



**Rheydter Spielverein**  
Hockey + Tennis e.V.  
**Trainingsplan Halle 2008/2009**

| Mannschaft                | Jahrgang      | Trainingstage                                          | Zeit          | Ort              | Trainer                              |
|---------------------------|---------------|--------------------------------------------------------|---------------|------------------|--------------------------------------|
| <b>Supermini</b>          | 2002 & jünger | Dienstag                                               | 16:00 – 17:15 | Backeshof        | N. Zimmermanns/N. Tewordt            |
| <b>Mädchen D</b>          | 2000/01       | Dienstag                                               | 17:15 – 18:45 | Backeshof        | M. Effern/F. Woythe                  |
|                           |               | Freitag                                                | 15:30 – 17:00 | Mülfort          | M. Effern/F. Woythe                  |
| <b>Knaben D</b>           | 2000/01       | Montag                                                 | 16:00 – 17:30 | Wickrath         | N. Zimmermanns/N. Tewordt/T. Quednau |
|                           |               | Samstag                                                | 11:00 – 12:30 | Backeshof        | N. Zimmermanns/N. Tewordt/T. Quednau |
| <b>Mädchen C</b>          | 1998/1999     | Dienstag                                               | 16:00 – 17:15 | Wickrath         | U. v.d.Forst/S. Röhrs                |
|                           |               | Mittwoch                                               | 16:30 – 17:30 | Grenzlandstadion | N. Zimmermanns/N. Tewordt            |
|                           |               | Samstag                                                | 10:00 – 11:30 | Espenstr.        | U. v.d.Forst/S. Röhrs/N. Zimmermanns |
| <b>Knaben C</b>           | 1998/1999     | Montag                                                 | 17:30 – 19:00 | Wickrath         | N. Zimmermanns/N. Tewordt/T. Quednau |
|                           |               | Mittwoch                                               | 17:30 – 18:30 | Grenzlandstadion | N. Zimmermanns/N. Tewordt            |
|                           |               | Donnerstag                                             | 17:00 – 18:30 | Mülfort          | N. Zimmermanns/N. Tewordt            |
| <b>Mädchen B</b>          | 1996/97       | Dienstag                                               | 17:15 – 18:30 | Wickrath         | U. v.d.Forst/S. Röhrs/N. Zimmermanns |
|                           |               | Mittwoch                                               | 16:30 – 17:30 | Grenzlandstadion | N. Zimmermanns/N. Tewordt            |
|                           |               | Samstag                                                | 11:30 – 13:00 | Espenstr.        | U. v.d.Forst/S. Röhrs                |
| <b>Knaben B 1</b>         | 1996/97       | Montag                                                 | 19:15 – 20:45 | Backeshof        | N. Zimmermanns/N. Tewordt            |
|                           |               | Mittwoch                                               | 17:30 – 18:30 | Grenzlandstadion | N. Zimmermanns/N. Tewordt            |
|                           |               | Freitag                                                | 17:30 – 19:00 | Backeshof        | M. Eicker/N. Tewordt                 |
| <b>Knaben B 2</b>         | 1996/97       | Montag                                                 | 17:30 – 19:00 | Wickrath         | N. Zimmermanns/N. Tewordt/T. Quednau |
|                           |               | Mittwoch                                               | 17:30 – 18:30 | Grenzlandstadion | N. Zimmermanns/N. Tewordt            |
|                           |               | Freitag                                                | 16:00 – 17:30 | Backeshof        | M. Eicker/N. Tewordt                 |
| <b>Mädchen A</b>          | 1994/95       | Dienstag                                               | 18:30 – 20:00 | Wickrath         | U. v.d.Forst/N. Zimmermanns          |
|                           |               | Mittwoch                                               | 16:30 – 17:30 | Grenzlandstadion | N. Zimmermanns/N. Tewordt            |
|                           |               | Donnerstag                                             | 17:00 – 18:30 | Backeshof        | U. v.d.Forst                         |
| <b>Knaben A</b>           | 1994/95       | Montag                                                 | 19:15 – 20:45 | Backeshof        | N. Zimmermanns/N. Tewordt            |
|                           |               | Mittwoch                                               | 17:30 – 18:30 | Grenzlandstadion | N. Zimmermanns/N. Tewordt            |
|                           |               | Freitag                                                | 17:30 – 19:00 | Backeshof        | M. Eicker/N. Tewordt                 |
| <b>Weibl. Jugend B</b>    | 1992/93       | Dienstag                                               | 18:30 – 20:00 | Wickrath         | U. v.d.Forst/N. Zimmermanns          |
|                           |               | Donnerstag                                             | 17:00 – 18:30 | Backeshof        | U. v.d.Forst                         |
| <b>Männl. Jugend B</b>    | 1992/93       | Dienstag                                               | 18:45 – 20:30 | Backeshof        | D. Hahn                              |
|                           |               | Donnerstag                                             | 18:30 – 20:00 | Mülfort          | D. Hahn/N. Zimmermanns               |
| <b>Männl. Jugend A</b>    | 1990/91       | Dienstag                                               | 18:45 – 20:30 | Backeshof        | D. Hahn                              |
|                           |               | Donnerstag                                             | 18:30 – 20:00 | Mülfort          | D. Hahn/N. Zimmermanns               |
| <b>Torwarttraining</b>    |               | <i>Samstag, unregelmäßige Termine nach Bekanntgabe</i> | 10:00 – 11:00 | Backeshof        | M. Pobuta/ T. Spalek                 |
| <b>1. Damen</b>           |               | Montag                                                 | 20:00 – 22:00 | Mülfort          | M. Korres                            |
|                           |               | Donnerstag                                             | 18:30 – 20:00 | Backeshof        | M. Korres                            |
| <b>2. &amp; 3. Herren</b> |               | Montag                                                 | 20:45 – 22:30 | Backeshof        | Ch. Schoenen                         |
| <b>1. Herren</b>          |               | Dienstag                                               | 20:30 – 22:30 | Backeshof        | A. Schiefer/J. Radermacher           |
|                           |               | Donnerstag                                             | 20:00 – 22:30 | Backeshof        | A. Schiefer/J. Radermacher           |



