

Trainingsplan Sommer 2017



	Herren 1	Herren 2	Herren 3	Junioren (U18)	Jugend (U15)	Schüler (U12)	T-Ball (U8)	Hobby Softball
Montag								18:00 - 21:00 Menzelfield
Dienstag	18:15 - 20:30 Ballpark				16:15 - 18:15 Ballpark	16:30 - 18:00 Menzelfield		
Mittwoch	17:00 - 18:30 Ballpark	18:30 - 20:30 Ballpark		18:30 - 20:30 Ballpark				
	Pitching Practice: nach Einladung Ballpark							
Donnerstag	18:15 - 20:30 Ballpark				16:15 - 18:15 Ballpark			
Freitag	18:15 - 20:30 Ballpark	18:15 - 20:30 Ballpark	18:15 - 20:30 Menzelfield	16:15 - 18:15 Ballpark	auf Einladung 16:15 - 18:15	16:30 - 18:00 Menzelfield	16:30 - 18:00 Menzelfield	

Coaches	Eckle, Klaus	Nilson, Mitch	Thoröe, Lars	Weber, Johannes	Spann, Julius	Gühring, Simon	Hirschberger, Hannes	Antoniuk, Andreas
	Pecci, Jay	Holl, Kornelius		Freimuth, Clayton	Owens, Gary	Karpf, Stefan	Antoniuk, Andreas	Sitek, Bernhard

Hitting-Coach	Mitch Nilsson/ Gary Owens
Pitching-Coach	Justin Erasmus
Pitching-Coach LHP	Clayton Freimuth