

FC Trofaiach Trainingsplan Herbst 2009

Stand: 3.9.2009

|                                | Kabine   | Montag                  | Dienstag                                 | Mittwoch                   | Donnerstag  | Freitag     | Trainer  |  |
|--------------------------------|----------|-------------------------|--|----------------------------|-------------|-------------|--|--|
| <b>KG / U7</b><br>ab Jg. 05    | <b>2</b> |                         |  | 17:00-18:30<br>(ab 2.Sep.) |             | 15:30-17:00 | Götzinger Bernhard<br>0676/5264611   |  |
| <b>U8</b><br>Jg. 02+03         | <b>2</b> |                         | 15:30-17:00                              |                            | 15:30-17:00 |             | Wabnegger Engelbert<br>0676/5014683<br>Aichmaier Kurt<br>0664/5085432                              |  |
| <b>U9</b><br>Jg. 01+02         | <b>2</b> |                         | 15:30-17:00                              |                            | 15:30-17:00 |             | Aichmaier Kurt<br>0664/5085432<br>Wabnegger Engelbert<br>0676/5014683                              |  |
| <b>U10B</b><br>Jg. 00+01       | <b>1</b> |                         | 17:30-19:00                              |                            |             | 17:00-18:30 | Steiner Martin<br>0664/6156445<br>Schweighart Uwe<br>0664/8163419                                  |  |
| <b>U10A</b><br>Jg. 00+01       | <b>1</b> |                         | 17:30-19:00                              |                            |             | 17:00-18:30 | Gruber Christian<br>0664/73634588<br>Klößkl Helmuth<br>0676/4248760                                |  |
| <b>U12</b><br>Jg. 98+99        | <b>4</b> | 17:00-18:30             | 17:00-18:30                              |                            | 16:00-17:30 |             | Stegmüller Thomas<br>0676/4878477<br>Hofer Stefan<br>0664/49142591<br>Lieber Josef<br>0664/4918258 |  |
| <b>U13</b><br>Jg. 97+98        | <b>2</b> | 16:00-17:30             |  | 16:00-17:30                |             | 16:00-17:30 | Lang Reinhard<br>0650/9141053<br>Fresner Wolfgang<br>0699/17001719                                 |  |
| <b>U13LZ</b><br>Jg. 97+98      | <b>4</b> | 18:00-19:30             | SL: 12:30-14:00                          | 18:00-19:30                |             | 14:30-16:00 | Grasser Alex<br>0664/1856631<br>Janjanin Zeljko<br>0650/6186855                                    |  |
| <b>U15</b><br>Jg 95+96         | <b>1</b> | 17:30-19:00             |  | 17:30-19:00                | 17:30-19:00 |             | Schmiedpeter Rudolf<br>0676/3903528<br>Zötsch Christa<br>0664/9425699                              |  |
| <b>U15LZ</b><br>Jg. 95+96      | <b>3</b> | 16:30-18:00             |  | 16:30-18:00                |             | 16:30-18:00 | Fratzl Horst<br>0664/1355541<br>Janjanin Zjelko<br>0650/6186855                                    |  |
| <b>U17</b><br>Jg. 93+94        |          | Training in Vordernberg |  |                            |             |             | Dunkl Geri<br>0664/2433274   |  |
| Jugend-<br>Tormann<br>Training |          |                         | 16:30-17:30: U12/U13<br>17:30-18:30: U15 |                            |             |             | Holzer Jürgen<br>0664/5402784  |  |
| <b>KM</b>                      | <b>6</b> | 18:30-20:00             | 18:30-20:00                              |                            | 18:30-20:00 | 18:30-20:00 | Juritsch Herbert<br>0664/8167410<br>Rupp Thomas (0664/3993475)<br>TT: Holzer Jürgen                |  |
| <b>GinAH</b>                   | <b>2</b> |                         |  |                            |             | 18:30-20:00 | Gina Schmid<br>0676/3008082  |  |

|  |                  |
|--|------------------|
|  | Stadion          |
|  | FC - alter Platz |
|  | FC - Halbmond    |
|  | St. Peter/Frst.  |