

Trainingzeiten Saison 2022-2023 - Stand: 12.10.2022

| Montag            |           | Dienstag              |                        | Mittwoch          |           | Donnerstag        |                   | Freitag           |        |                   | Samstag           |                   |     |
|-------------------|-----------|-----------------------|------------------------|-------------------|-----------|-------------------|-------------------|-------------------|--------|-------------------|-------------------|-------------------|-----|
| 16:00 - 17:15 Uhr |           | 16:00 - 17:30 Uhr     |                        | 16:15 - 18:00 Uhr |           | 16:00 - 17:20 Uhr |                   | 16:00 - 17:30 Uhr |        |                   | 10:00 - 11:30 Uhr |                   |     |
| u14.1             | THQ       | Individual            | THQ                    | u10.1             | RSH       | H1-Shooting       | THQ               | Individual        | THH    |                   | Individual        | THQ               |     |
| Coach             | Sophia    | Coach                 |                        | Coach             | Martin M. | Coach             | Michael           | Coach             |        |                   | Coach             |                   |     |
| 16:15 - 17:30 Uhr |           | 16:15 - 17:30 Uhr     |                        | 16:30 - 18:00 Uhr |           | 16:00 - 17:20 Uhr |                   | 16:00 - 17:30 Uhr |        | 16:15 - 17:30 Uhr |                   | 11:30 - 13:00 Uhr |     |
| u10.1             | RSH       | u8                    | RSH                    |                   | THH       | u10.1             | THH               | u14.2             | THQ    | Individual        | 1/3 RSH           | Individual        | THQ |
| Coach             | Martin M. | Coach                 | Martin M.<br>Lili      | Coach             |           | Coach             | Martin M.         | Coach             |        | Coach             |                   | Coach             |     |
| 17:30 - 18:45 Uhr |           | 16:15 - 17:30 Uhr     |                        | 16:30 - 18:00 Uhr |           | 16:15 - 17:30 Uhr |                   | 16:15 - 17:30 Uhr |        | 17:30 - 19:00 Uhr |                   |                   |     |
| Individual        | RSH       | u10.1+u10.2           | RSH                    | u14.2             | THG       | u10.1/u10.2       | RSH               | u14.1             | THG    | u16.1             | THG               |                   |     |
| Coach             |           | Coach                 | Martin M.<br>Lukas/Jan | Coach             |           | Coach             | Martin M.         | Coach             | Phil   | Coach             | Nedim             |                   |     |
| 17:30 - 18:45 Uhr |           | 17:30 - 18:45 Uhr     |                        | 18:30 - 20:00 Uhr |           | 16:15 - 17:30 Uhr |                   | 17:30 - 19:00 Uhr |        |                   |                   |                   |     |
| u12.1             | RSH       | u12.1                 | RSH                    | u14.1             | THQ       | u8/u10.3          | RSH               | u18               | THQ    |                   |                   |                   |     |
| Coach             | Elmar/Zoe | Coach                 | Elmar/Zoe              | Coach             | Phil      | Coach             | Martin M.<br>Lili | Coach             | Marvin |                   |                   |                   |     |
| 18:45 - 20:15 Uhr |           | 17:30 - 18:45 Uhr     |                        | 18:45 - 20:15 Uhr |           | 17:20 - 18:30 Uhr |                   | 19:00 - 20:30 Uhr |        | 19:00 - 20:30 Uhr |                   |                   |     |
| H4                | RSH       | u12.2+u12.3           | RSH                    | u16               | RSH       | Individual        | THQ               | H2                | THQ    | H1                | RSH               |                   |     |
| Coach             | Ingo      | Coach                 | J&J                    | Coach             | Nedim     | Coach             |                   | Coach             | Nedim  | Coach             | Michael           |                   |     |
| 18:45 - 20:15 Uhr |           | 17:30 - 19:00 Uhr     |                        | 20:00 - 21:30 Uhr |           | 17:30 - 18:45 Uhr |                   | 19:00 - 20:30 Uhr |        | 20:30 - 22:00 Uhr |                   |                   |     |
| Damen             | RSH       | u18 w                 | THQ                    | H3                | THQ       | u12.1             | RSH               | H4                | THG    | Individual        | RSH               |                   |     |
| Coach             | Martin    | Coach                 | Sophia                 | Coach             | Martin    | Coach             | Elmar/Zoe         | Coach             | Ingo   | Coach             |                   |                   |     |
| 20:15-22.00 Uhr   |           | 19:00 Uhr - 20:30 Uhr |                        | 20:15 - 22:00 Uhr |           | 17:30 - 18:45 Uhr |                   | 20:30 - 22:00 Uhr |        | 20:30 - 22:00 Uhr |                   |                   |     |
| H1                | RSH       | u18                   | THQ                    | H1                | RSH       | u12.2+u12.3       | RSH               | ü35/ü40/H4        | THQ    | Individual        | THG               |                   |     |
| Coach             | Michael   | Coach                 | Marvin                 | Coach             | Michael   | Coach             | J&J               | Coach             |        | Coach             |                   |                   |     |
|                   |           | 20:30 - 22:00 Uhr     |                        |                   |           | 18:30 - 20:00 Uhr |                   |                   |        |                   |                   |                   |     |
|                   |           | H2                    |                        |                   |           | H5                |                   |                   |        |                   |                   |                   |     |
|                   |           | Coach                 |                        |                   |           | Coach             |                   |                   |        |                   |                   |                   |     |
|                   |           | Nedim                 |                        |                   |           | Rolf              |                   |                   |        |                   |                   |                   |     |
|                   |           |                       |                        |                   |           | 20:00 - 21:30 Uhr |                   |                   |        |                   |                   |                   |     |
|                   |           |                       |                        |                   |           | Damen             |                   |                   |        |                   |                   |                   |     |
|                   |           |                       |                        |                   |           | THQ               |                   |                   |        |                   |                   |                   |     |
|                   |           |                       |                        |                   |           | Coach             |                   | Martin W.         |        |                   |                   |                   |     |

RSH: Rundsporthalle Haspe - Kölner Straße 50, 58135 Hagen

THQ: TH Quambusch ; TH der Friedrich-Harkort-Schule - Twittingstr. 23a-b, 58135 Hagen

THG: TH Geweke - Ennepeufer 5, 58135 Hagen

THH: TH Hestert - Schlesierstraße 36, 58135 Hagen

THS: TH Spielbrink - Büddingstraße 49. 58135 Hagen