

Trainingsplan SC Lyss

Saison 2010/2011

Version: Trainingsplan2010\_11\_version090810

	Aktiv 1.Liga	Aktiv 3.Liga	Senioren	Jun Elite B	Novizen A	Mini A	Moskito A	Bambini	Piccolo	Diverse
23. Aug 10 Mon 34										
24. Aug 10 Die	Training 19.00-20.15  Lyss									
25. Aug 10 Mit					Training 17.45-18.45 provisorisch  Lyss			Training 14.00-15.00 mit Bykow provisorisch Lyss	Training 14.00-15.00 mit Bykow provisorisch Lyss	Industriecup 19.45-21.45 Biel-Banska Byst.  Lyss
26. Aug 10 Don							Training 17.45-18.45 provisorisch  Lyss			Industriecup 19.45-21.45 Davos-Salaw.Ufa  Lyss
27. Aug 10 Fre						Training 17.45-18.45 provisorisch  Lyss				Industriecup 19.45-21.45 Biel-SCL Tigers  Lyss
28. Aug 10 Sam	Training 17.30-19.30  Lyss			Training 09.30-11.00 provisorisch  Lyss						Industriecup 13.00-15.00 SCL Tigers-Ufa
29. Aug 10 Son				Freundschaft 17.00-19.00 Lyss-Winterthur  Lyss	Training 15.00-16.15 Kickoffday  Lyss	Training 13.30-14.45 Kickoffday  Lyss	Training 12.00-13.15 Kickoffday  Lyss	Training 10.30-11.45 Kickoffday  Lyss	Training 10.30-11.45 Kickoffday  Lyss	

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30. Aug 10 Tue 35	Training 19.15-20.30  Lyss	Training 20.45-22.00  Lyss			Training 18.00-19.00  Lyss			Training 16.30-17.45  Lyss	Training 16.30-17.45  Lyss	
31. Aug 10 Die				Training 19.15-20.30  Lyss			Training 16.30-17.30  Lyss			
1. Sep 10 Mit	Training 19.30-20.45  Lyss					Training 18.15-19.15  Lyss		Training 16.30-18.00  Lyss	Training 16.30-18.00  Lyss	
2. Sep 10 Don		Sponsorenapéro 21.00-xx Bolero  Lyss		Training 19.15-20.30 Sponsorenapéro 21.00-xx Lyss	Training 18.00-19.00  Lyss		Training 16.30-17.45  Lyss			
3. Sep 10 Fre	FS Cup ??  ??	Training 18.30-19.45  Lyss		Trainingslager spez.Programm  Scuol		Training 17.15-18.15  Lyss				
4. Sep 10 Sam				Trainingslager spez.Programm  Scuol			Turnier 07.00-17.00 spez plan  Lyss			
5. Sep 10 Son				Trainingslager spez.Programm  Scuol	Freundschaft 14.00-16.00 Lyss-Sensee  Lyss	Turnier spez.Programm  Biel				

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6. Sep 10 Wed 36	Training 19.15-20.30  Lyss	Training 20.45-22.00  Lyss			Training 18.00-19.00  Lyss			Training 16.30-17.45  Lyss	Training 16.30-17.45  Lyss	
7. Sep 10 Die				Training 19.15-20.30  Lyss			Training 16.30-17.30  Lyss			
8. Sep 10 Mit	Training 19.30-20.45  Lyss					Training 18.15-19.15  Lyss		Training 16.30-18.00  Lyss	Training 16.30-18.00  Lyss	
9. Sep 10 Don		Training 22.15-23.00  Lyss		Training 19.15-20.30  Lyss	Training 18.00-19.00  Lyss		Training 16.30-17.45  Lyss			
10. Sep 10 Fre	Training 18.30-19.45  Lyss		Training 20.00-21.15  Lyss	Freundschaft 20.15-22.15 Dragon-Lyss  Wichtrach		Training 17.15-18.15  Lyss				
11. Sep 10 Sam						Turnier 07.00-17.00 spez plan  Lyss				
12. Sep 10 Son		Freundschaft 18.15-20.15 Lyss-Heimberg  Lyss			Freundschaft 15.30-17.30 Olten-Lyss  Olten		Freundschaft 11.00-13.00 Lyss-Gegner  Lyss			

