 19:00 | 19:15 - 20:15 | | | 10:00 - 11:30 |
| Do | 08. Dez | **Kit.11:30 - 12:30** | | | | | | | | 15:00 - 16:15 |
| Fr | 09. Dez | Sch.13:15 - 14:15 | 15:15 - 16:15 | 16:15 - 17:15 | | | | | | **A Heilbronn** |
| Sa | 10. Dez | | **U10 A10:30 Fra.w**<br>**U8 09:15 - 10:30** | **A 12:15 Iserlohn** | 10:30 - 11:45 | **A 19:15 Ingolst.** | **A 14:30 Chemnitz** | | **A 19.30 Frankf.** | 12:15 - 13:00 |
| So | 11. Dez | | 09:45 - 10:30 | | **A 15:00 Köln 1b** | **A 11:00 Ingolst.** | H 11:15 Chemnitz | | | 9-9:45 H 17:00 Rav. |
| Mo | 12. Dez | | | 16.45 - 17.45 | 18:00 - 19.00 | 18:00 - 19.00 | 19:15 - 20:15 | | | Frei |
| Di | 13. Dez | | U10 16.15 - 17:15 | 17:15 - 18:30 | 17:15 - 18:30 | | 18:45 - 19:45 | 20:00 - 21:00 | | 10:00 - 11:30 |
| Mi | 14. Dez | 15:15 - 16.15 | U8 15:45 - 16:45 | | 16:45 - 17:45 | 18:00 - 19:00 | 19:15 - 20:15 | | | 10:00 - 11:30 |
| Do | 15. Dez | | | | | | | | | 15:00 - 16:15 |
| Fr | 16. Dez | Sch.13:15 - 14:15 | 15:15 - 16:00 | | 16:00 - 16:45 | 16:00 - 16:45 | | | H 19:30 Königsb. | **A Frankfurt** |
| Sa | 17. Dez | | **U08 A10:30 Frank.** | | H 09:30 Troisdorf | **A 16:30 Füssen** | H 13:45 Weißw. | | | 12:15 - 13:00 |
| So | 18. Dez | | 09:45 - 10:30 | | | **A 10:30 Füssen** | H 11:15 Weißw. | | 07:30 - 08:30 | 9-9:45 H 17:00 Biet. |
| Mo | 19. Dez | | | 17:15 - 18:30 | 17:15 - 18:30 | 18:45 - 20.15 | 18:45 - 20.15 | | | Frei |
| Di | 20. Dez | TW16:15 | U10 16.15 - 17:15 | 17:15 - 18:30 | 17:15 - 18:30 | | 18:45 - 19:45 | 20:00 - 21:00 | | 12:00 - 13:30 |
| Mi | 21. Dez | 15:15 - 16.15 | U8 15:45 - 16:45 | 16:45 - 17:45 | | 18:00 - 19:00 | 19:15 - 20:15 | | | 10:00 - 11:30 |
| Do | 22. Dez | | | | | | | | | 15:00 - 16:15 |
| Fr | 23. Dez | | | | | | | | | **A Kaufbeuren** |
| Sa | 24. Dez | | | | | | | | | Frei |
| So | 25. Dez | | | | | | | | | 16:00 - 17:00 |
| Mo | 26. Dez | | | | | | | | | H 17:00 Rosenheim |
| Di | 27. Dez | | | | | | | | | 10:00 - 11:30 |
| Mi | 28. Dez | | | 13:30 - 15:00 | 13:30 - 15:00 | 15:15 - 16:30 | 15:15 - 16:30 | | | H 19:30 Weißw. |
| Do | 29. Dez | | 13:30 - 14:45 | | | | | | | 15:00 - 16:15 |
| Fr | 30. Dez | | | 13:00 - 14:15 | 13:00 - 14:15 | 14.30 - 15:45 | 14.30 - 15:45 | | | **A Dresden** |
| Sa | 31. Dez | | | | | | | | | Frei |