



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

| Mannschaft | Jahrgang | Trainingstage | Zeit | Ort | Trainer |
|---------------------------|---------------|--|---------------|------------------|--------------------------------------|
| Supermini | 2002 & jünger | Dienstag | 16:00 – 17:15 | Backeshof | N. Zimmermanns/N. Tewordt |
| Mädchen D | 2000/01 | Dienstag | 17:15 – 18:45 | Backeshof | M. Effern/F. Woythe |
| | | Freitag | 15:30 – 17:00 | Mülfort | M. Effern/F. Woythe |
| Knaben D | 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 |
| Mädchen C | 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 |
| Knaben C | 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 |
| Mädchen 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 |
| Knaben B 1 | 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 |
| Knaben B 2 | 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 |
| Mädchen A | 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 |
| Knaben A | 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 |
| Weibl. Jugend 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 |
| Männl. Jugend B | 1992/93 | Dienstag | 18:45 – 20:30 | Backeshof | D. Hahn |
| | | Donnerstag | 18:30 – 20:00 | Mülfort | D. Hahn/N. Zimmermanns |
| Männl. Jugend A | 1990/91 | Dienstag | 18:45 – 20:30 | Backeshof | D. Hahn |
| | | Donnerstag | 18:30 – 20:00 | Mülfort | D. Hahn/N. Zimmermanns |
| Torwarttraining | | <i>Samstag, unregelmäßige Termine nach Bekanntgabe</i> | 10:00 – 11:00 | Backeshof | M. Pobuta/ T. Spalek |
| 1. Damen | | Montag | 20:00 – 22:00 | Mülfort | M. Korres |
| | | Donnerstag | 18:30 – 20:00 | Backeshof | M. Korres |
| 2. & 3. Herren | | Montag | 20:45 – 22:30 | Backeshof | Ch. Schoenen |
| 1. Herren | | 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 Turniere & 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 | | 12:00 |
| 17:15 | | | | 17:15 | 17:15 | | MA / WJB | KC | | | 12:30 | | 13:00 | 13:00 |
| 17:30 | | | 17:30 | | | 17:30 | | | | | 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 | | | MJB/MJA | MA / WJB | WHV-U14 | | | | | | | | |
| 19:15 | KB 1 / KA | | | | | Förderzentrum | | | | | | | | |
| 19:30 | | | | | | Rhein-Wupper | | | | | | | | |
| 19:45 | | | | | | männlich | | | | | | | | |
| 20:00 | | 20:00 | | | | 20:00 | | | | | | | | |
| 20:15 | | 1. Damen | | | | | 20:00 | | | | | | | |
| 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.