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	Aktiv 1.Liga	Aktiv 3.Liga	Senioren	Jun Elite B	Novizen A	Mini A	Moskito A	Bambini	Piccolo	Diverse
13. Sep 10 Thu 37	Training 19.15-20.30  Lyss	Training 20.45-22.00  Lyss			Training 18.00-19.00  Lyss			Training 16.30-17.45  Lyss	Training 16.30-17.45  Lyss	
14. Sep 10 Die				Training 19.15-20.30  Lyss			Training 16.30-17.30  Lyss			
15. Sep 10 Mit	Freundschaft 19.45-21.45 Lyss-Huttwil  Lyss					Training 17.45-18.45  Lyss		Training 16.30-17.45  Lyss	Training 16.30-17.45  Lyss	
16. Sep 10 Don				Training 19.15-20.30  Lyss	Training 18.00-19.00  Lyss		Training 16.30-17.45  Lyss			
17. Sep 10 Fre	Training 18.30-19.45  Lyss		Training 20.00-21.15  Lyss			Training 17.15-18.15  Lyss				
18. Sep 10 Sam					Freundschaft 20.00-22.00 Aarau-Lyss  Aarau	Freundschaft 13.30-15.30 Lyss-Rheinfelden  Lyss				
19. Sep 10 Son		Freundschaft 20.15-22.15 Laufen-Lyss  Laufen		Meisterschaft 20.30-22.30 Lyss-Ajoie  Prontrutt						

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	Aktiv 1.Liga	Aktiv 3.Liga	Senioren	Jun Elite B	Novizen A	Mini A	Moskito A	Bambini	Piccolo	Diverse
20. Sep 10 Fri 38	Training 19.15-20.30  Lyss	Training 20.45-22.00  Lyss			Training 18.00-19.00  Lyss			Training 16.30-17.45  Lyss	Training 16.30-17.45  Lyss	
21. Sep 10 Die				Training 19.15-20.30  Lyss			Training 16.30-17.30  Lyss			
22. Sep 10 Mit	Training 19.30-20.45  Lyss					Training 18.15-19.15  Lyss		Training 16.30-18.00  Lyss	Training 16.30-18.00  Lyss	
23. Sep 10 Don				Training 19.15-20.30  Lyss	Training 18.00-19.00  Lyss		Training 16.30-17.45  Lyss			
24. Sep 10 Fre	Training 18.30-19.45  Lyss			Meisterschaft 20.45-22.45 Lyss-SenSee  Lyss	Trainingslager 12.00-13.30 17.00-18.15  Lyss					
25. Sep 10 Sam	Meisterschaft 17.00-19.00 Lyss-Thun  Lyss	Des Alpes Cup spez. Programm  Kandersteg			Trainingslager 06.45-07.45 12.00-13.00					
26. Sep 10 Son		Des Alpes Cup spez. Programm  Kandersteg		Meisterschaft 17.30-19.30 Lyss-Langenthal  Lyss	Trainingslager 07.45-08.45 13.00-15.00 Lyss-Aarau		Freundschaft 10.30-12.30 Lyss-Gegner  Lyss			

