

### Træningsplan oktober - december 2022

| Dag     | Hal 1 | Tid         | Hold                                       | Træner        | Hal 2 | Tid         | Hold                                 | Træner    | Tid         | Hold                                     | Træner | Off-ice/spinner |
|---------|-------|-------------|--------------------------------------------|---------------|-------|-------------|--------------------------------------|-----------|-------------|------------------------------------------|--------|-----------------|
| Mandag  | 1     | 15.30-16.15 | E2Cubs                                     | N             | 2     | 15.15-16.00 | Edge Class: F2y + F2o                | G         | 17.10-17.40 | E2Springs                                | N      | spinner         |
|         | 1     | 16.15-17.00 | Skøjteskolen gr.1,2,3,5                    | N + ht        | 2     | 16.00-16.45 | M2 + E2Springs                       | D + G     | 17.45-18.30 | E2 + F1                                  | Nina   | dans            |
|         | 1     | 17.10-17.55 | M                                          | D             | 2     | 16.45-17.30 | Edge Class: E2Cubs + E3o             | G + J     | 17.55-18.40 | EK2                                      | G      | off ice         |
|         | 1     | 17.55-18.40 | Skøjteskolen gr.4,6 + Aspirant young+old   | N + ht        |       |             |                                      |           | 18.05-18.50 | M + E1                                   | J      | off ice         |
|         | 1     | 18.50-19.35 | EK2 + F1                                   | G + N + (D)   |       |             |                                      |           | 18.50-19.35 | EK1                                      | J      | off ice         |
|         | 1     | 19.45-20.35 | EK1 + M1 + E1                              | D + N / G     |       |             |                                      |           | 19.50-20.20 | Voksenhold                               | J      | off ice         |
|         | 1     | 20.35-21.25 | Voksenhold                                 | D + J         |       |             |                                      |           | 18.05-18.40 | Kontortid                                | D      | varmestue       |
| Tirsdag | 1     | 15.30-16.15 | E2                                         | D + G         | 2     | 15.15-16.00 | E3                                   | J         |             |                                          |        |                 |
|         | 1     | 16.15-17.00 | M + E1                                     | D             | 2     | 16.15-17.00 | F1                                   | G         | 16.25-17.10 | E2                                       | J      | off ice         |
|         |       |             |                                            |               | 2     | 17.00-18.00 | M + E1                               | D + G     | 17.10-18.10 | E2Springs                                | J      | spinner         |
|         |       |             |                                            |               |       |             |                                      |           | 18.15-19.00 | M                                        | J      | off ice         |
|         |       |             |                                            |               |       |             |                                      |           |             |                                          |        |                 |
| Onsdag  |       | 14.15-15.00 | Trænermøde                                 | D + G + N + J |       |             |                                      |           |             |                                          |        |                 |
|         | 1     | 15.30-16.15 | E3                                         | J + (D)       | 2     | 15.15-16.00 | E2                                   | N + G     | 16.25-17.10 | E2Cubs + E3                              | J      | off ice         |
|         | 1     | 16.15-17.00 | M + E1                                     | D + N         | 2     | 16.00-16.45 | EK2                                  | G         | 17.15-18.00 | E2Cubs                                   | J      | spinner         |
|         | 1     | 17.10-18.00 | Edge Class: M + E1 + EK1 + EK2 + E2Springs | D + G / N     |       |             |                                      |           | 18.15-19.00 | M + E1 + EK1 + EK2                       | Nina   | dans            |
| Torsdag |       |             |                                            |               | 2     | 15.15-16.05 | F2y                                  | G         |             |                                          |        |                 |
|         |       |             |                                            |               | 2     | 16.05-16.55 | F2o                                  | G         |             |                                          |        |                 |
|         |       |             |                                            |               | 2     | 17.10-18.00 | F1 + EK2                             | G         | 18.10-18.55 | F1                                       | G      | off ice         |
| Fredag  |       |             |                                            |               |       |             | is kørsel kl 15.00, træning kl 15.30 |           |             |                                          |        |                 |
|         | 1     | 15.30-16.15 | E2Cubs                                     | D + (N)       | 2     | 15.30-16.15 | E3                                   | J         | 16.25-17.10 | E3                                       | J      | off ice         |
|         | 1     | 16.15-17.00 | E2Springs                                  | N             | 2     | 16.15-17.30 | M + E1                               | D         | 17.25-17.40 | E2Springs                                | J      | spinner         |
|         |       |             |                                            |               | 2     | 17.45-18.30 | EK2                                  | N + (D)   | 17.40-18.25 | M + E1 + E2Springs                       | J      | off ice         |
|         |       |             |                                            |               |       |             |                                      |           | 18.25-18.40 | E1                                       | J      | spinner         |
| Lørdag  | 1     | 8.10-9.00   | E3                                         | J + (D)       |       |             |                                      |           |             |                                          |        |                 |
|         | 1     | 9.00-9.50   | E2Cubs + M2                                | D + J         |       |             |                                      |           |             |                                          |        |                 |
|         | 1     | 10.00-10.50 | M                                          | D             |       |             |                                      |           | 10.00-10.45 | E2Cubs                                   | J      | spinner         |
|         | 1     | 10.50-11.35 | Skøjteskolen gr.1,2,3,4                    | G + ht        |       |             |                                      |           | 11.00-12.00 | M                                        | J      | spinner         |
|         | 1     | 11.45-12.35 | EK1 + M1 + E1                              | D + G         |       |             |                                      |           | 12.00-12.45 | F2y                                      | J      | off ice         |
|         | 1     | 12.40-13.25 | Skøjteskolen gr.5,6 + Aspirant young+old   | D + ht        |       |             |                                      |           | 12.45-13.30 | M1 + E1                                  | J      | spinner         |
|         |       |             |                                            |               | 2     | 13.05-13.55 | F2y                                  | G         | 13.40-14.25 | Skøjteskolen gr.5,6 + Aspirant young+old |        | off ice         |
|         |       |             |                                            |               | 2     | 13.55-14.45 | F2o                                  | G         | 15.00-15.45 | F2o                                      | G      | off ice         |
| Søndag  |       |             |                                            |               | 2     | 8.00-8.50   | E2Springs                            | N         |             |                                          |        |                 |
|         |       |             |                                            |               | 2     | 8.50-9.40   | EK2 + EK1                            | N         | 9.50-10.35  | EK2                                      | N      | off ice         |
|         |       |             |                                            |               | 2     | 9.55-10.55  | Familiehold                          | Charlotte |             |                                          |        |                 |
|         |       |             |                                            |               | 2     | 11.00-11.45 | F1 Edge Class + (Voksenhold tilkøb)  | N         |             |                                          |        |                 |