

# Trainingsplan Sommer 2021

Stand: 08.03.2021



	Herren 1	Herren 2	Herren 3	Junioren (U18)	Jugend (U15)	Schüler (U12)	T-Ball (U8)	Hobby Softball
<b>Montag</b>								18:00 - 21:00 Menzelfield
<b>Dienstag</b>	18:00 - 20:30 Ballpark		18:30 - 20:30 Menzelfield		16:00 - 18:00 Ballpark			
<b>Mittwoch</b>	17:00 - 18:30 Ballpark	18:30 - 21:00 Ballpark		18:30 - 21:00 Ballpark		16:00 - 18:00 Menzelfield		
	Pitching Practice: nach Einladung Ballpark							
<b>Donnerstag</b>	18:00- 20:30 Ballpark				16:00 - 18:00 Ballpark			
<b>Freitag</b>	18:00 - 19:30 Ballpark	19:00 - 21:00 Ballpark	18:30 - 20:30 Menzelfield	16:00 - 18:00 Ballpark	auf Einladung 16:00 - 18:00	16:00 - 18:00 Menzelfield	16:30 - 18:00 Menzelfield	

<b>Coaches</b>	Eckle, Klaus	Owens, Gary	Luccarda, Max	Weber, Johannes	Schulz, Philip	Gühring, Simon	Hirschberger, Hannes	Antoniuk, Andreas
	Winkler, Markus	Holl, Kornelius		Valentin, Christoph	Grigsby, Logan	Holl, Konstantin		

<b>Hitting-Coach</b>	Dunsmore, Aaron
<b>Pitching-Coach</b>	Vance, Ross