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	Aktiv 1.Liga	Aktiv 3.Liga	Senioren	Jun Elite B	Novizen A	Mini A	Moskito A	Bambini	Piccolo	Diverse
27. Sep 10 Sat 39	Training 19.15-20.30  Lyss	Training 20.45-22.00  Lyss			Training 18.00-19.00  Lyss		Trainingslager 10.00-11.30 15.00-16.15  Lyss	Training 16.30-17.45  Lyss	Training 16.30-17.45  Lyss	
28. Sep 10 Die				Training 19.15-20.30  Lyss			Trainingslager 10.00-11.30 15.00-16.15 16.30-17.45  Lyss			
29. Sep 10 Mit	Meisterschaft 19.45-21.45 Lyss-Burgdorf  Lyss					Training 17.45-18.45  Lyss	Trainingslager 10.00-11.30 15.00-16.15  Lyss	Training 16.30-17.45  Lyss	Training 16.30-17.45  Lyss	
30. Sep 10 Don				Training 19.15-20.30  Lyss	Training 18.00-19.00  Lyss		Trainingslager 10.00-11.30 15.00-16.15 16.30-17.45  Lyss			
1. Okt 10 Fre	Training 18.30-19.45  Lyss		Training 20.00-21.15  Lyss	Meisterschaft 20.30-22.30 Visp-Lyss  Visp		Training 17.15-18.15  Lyss	Trainingslager 10.00-11.30 15.00-16.15  Lyss			
2. Okt 10 Sam	Meisterschaft 17.30-19.30 Aarau-Lyss  Aarau				Meisterschaft xx xx  xx					
3. Okt 10 Son				Meisterschaft 17.30-19.30 Lyss-Dragon Thun  Lyss						

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	Aktiv 1.Liga	Aktiv 3.Liga	Senioren	Jun Elite B	Novizen A	Mini A	Moskito A	Bambini	Piccolo	Diverse
4. Okt 10 Sun 40	Training 19.15-20.30  Lyss	Training 20.45-22.00  Lyss			Training 18.00-19.00  Lyss	Trainingslager 10.00-11.30 15.00-16.15  Lyss		Training 16.30-17.45  Lyss	Training 16.30-17.45  Lyss	
5. Okt 10 Die				Training 19.15-20.30  Lyss		Trainingslager 10.00-11.30 15.00-16.15  Lyss	Training 16.30-17.30  Lyss			
6. Okt 10 Mit	Meisterschaft 20.15-22.15 Unterseen-Lyss  Matten	Training 19.30-20.45  Lyss				Trainingslager 10.00-11.30 15.00-16.15 18.15-19.15  Lyss		Training 16.30-18.00  Lyss	Training 16.30-18.00  Lyss	
7. Okt 10 Don				Training 19.15-20.30  Lyss	Training 18.00-19.00  Lyss	Trainingslager 10.00-11.30 15.00-16.15  Lyss	Training 16.30-17.45  Lyss			
8. Okt 10 Fre	Training 18.30-19.45  Lyss		Training 20.00-21.15  Lyss	Meisterschaft 20.15-22.15 Dragon-Lyss		Trainingslager 10.00-11.30 15.00-16.15 17.15-18.15  Lyss				
9. Okt 10 Sam	Meisterschaft 17.30-19.30 Huttwil-Lyss  Huttwil	Freundschaft 20.00-22.00 Lyss-Gegner								
10. Okt 10 Son				Meisterschaft 17.30-19.30 Lyss-Ajoie  Lyss						

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	Aktiv 1.Liga	Aktiv 3.Liga	Senioren	Jun Elite B	Novizen A	Mini A	Moskito A	Bambini	Piccolo	Diverse
11. Okt 10 Mon 41	Training 19.15-20.30  Lyss	Training 20.45-22.00  Lyss			Training 18.00-19.00  Lyss			Training 16.30-17.45  Lyss	Training 16.30-17.45  Lyss	Schnupperwoche 10.00-11.00
12. Okt 10 Die				Training 19.15-20.30  Lyss			Training 16.30-17.30  Lyss			Schnupperwoche 10.00-11.00
13. Okt 10 Mit	Training 19.30-20.45  Lyss					Training 18.15-19.15  Lyss		Training 16.30-18.00  Lyss	Training 16.30-18.00  Lyss	Schnupperwoche 10.00-11.00
14. Okt 10 Don				Training 19.15-20.30  Lyss	Training 18.00-19.00  Lyss		Training 16.30-17.45  Lyss			Training 22.15-23.00 10.00-11.00 Schnupperwoche Lyss
15. Okt 10 Fre	Training 18.30-19.45  Lyss		Training 20.00-21.15  Lyss	Meisterschaft 20.30-22.30 Sensee-Lyss Düdingen		Training 17.15-18.15  Lyss				Schnupperwoche 10.00-11.00
16. Okt 10 Sam	Meisterschaft 17.00-19.00 Lyss-Basel KLH  Lyss	Freundschaft 13.30-15.30 Lyss-Gegner  Lyss								
17. Okt 10 Son				Meisterschaft 17.45-19.45 Langenthal-Lyss  Langenthal						

