



Trainingsplan Jugend SCCR

Saison 2024

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
10:30 -						
11:00 -						
11:30 -						Open Skiff FOR
11:30 -						
12:00 -						11:00 - 13:30
12:30 -						<u>Trainerin:</u>
13:00 -						Clara Dülks
13:30 -						
13:30 -						
14:00 -						
14:00 -						
14:30 -						
14:30 -						
15:00 -						420er FOR
15:00 -						
15:30 -						
15:30 -						14:30 - 17:00
16:00 -						
16:00 -						<u>Trainer:</u>
16:30 -						Hauke Krämer
16:30 -						
17:00 -		ILCA / Laser FOR/REG			Opti ANF 3	
17:00 -						
17:30 -		16:30 - 19:00			16:30 - 19:00	
17:30 -						
18:00 -		<u>Trainer:</u>			<u>Trainer:</u>	
18:00 -		Maurice Canestrini			Max Heise	
18:30 -						
19:00 -						
19:00 -						
19:30 -						

↳ ANF = Anfänger FOR = Fortgeschritten REG = Regatta S = Sport T = Theorie

Ansprechpartner Trainingsplan

Koordinator Jugendtraining: trainer@sccr.de

Jugendreferent: jugend@sccr.de