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|       | Montag       |          |           | Dienstag   |           | Mittwoch         | Donnerstag   |           | Freitag   |          | Samstag   |             |                                          |           |
|-------|--------------|----------|-----------|------------|-----------|------------------|--------------|-----------|-----------|----------|-----------|-------------|------------------------------------------|-----------|
|       | Backeshof    | Mülfort  | Wickrath  | Backeshof  | Wickrath  | Grenzlandstadion | Backeshof    | Mülfort   | Backeshof | Mülfort  |           | Backeshof   | Rheindahlen                              | Espenstr. |
| 15:30 |              |          |           |            |           |                  |              |           |           |          | 09:00     |             | 09:00:00                                 |           |
| 15:45 |              |          |           |            |           |                  |              |           |           | 15:30    | 09:30     |             | frei für<br>Turniere &<br>Sondertraining |           |
| 16:00 |              |          | 16:00     | 16:00      | 16:00     |                  |              |           |           | MD       | 10:00     | 10:00       |                                          | 10:00     |
| 16:15 |              |          | KD        | Superminis | MC        |                  |              |           | KB 2      |          | 10:30     | TW-Training |                                          |           |
| 16:30 |              |          |           |            |           |                  |              | 16:30     |           | Athletik |           |             |                                          |           |
| 16:45 |              |          |           |            |           | MC / MB / MA     |              |           |           | 17:00    | 11:30     | KD          |                                          |           |
| 17:00 |              |          |           |            |           |                  | 17:00        | 17:00     |           |          | 12:00     | 12:30       |                                          |           |
| 17:15 |              |          |           | 17:15      | 17:15     |                  | MA / WJB     | KC        |           |          | 12:30     |             |                                          | 13:00     |
| 17:30 |              |          | 17:30     |            |           | 17:30            |              |           |           |          | 13:00     |             |                                          | 13:00     |
| 17:45 |              |          | KC / KB 2 | MD         | MB        | Athletik         |              |           |           | 17:30    |           |             |                                          |           |
| 18:00 |              |          |           |            |           |                  | KC / KB / KA |           |           |          | KB 1 / KA |             |                                          |           |
| 18:15 |              |          |           |            |           |                  |              |           |           |          |           |             |                                          |           |
| 18:30 |              |          |           |            | 18:30     |                  | 18:30        | 18:30     |           |          |           |             |                                          |           |
| 18:45 |              |          |           | 18:45      |           | 18:00            | 1. Damen     | MJB/MJA   |           | 19:00    |           |             |                                          |           |
| 19:00 | 19:15        |          |           |            | MA / WJB  | WHV-U14          |              |           |           |          |           |             |                                          |           |
| 19:15 | KB 1 / KA    |          |           | MJB/MJA    |           | Förderzentrum    |              | 20:00     |           |          |           |             |                                          |           |
| 19:30 |              |          |           |            |           | Rhein-Wupper     |              |           |           |          |           |             |                                          |           |
| 19:45 |              |          |           |            |           |                  | männlich     |           |           |          |           |             |                                          |           |
| 20:00 |              | 20:00    |           |            | 20:00     | 20:00            |              |           |           |          |           |             |                                          |           |
| 20:15 |              | 1. Damen |           |            |           |                  | 20:00        |           |           |          |           |             |                                          |           |
| 20:30 |              |          |           |            | 20:30     |                  |              | 1. Herren |           |          |           |             |                                          |           |
| 20:45 | 20:45        |          |           |            |           |                  |              |           |           |          |           |             |                                          |           |
| 21:00 | 2.+3. Herren |          |           |            |           |                  |              |           |           |          |           |             |                                          |           |
| 21:15 |              |          |           |            | 1. Herren |                  |              |           |           |          |           |             |                                          |           |
| 21:30 |              |          |           |            |           |                  |              |           |           |          |           |             |                                          |           |
| 21:45 |              | 22:00    |           |            |           |                  |              |           |           |          |           |             |                                          |           |
| 22:00 |              |          |           |            |           |                  |              |           |           |          |           |             |                                          |           |
| 22:15 |              |          |           |            |           |                  |              |           |           |          |           |             |                                          |           |
| 22:30 | 22:30        |          |           |            |           |                  |              |           |           |          |           |             |                                          |           |
|       |              |          |           |            |           |                  |              |           |           |          |           |             |                                          |           |

Halle Backeshof: Backeshofstr.  
Halle Mülfort: Mehrzweckhalle Realschulstr.  
Halle Wickrath: Voigtshoferallee  
Halle Rheindahlen: Geusenstr.  
Halle Espenstr.: Gesamtschule Espenstr.