

# Trainingsplan Sommer 2024



Stand: 07.03.2024

gültig: ab April 2024

	Herren 1	Herren 2	Junioren (U18)	Jugend (U15) VL + LL	Schüler (U12)	T-Ball (U8)	Hobby Softball
<b>Montag</b>							18:00 - 21:00 Menzelfield
<b>Dienstag</b>	18:00 - 21:00 Ballpark			16:00 - 18:00 Ballpark			
<b>Mittwoch</b>	17:00 - 18:30 Ballpark (Pitching)	18:30 - 21:00 Ballpark	18:30 - 21:00 Ballpark		16:00 - 18:00 Menzelfield		
	<i>Pitching Practice: nach Einladung Ballpark</i>						
<b>Donnerstag</b>	18:00- 21:00 Ballpark			16:00 - 18:00 Ballpark			
<b>Freitag</b>	17:30 - 19:00 Ballpark (Hitting)	19:00 - 21:30 Ballpark	19:00 - 21:30 Ballpark		16:00 - 18:00 Menzelfield	15:00 - 16:30 Menzelfield	

<b>Coaches</b>	Eckle, Klaus	Owens, Gary	Weber, Johannes	Gühring, Simon	Holl, Konstantin	Hirschberger, Hannes	Sitek, Bernhard
	Hirschberger, Hannes	Johannes Weber	Owens, Gary	Ziegler, Ruth	Smejkal, Christian	Smejkal, Christian	N.N.
	Winkler, Markus			Liedtke, Simon	N.N.	Pregel, Simon	
				Germaine, Billy			

<b>Hitting-Coaches</b>	Gühring, Simon / Germaine, William
<b>Pitching-Coach</b>	Mortensen, Jared / Bolsenbroek, Mike