

spusu Vienna Capitals U15 Trainingcamp

8.8-12.8.22

Steffl Arena, Kabine 3



Gruppe Gelb

Montag, 8.8.22	Dienstag, 9.8.22	Mittwoch, 10.8.22	Donnerstag, 11.8.22	Freitag, 12.8.22
07:30 Treffpunkt	08:00 Treffpunkt	08:00 Treffpunkt	07:15 Treffpunkt	08:00 Treffpunkt
07:45-09:00 Leistungstests	08:15-09:00 Athletik	08:15-09:00 Athletik	07:30-08:15 Athletik	08:15-09:00 Athletik
09:15-10:00 Athletik	09:00-09:50 Stickhandling	09:00-09:50 Stickhandling	08:15-09:00 Stickhandling	09:00 Snack
10:00 Snack	10:00 Snack	10:00 Snack	09:00 Snack	09:40-10:30 Eistraining Halle 2
10:50-12:00 Eistraining Halle 2	10:50-12:00 Eistraining Halle 2	10:50-12:00 Eistraining Halle 2	09:40-11:00 Eistraining Halle 2	10:40-11:30 Eistraining Halle 2
12:35 Abgang Saloon	12:35 Abgang Saloon	12:35 Abgang Saloon	11:35-11:50 Meeting Videoroom	11:55-12:10 Meeting Videoroom
12:45 Mittagessen Saloon	12:45 Mittagessen Saloon	12:45 Mittagessen Saloon	11:50 Abgang Saloon	12:10 Abgang Saloon
13:15 Abgang Eishalle	13:15 Abgang Eishalle	13:15 Abgang Eishalle	12:00 Mittagessen Saloon	12:20 Mittagessen Saloon
13:25-14:00 Pause	13:25-14:00 Pause	13:25-14:00 Pause	12:30 Abgang Eishalle	12:50 Abgang Eishalle
14:15-15:00 Athletik	14:15-15:00 Athletik	14:15-15:00 Athletik	12:40-13:10 Pause	13:00 Ende
15:40-16:50 Eistraining Halle 2	15:40-16:50 Eistraining Halle 2	15:40-16:50 Eistraining Halle 2	13:10-13:40 Warmup	
17:15 Ende	17:15 Ende	17:15 Ende	14:15-15:30 Eistraining Halle 2	
			16:00 Ende	

Coaches&Staff

Scholz Fabian	Head Coach
Rataj Igor	Assis. Coach
Dilsky Tobias	Assis. Coach
Kurochkin Kirill	Assis. Coach
Krupica Viktor	Ath. Coach
Lilge Richard	Support

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