

Swiss Womens Nationalteam U16

Tagesplan Womens Cup 15.02.-18.02.2018

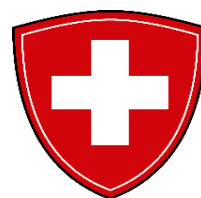


Zeit	Donnerstag 15.02.2018		Zeit	Freitag 16.02.2018		Zeit
06:30:00			06:30:00			06:30:00
06:45:00			06.45 Aufstehen		06:45:00	
07:00:00			07.00 Frühstück DLZ		07:00:00	
07:15:00					07:15:00	
07:30:00					07:30:00	
07:45:00					07:45:00	
08:00:00	08.00 Besammlung Staff		08:00:00	08.00 Transfer Huttwil		08:00:00
08:15:00			08:15:00			08:15:00
08:30:00	08.30 Besammlung Kader		08:30:00			08:30:00
08:45:00	Programm / Ziele / Infos / Aufgaben		08:45:00	08.45-09.15		08:45:00
09:00:00			Theorie (Medienraum)		09:00:00	
09:15:00	09.10 Off-Ice		09:15:00	09.15 Warm-up off-ice		09:15:00
09:30:00					09:30:00	
09:45:00					09:45:00	
10:00:00	Eltern Info European Championship Vierumäki FI (Medienraum), P. Brunner	Cool Down	10:00:00	10.00-10.45 Eistraining		10:00:00
10:15:00		Einzelgespräche Goalies (Trainergardero be)	10:15:00			10:15:00
10:30:00			10:30:00			10:30:00
10:45:00			10:45:00	Cool Down		10:45:00
11:00:00			11:00:00			11:00:00
11:15:00	Freizeit / Aufgabe	Einzelgespräche Feldspieler (Trainergardero be)	11:15:00	11.15 Teammeeting		11:15:00
11:30:00			11:30:00			11:30:00
11:45:00			11:45:00	Freizeit		11:45:00
12:00:00			12:00:00			12:00:00
12:15:00	12.15 Mittagessen		12:15:00			12:15:00
12:30:00			12:30:00	12.30 Mittagessen		12:30:00
12:45:00			12:45:00			12:45:00
13:00:00			13:00:00			13:00:00
13:15:00	13.15-14.45 Teambuilding		13:15:00			13:15:00
13:30:00			13:30:00	13.30-14.30 TRIM (Head/Ass. Coaches) Leitung S. Frey, Supervisor SIHF	13.30-15.00 Ruhephase	13:30:00
13:45:00			13:45:00			13:45:00
14:00:00			14:00:00			14:00:00
14:15:00			14:15:00			14:15:00
14:30:00			14:30:00			14:30:00
14:45:00	14.45 Warm-up off-ice		14:45:00			14:45:00
15:00:00			15:00:00			15:00:00
15:15:00			15:15:00			15:15:00

15:30:00	15.30-17.00 Eistraining		15:30:00	15.30 Spielvorbereitung GER, Medienraum	15:30:00	
15:45:00			15:45:00		15:45:00	
16:00:00			16:00:00		16:00:00	
16:15:00			16:15:00		16:15:00	
16:30:00			16:30:00		16:30:00	
16:45:00			16:45:00	16.45 Snack		16:45:00
17:00:00	Cool Down		17:00:00	Kaffee, Tee, Kuchen	17:00:00	
17:15:00			17:15:00		17:15:00	
17:30:00	Evtl. Beweglichkeit mit Claudia	Einzelgespräche Feldspieler (Trainergardero be)	17:30:00			17:30:00
17:45:00			17:45:00		17:45:00	
18:00:00			18:00:00		18:00:00	
18:15:00			18:15:00	18.15 Warm Up Off-Ice	18:15:00	
18:30:00	18.30 - 19.30 Nachtessen		18:30:00		18:30:00	
18:45:00			18:45:00		18:45:00	
19:00:00			19:00:00		19:00:00	
19:15:00	Freizeit / Aufgabe	Einzelgespräche Feldspieler (Trainergardero be)	19:15:00	19.15 Warm Up On Ice 20 min 19.55 Line Up 20.00 Spielbeginn Schweiz vs. Deutschland ab 19.50 Stream auf Youtube Swiss Ice Hockey	19:15:00	
19:30:00			19:30:00		19:30:00	
19:45:00			19:45:00		19:45:00	
20:00:00			20:00:00		20:00:00	
20:15:00	20.15 Transfer DLZ		20:15:00			20:15:00
20:30:00			20:30:00			20:30:00
20:45:00	anschl. Zimmerbezug		20:45:00			20:45:00
21:00:00	Teambuilding		21:00:00			21:00:00
21:15:00			21:15:00			21:15:00
21:30:00			21:30:00			21:30:00
21:45:00			21:45:00			21:45:00
22:00:00	Freizeit / Abgabe der Aufgabe	Einzelgespräche (Lounge)	22:00:00		Cool Down	22:00:00
22:15:00			22:15:00			22:15:00
22:30:00	22.30 Nachtruhe		22:30:00	22.30 Nachtessen	22:30:00	
22:45:00	Staff Sitzung mit Germany u. Austria (DLZ)		22:45:00			22:45:00
23:00:00			23:00:00			23:00:00
23:15:00			23:15:00	ca. 23.15 Transfer DLZ	23:15:00	
23:30:00			23:30:00	anschl. Nachtruhe	23:30:00	
23:45:00			23:45:00	Staff Sitzung	23:45:00	