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	Aktiv 1.Liga	Aktiv 3.Liga	Senioren	Jun Elite B	Novizen A	Mini A	Moskito A	Bambini	Piccolo	Diverse
18. Okt 10 Tue 42	Training 19.15-20.30  Lyss	Training 20.45-22.00  Lyss			Training 18.00-19.00  Lyss			Training 16.30-17.45  Lyss	Training 16.30-17.45  Lyss	
19. Okt 10 Die				Training 19.15-20.30  Lyss			Training 16.30-17.30  Lyss			
20. Okt 10 Mit	Meisterschaft 19.30-20.45 Brandis-Lyss  Hasle	Training 19.30-20.45  Lyss				Training 18.15-19.15  Lyss		Training 16.30-18.00  Lyss	Training 16.30-18.00  Lyss	
21. Okt 10 Don				Training 19.15-20.30  Lyss	Training 18.00-19.00  Lyss		Training 16.30-17.45  Lyss			
22. Okt 10 Fre	Training 18.30-19.45  Lyss		Training 20.00-21.15  Lyss	Meisterschaft 20.30-22.30 Visp-Lyss  Visp		Training 17.15-18.15  Lyss				
23. Okt 10 Sam	Meisterschaft 17.00-19.00 Lyss-Wiki  Lyss	Meisterschaft 20.00-22.00 Lyss-Oberg'fingen  Lyss								
24. Okt 10 Son				Meisterschaft 17.30-19.30 Sensee-Lyss  Düdingen						

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	Aktiv 1.Liga	Aktiv 3.Liga	Senioren	Jun Elite B	Novizen A	Mini A	Moskito A	Bambini	Piccolo	Diverse
25. Okt 10 Wed 43	Training 19.15-20.30  Lyss	Training 20.45-22.00  Lyss			Training 18.00-19.00  Lyss			Training 16.30-17.45  Lyss	Training 16.30-17.45  Lyss	
26. Okt 10 Die				Training 19.15-20.30  Lyss			Training 16.30-17.30  Lyss			
27. Okt 10 Mit	Meisterschaft 19.45-21.45 Lyss-Adelboden  Lyss					Training 17.45-18.45  Lyss		Training 16.30-17.45  Lyss	Training 16.30-17.45  Lyss	
28. Okt 10 Don		Training 22.15-23.00  Lyss		Training 19.15-20.30  Lyss	Training 18.00-19.00  Lyss		Training 16.30-17.45  Lyss			
29. Okt 10 Fre	Training 18.30-19.45  Lyss			Meisterschaft 20.45-22.45 Lyss-Ajoie  Lyss		Training 17.15-18.15  Lyss				
30. Okt 10 Sam	Meisterschaft 17.00-19.00 Lyss-Zunzgen  Lyss									
31. Okt 10 Son				Meisterschaft 17.30-19.30 Lyss-Langenthal  Lyss						

