

2te Off Ice Camp 23.06.-25.06.2017

Sumiswald

Zeit	Freitag 23.06.2017	Zeit	Samstag 24.06.2017	Zeit	Sonntag 25.06.2017	Zeit
06:30:00		06:30:00		06:30:00		06:30:00
06:45:00		06:45:00	06.45 - 07.30 Frühstück DLZ / U16	06:45:00	06.45 - 07.30 Frühstück DLZ /U16	06:45:00
07:00:00		07:00:00		07:00:00		07:00:00
07:15:00		07:15:00		07:15:00		07:15:00
07:30:00		07:30:00	07.30 Fussmarsch nach Affoltern i.E.	07:30:00	07.30 - 07.45 Transfer Turnhalle Dorf	07:30:00
07:45:00		07:45:00		07:45:00		07:45:00
08:00:00		08:00:00		08:00:00	08.00-08.15 Warm Up (Yan)	08:00:00
08:15:00		08:15:00		08:15:00		08:15:00
08:30:00		08:30:00		08:30:00	08.20-08.50 2.4 km Lauf (2 Gruppen)	08:30:00
08:45:00		08:45:00		08:45:00		08:45:00
09:00:00		09:00:00		09:00:00	09.00-11.30 Stationentraining (evtl. mit U14)	09:00:00
09:15:00		09:15:00		09:15:00	Standweitsprung (3)	09:15:00
09:30:00		09:30:00		09:30:00	Koordinative Fähigkeiten	09:30:00
09:45:00		09:45:00		09:45:00	Stickhandling	09:45:00
10:00:00		10:00:00		10:00:00	Sprungkraft / Kraft unt. Extremitäten	10:00:00
10:15:00		10:15:00		10:15:00	2 x Schussttraining	10:15:00
10:30:00		10:30:00		10:30:00	Illinois Agility Test (7)	10:30:00
10:45:00		10:45:00		10:45:00	Rope Skipping	10:45:00
11:00:00		11:00:00		11:00:00	Rumpfkraft	11:00:00
11:15:00		11:15:00		11:15:00	plus 1 weiterer Posten à 10-15'	11:15:00
11:30:00		11:30:00		11:30:00	Cool Down	11:30:00
11:45:00		11:45:00		11:45:00	11.55 Transfer DLZ	11:45:00
12:00:00		12:00:00		12:00:00		12:00:00
12:15:00		12:15:00		12:15:00	12.15 - 13.15 Mittagessen DLZ U16	12:15:00
12:30:00		12:30:00		12:30:00		12:30:00
12:45:00		12:45:00		12:45:00		12:45:00
13:00:00		13:00:00	13.00 - 14.00 Freizeit / Erholung	13:00:00		13:00:00
13:15:00		13:15:00		13:15:00	13.15 - 13.45 Ruhephase auf den Zimmern	13:15:00
13:30:00		13:30:00		13:30:00		13:30:00
13:45:00		13:45:00		13:45:00	13.45 Transfer DLZ	13:45:00
14:00:00		14:00:00		14:00:00	14.00 Warm Up (Nicole)	14:00:00
14:15:00		14:15:00		14:15:00		14:15:00
14:30:00		14:30:00		14:30:00	14.15 - 15.30	14:30:00
14:45:00		14:45:00		14:45:00	4 Teams	14:45:00
15:00:00		15:00:00		15:00:00	2 x Unihockey / 2 x Lacrosse	15:00:00
15:15:00		15:15:00		15:15:00		15:15:00
15:30:00		15:30:00		15:30:00	Cool Down / Duschen	15:30:00
15:45:00		15:45:00		15:45:00		15:45:00
16:00:00		16:00:00		16:00:00	Ca. 16.00 Entlassung ab Turnhalle Dorf	16:00:00
16:15:00		16:15:00		16:15:00		16:15:00
16:30:00		16:30:00		16:30:00	16.30 Staff Sitzung mit U14 Staff	16:30:00
16:45:00		16:45:00		16:45:00		16:45:00
17:00:00		17:00:00		17:00:00		17:00:00
17:15:00		17:15:00		17:15:00		17:15:00
17:30:00		17:30:00		17:30:00		17:30:00
17:45:00		17:45:00		17:45:00		17:45:00
18:00:00		18:00:00		18:00:00		18:00:00
18:15:00		18:15:00		18:15:00		18:15:00
18:30:00		18:30:00		18:30:00		18:30:00
18:45:00		18:45:00		18:45:00		18:45:00
19:00:00	19.00 Besamlung Staff	19:00:00	19.00 - 20.00 Freizeit / Erholung	19:00:00		19:00:00
19:15:00		19:15:00		19:15:00		19:15:00
19:30:00		19:30:00		19:30:00		19:30:00
19:45:00		19:45:00		19:45:00		19:45:00
20:00:00	20.00 - 20.30 Besamlung Sommerkader	20:00:00	20.00- 21.30 Postenlauf	20:00:00		20:00:00
20:15:00	Zimmerbezug	20:15:00	U14/U16 gemeinsam	20:15:00		20:15:00
20:30:00	20.30 - 22.00	20:30:00		20:30:00		20:30:00
20:45:00	Übungen Sommerferien U16	20:45:00	10 Posten Sumiswald u. Umgebung	20:45:00		20:45:00
21:00:00		21:00:00		21:00:00		21:00:00
21:15:00		21:15:00		21:15:00		21:15:00
21:30:00		21:30:00		21:30:00		21:30:00
21:45:00		21:45:00		21:45:00		21:45:00
22:00:00		22:00:00	22.00 Nachtruhe	22:00:00		22:00:00
22:15:00	22.15 Nachtruhe	22:15:00	22.15 Staff Sitzung mit U14 Staff	22:15:00		22:15:00
22:30:00	22.30 Staff Sitzung mit U14 Staff	22:30:00		22:30:00		22:30:00
22:45:00	Briefing für SA/SO	22:45:00		22:45:00		22:45:00
23:00:00		23:00:00		23:00:00		23:00:00
23:15:00		23:15:00		23:15:00		23:15:00
23:30:00		23:30:00		23:30:00		23:30:00