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Zeit	Samstag 17.02.2018	Zeit	Sonntag 18.02.2018	Zeit
06:30:00		06:30:00		06:30:00
06:45:00		06:45:00		06:45:00
07:00:00		07:00:00		07:00:00
07:15:00		07:15:00		07:15:00
07:30:00		07:30:00		07:30:00
07:45:00		07:45:00		07:45:00
08:00:00	08.00 Aufstehen	08:00:00	08.00 Aufstehen	08:00:00
08:15:00	08.15 Frühstück DLZ	08:15:00	Footing Sumiswald	08:15:00
08:30:00		08:30:00		08:30:00
08:45:00		08:45:00	Zimmer räumen	08:45:00
09:00:00		09:00:00	09.00 Frühstück DLZ	09:00:00
09:15:00	09.15 Transfer Huttwil	09:15:00		09:15:00
09:30:00		09:30:00		09:30:00
09:45:00	Walk	09:45:00		09:45:00
10:00:00		10:00:00	10.00 Transfer Huttwil	10:00:00
10:15:00	10.15 Warm-up off-ice	10:15:00		10:15:00
10:30:00		10:30:00	10.30 Spielvorbereitung AUT, Medienraum	10:30:00
10:45:00		10:45:00		10:45:00
11:00:00	11.00-11.45 Eistraining	11:00:00		11:00:00
11:15:00		11:15:00		11:15:00
11:30:00		11:30:00	11.30 Warm Up Off-Ice	11:30:00
11:45:00	Cool Down	11:45:00		11:45:00
12:00:00		12:00:00		12:00:00
12:15:00		12:15:00		12:15:00
12:30:00	12.15 Programm nach Ansage	12:30:00	12.30 Warm Up On Ice 20 min	12:30:00
12:45:00		12:45:00		12:45:00
13:00:00	13.00 Mittagessen	13:00:00	13.10 Line Up	13:00:00
13:15:00		13:15:00	13.15 Spielbeginn Austria vs. Schweiz	13:15:00
13:30:00		13:30:00	ab 13.05 Stream auf Youtube	13:30:00
13:45:00		13:45:00		13:45:00
14:00:00	14.00 - 15.00 Ruhephase	14:00:00	Swiss Ice Hockey anschl. Cool Down	14:00:00
14:15:00		14:15:00		14:15:00
14:30:00		14:30:00		14:30:00
14:45:00		14:45:00		14:45:00

15:00:00		15:00:00		15:00:00
15:15:00		15:15:00	Cool Down	15:15:00
15:30:00	15.30 Spielvorbereitung	15:30:00		15:30:00
15:45:00	CZE, Medienraum	15:45:00		15:45:00
16:00:00		16:00:00	16.00 Verpflegung	16:00:00
16:15:00		16:15:00		16:15:00
16:30:00		16:30:00		16:30:00
16:45:00	16.45 Snack	16:45:00	16.45 Schlussbesprechung	16:45:00
17:00:00		17:00:00	Infos Europacup FIN	17:00:00
17:15:00	Kaffee, Tee, Kuchen	17:15:00	ca. 17.15 Entlassung	17:15:00
17:30:00		17:30:00	Abschliesende	17:30:00
17:45:00		17:45:00	Staff Sitzung	17:45:00
18:00:00		18:00:00		18:00:00
18:15:00	18.15 Warm Up Off-Ice	18:15:00		18:15:00
18:30:00		18:30:00		18:30:00
18:45:00		18:45:00		18:45:00
19:00:00		19:00:00		19:00:00
19:15:00	19.15 Warm Up On Ice	19:15:00		19:15:00
19:30:00	20 min	19:30:00		19:30:00
19:45:00	19.55 Line Up	19:45:00		19:45:00
20:00:00	20.00 Spielbeginn	20:00:00		20:00:00
20:15:00	Schweiz vs. Tschechien	20:15:00		20:15:00
20:30:00	ab 19.50 Stream auf	20:30:00		20:30:00
20:45:00	Youtube	20:45:00		20:45:00
21:00:00	Swiss Ice Hockey	21:00:00		21:00:00
21:15:00		21:15:00		21:15:00
21:30:00		21:30:00		21:30:00
21:45:00		21:45:00		21:45:00
22:00:00	Cool Down	22:00:00		22:00:00
22:15:00		22:15:00		22:15:00
22:30:00	22.30 Nachtessen	22:30:00		22:30:00
22:45:00		22:45:00		22:45:00
23:00:00		23:00:00		23:00:00
23:15:00	ca. 23.15 Transfer DLZ	23:15:00		23:15:00
23:30:00	anschl. Nachtruhe	23:30:00		23:30:00
23:45:00	Staff Sitzung	23:45:00		23:45:00