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	Aktiv 1.Liga	Aktiv 3.Liga	Senioren	Jun Elite B	Novizen A	Mini A	Moskito A	Bambini	Piccolo	Diverse
1. Nov 10 Thu 44	Training 19.15-20.30  Lyss	Training 20.45-22.00  Lyss			Training 18.00-19.00  Lyss			Training 16.30-17.45  Lyss	Training 16.30-17.45  Lyss	
2. Nov 10 Die				Training 19.15-20.30  Lyss			Training 16.30-17.30  Lyss			
3. Nov 10 Mit	Training 19.30-20.45  Lyss					Training 18.15-19.15  Lyss		Training 16.30-18.00  Lyss	Training 16.30-18.00  Lyss	
4. Nov 10 Don		Training 22.15-23.00  Lyss		Training 19.15-20.30  Lyss	Training 18.00-19.00  Lyss		Training 16.30-17.45  Lyss			
5. Nov 10 Fre	Training 18.30-19.45  Lyss			Meisterschaft 20.45-22.45 Lyss-Visp  Lyss		Training 17.15-18.15  Lyss				
6. Nov 10 Sam	Meisterschaft 18.15-20.15 Zuchwil-Lyss  Zuchwil	Meisterschaft 20.00-22.00 Lyss-Bellmund  Lyss								
7. Nov 10 Son				Meisterschaft 17.30-19.30 Lyss-Dragon  Lyss						



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	Aktiv 1.Liga	Aktiv 3.Liga	Senioren	Jun Elite B	Novizen A	Mini A	Moskito A	Bambini	Piccolo	Diverse
15. Nov 10 Sat 46	Training 19.15-20.30  Lyss	Training 20.45-22.00  Lyss			Training 18.00-19.00  Lyss			Training 16.30-17.45  Lyss	Training 16.30-17.45  Lyss	
16. Nov 10 Die				Training 19.15-20.30  Lyss			Training 16.30-17.30  Lyss			
17. Nov 10 Mit	Meisterschaft 20.15-22.15 Burgdorf-Lyss  Burgdorf	Training 19.30-20.45  Lyss				Training 18.15-19.15  Lyss		Training 16.30-18.00  Lyss	Training 16.30-18.00  Lyss	
18. Nov 10 Don				Training 19.15-20.30  Lyss	Training 18.00-19.00  Lyss		Training 16.30-17.45  Lyss			
19. Nov 10 Fre	Training 18.30-19.45  Lyss		Training 20.00-21.15  Lyss	Meisterschaft 20.15-22.15 Dragon-Lyss		Training 17.15-18.15  Lyss				
20. Nov 10 Sam	Meisterschaft 17.00-19.00 Lyss-Unterseen  Lyss	Meisterschaft 13.30-15.30 Lyss-Zuchwil  Lyss								
21. Nov 10 Son				Meisterschaft 17.30-19.30 Lyss-SenSee  Lyss						

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	Aktiv 1.Liga	Aktiv 3.Liga	Senioren	Jun Elite B	Novizen A	Mini A	Moskito A	Bambini	Piccolo	Diverse
22. Nov 10 Sun 47	Training 19.15-20.30  Lyss	Training 20.45-22.00  Lyss			Training 18.00-19.00  Lyss			Training 16.30-17.45  Lyss	Training 16.30-17.45  Lyss	
23. Nov 10 Die				Training 19.15-20.30  Lyss			Training 16.30-17.30  Lyss			
24. Nov 10 Mit	Meisterschaft 19.45-21.45 Lyss-Huttwil  Lyss					Training 17.45-18.45  Lyss		Training 16.30-17.45  Lyss	Training 16.30-17.45  Lyss	
25. Nov 10 Don		Training 22.15-23.00  Lyss		Training 19.15-20.30  Lyss	Training 18.00-19.00  Lyss		Training 16.30-17.45  Lyss			
26. Nov 10 Fre	Training 18.30-19.45  Lyss		Training 20.00-21.15  Lyss	Meisterschaft 20.30-22.30 Ajoie-Lyss  Prontrutt		Training 17.15-18.15  Lyss				
27. Nov 10 Sam	Meisterschaft 19.30-21.30 Basel-Lyss  Basel	Meisterschaft 20.00-22.00 Lyss-Meinisberg  Lyss								
28. Nov 10 Son				Meisterschaft 17.45-19.45 Langenthal-Lyss  Langenthal						

