

Trainingsplan Wettkampfsaison 2023

Aktive TVW

| | | Start FR Training | | | | | | | | RMV Oberbuchsitzen | | Start Mi/FR Training | | Fr nach Auffahrt | | Turnibutz Cup Vorderwald | | Fr nach Fronleich | | | | | Turnfest Zuzwil | | | | KMV Balsthal | |
|--|------------------------------------|-------------------|--------|--------|--------|--------|--------|--------|--------|--------------------|--------|----------------------|--------|------------------|--------|--------------------------|--------|-------------------|--------|--------|--------|--------|-----------------|--------|--------|--------|--------------|--------|
| | | MI | FR | SO | MI | FR | MI | FR | MI | FR | MI | FR | MI | FR | MI | FR | MI | FR | MI | FR | MI | FR | SA | SO | MI | FR | SA | |
| | | 14.04. | 19.04. | 21.04. | 23.04. | 26.04. | 28.04. | 03.05. | 05.05. | 10.05. | 12.05. | 17.05. | 19.05. | 24.05. | 26.05. | 31.05. | 02.06. | 07.06. | 09.06. | 14.06. | 16.06. | 21.06. | 23.06. | 24.06. | 25.06. | 28.06. | 30.06. | 01.07. |
| Einlaufen/Info's 20:00 - 20:15h | | tb | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PS 80 | 20:15 - 21:00 Uhr Laubahn/Rasen | jb | | jb | | | | | | | | jb | jb | jb | jb | jb | jb | jb | jb | jb | jb | jb | jb | jb | jb | jb | jb | jb |
| WE | | jb | | jb | | | | | | | | jb | jb | jb | jb | jb | jb | jb | jb | jb | jb | jb | jb | jb | jb | jb | jb | jb |
| FTA | 20:15 - 21:30 Uhr Rasen | sk, aj | | sk, aj | | | | sk, aj | | sk, aj | | sk, aj | sk, aj | sk, aj | sk, aj | sk, aj | sk, aj | sk, aj | sk, aj | sk, aj | sk, aj | sk, aj | sk, aj | sk, aj | sk, aj | sk, aj | sk, aj | sk, aj |
| GYK | | | tb | | | | | tb | | tb | | tb | tb | tb | tb | tb | tb | tb | tb | tb | tb | tb | tb | tb | tb | tb | tb | tb |
| SP | 20:15 - 21:15 Uhr Halle | ml | | ml | | | | ml | | ml | | | ml | | | ml | | ml | | ml | | ml | | ml | | ml | | ml |
| BA | 21:00 - 22:00 Uhr Halle | kk, bv | | kk, bv | | | | kk, bv | | kk, bv | | kk, bv | | kk, bv | | kk, bv | | kk, bv | | kk, bv | | kk, bv | | kk, bv | | kk, bv | | kk, bv |
| SSB | | rb, sb | | rb, sb | | | | rb, sb | | rb, sb | | rb, sb | | rb, sb | | rb, sb | | rb, sb | | rb, sb | | rb, sb | | rb, sb | | rb, sb | | rb, sb |
| Auslaufen/Spiel ab 21:30h | | tb | | | | | | | | | | | | | | | | | | | | | | | | | | |

GYK / SP / BA / SSB

- Leiterteams
- PS80 Jörg Barrer (jb), Guozhong Tang (gt)
 - WE Jörg Barrer (jb), Brigitte Barrer (bb)
 - FTA Sandro Kunz (sk), Andy Jäggi (aj)
 - GYK Tanisha Barrer (tb)
 - SP Marco Luder (ld)
 - BA Kilian Kölliker (kk), Benet Vrapca (bv)
 - SSB Rahel Bürgi (rb), Sina Bürgi (sb)