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	Aktiv 1.Liga	Aktiv 3.Liga	Senioren	Jun Elite B	Novizen A	Mini A	Moskito A	Bambini	Piccolo	Diverse
29. Nov 10 Mon 48	Training 19.15-20.30  Lyss	Training 20.45-22.00  Lyss			Training 18.00-19.00  Lyss			Training 16.30-17.45  Lyss	Training 16.30-17.45  Lyss	
30. Nov 10 Die				Training 19.15-20.30  Lyss			Training 16.30-17.30  Lyss			
1. Dez 10 Mit	Meisterschaft 19.45-21.45 Lyss-Brandis  Lyss					Training 17.45-18.45  Lyss		Training 16.30-17.45  Lyss	Training 16.30-17.45  Lyss	
2. Dez 10 Don		Training 22.15-23.00  Lyss		Training 19.15-20.30  Lyss	Training 18.00-19.00  Lyss		Training 16.30-17.45  Lyss			
3. Dez 10 Fre	Training 18.30-19.45  Lyss			Meisterschaft 20.45-22.45 Lyss-Visp  Lyss		Training 17.15-18.15  Lyss				
4. Dez 10 Sam	Meisterschaft 17.30-19.30 Wiki-Lyss  Wichtrach									
5. Dez 10 Son				Meisterschaft 17.15-19.15 Dragon-Lyss						

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	Aktiv 1.Liga	Aktiv 3.Liga	Senioren	Jun Elite B	Novizen A	Mini A	Moskito A	Bambini	Piccolo	Diverse
6. Dez 10 Tue 49	Training 19.15-20.30  Lyss	Training 20.45-22.00  Lyss			Training 18.00-19.00  Lyss			Training 16.30-17.45  Lyss	Training 16.30-17.45  Lyss	
7. Dez 10 Die				Training 19.15-20.30  Lyss			Training 16.30-17.30  Lyss			
8. Dez 10 Mit	Training 19.30-20.45  Lyss					Training 18.15-19.15  Lyss		Training 16.30-18.00  Lyss	Training 16.30-18.00  Lyss	
9. Dez 10 Don		Training 22.15-23.00  Lyss		Training 19.15-20.30  Lyss	Training 18.00-19.00  Lyss		Training 16.30-17.45  Lyss			
10. Dez 10 Fre	Training 18.30-19.45  Lyss			Meisterschaft 20.45-22.45 Lyss-SenSee  Lyss		Training 17.15-18.15  Lyss				
11. Dez 10 Sam	Meisterschaft 20.00-22.00 Adelboden-Lyss  Adelboden									
12. Dez 10 Son				Meisterschaft 17.00-19.00 Ajoie-Lyss  Prontrutt						

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	Aktiv 1.Liga	Aktiv 3.Liga	Senioren	Jun Elite B	Novizen A	Mini A	Moskito A	Bambini	Piccolo	Diverse
13. Dez 10 Wed 50	Training 19.15-20.30  Lyss	Training 20.45-22.00  Lyss			Training 18.00-19.00  Lyss			Training 16.30-17.45  Lyss	Training 16.30-17.45  Lyss	
14. Dez 10 Die	Meisterschaft 20.15-22.15 Zunzgen-Lyss  Sissach			Training 19.15-20.30  Lyss			Training 16.30-17.30  Lyss			
15. Dez 10 Mit	Training 19.30-20.45  Lyss					Training 18.15-19.15  Lyss		Training 16.30-18.00  Lyss	Training 16.30-18.00  Lyss	
16. Dez 10 Don				Training 19.15-20.30  Lyss	Training 18.00-19.00  Lyss		Training 16.30-17.45  Lyss			Training 22.15-23.00  Lyss
17. Dez 10 Fre	Training 18.30-19.45  Lyss		Training 20.00-21.15  Lyss			Training 17.15-18.15  Lyss				
18. Dez 10 Sam	Meisterschaft 17.00-19.00 Lyss-Zuchwil  Lyss									
19. Dez 10 Son				Meisterschaft 17.30-19.30 Lyss-Langenthal  Lyss						



