

TRAININGSPLAN 2018/19

Dezember			Januar			Februar			März			April		
	TZ Engiadin' Ota			TZ Engiadin' Ota			TZ Engiadin' Ota			TZ Engiadin' Ota			TZ Engiadin' Ota	
SA	1		DI	1		FR	1	Ev. Training: Grindelwald	FR	1	BSV Laax	MO	1	
SO	2		MI	2	13.30 - 15.45 Training: Corviglia/Corvatsch 1 + 2	SA	2	HP Audi Snowboardseries: Grindelwald (Gold)	SA	2	BSV Laax 09.30 - 14.30 Training: Corvatsch/Corviglia 1 + 2	DI	2	09.00 - 15.00 Training: Corvatsch 18.45 - 20.15 Training: Halle St. Moritz 1 + 2
MO	3		DO	3		SO	3	STS Audi Snowboardseries: Grindelwald (Gold)	SO	3	BSV Laax 09.30 - 14.30 Training: Corvatsch/Corviglia 1 + 2	MI	3	09.00 - 15.00 Training: Corvatsch
DI	4	09.00 - 12.00 Training: Corvatsch 18.45 - 20.15 Training: Halle St. Moritz 1 + 2	FR	4	18.00 - 20.00 Trampolin: Samedan 1 + 2	MO	4		MO	4	09.30 - 14.30 Training: Corvatsch/Corviglia 1 + 2	DO	4	09.00 - 15.00 Training: Corvatsch
MI	5	13.30 - 15.45 Training: Corviglia 1 + 2	SA	5	09.30 - 14.30 Training: Corvatsch 1 + 2	DI	5	18.45 - 20.15 Training: Halle St. Moritz 1 + 2	DI	5	09.30 - 14.30 Training: Corvatsch/Corviglia 1 + 2	FR	5	Draft Days: Corvatsch 17.00 - 19.00 Trampolin: Samedan 1 + 2
DO	6	09.00 - 12.00 Training: Corvatsch	SO	6	09.30 - 14.30 Training: Corvatsch/Corviglia 1 + 2	MI	6	13.30 - 15.45 selbständiges Training 1 + 2	MI	6	09.30 - 14.30 Training: Corvatsch/Corviglia 1 + 2	SA	6	Draft Days: Corvatsch 09.30 - 14.30 Training: Corvatsch 1 + 2
FR	7	13.00 - 16.00 Training: Corvatsch BSV 18.00 - 20.00 Trampolin: Samedan 1 + 2	MO	7		DO	7		DO	7	09.30 - 14.30 Training: Corvatsch/Corviglia 1 + 2	SO	7	Draft Days: Corvatsch 09.30 - 14.30 Training: Corvatsch 1 + 2
SA	8	09.30 - 14.30 Training: Corvatsch 1 + 2 BSV	DI	8	09.00 - 12.00 Training: Corvatsch 18.45 - 20.15 Training: Halle St. Moritz 1 + 2	FR	8	17.00 - 19.00 Trampolin: Samedan 1 + 2	FR	8	09.30 - 14.30 Training: Corvatsch/Corviglia 1 + 2	MO	8	09.00 - 15.00 Training: Corvatsch
SO	9	09.30 - 14.30 Training: Corvatsch 1 + 2 BSV	MI	9	13.30 - 15.45 Training: Corviglia/Corvatsch 1 + 2	SA	9	HP Audi Snowboardseries: Crans Montana (Gold)	SA	9	09.30 - 14.30 Training: Corvatsch/Corviglia 1 + 2	DI	9	STS Schweizermeisterschaft: Corvatsch (Gold)
MO	10		DO	10	09.00 - 12.00 Training: Corvatsch	SO	10	STS Audi Snowboardseries: Crans Montana (Gold)	SO	10		MI	10	STS Schweizermeisterschaft: Corvatsch (Gold)
DI	11	09.00 - 12.00 Training: Corvatsch 18.45 - 20.15 Training: Halle St. Moritz 1 + 2	FR	11	13.00 - 16.00 Training: Corvatsch 18.00 - 20.00 Trampolin: Samedan 1 + 2	MO	11		MO	11		DO	11	RACE Schweizermeisterschaft: Corvatsch
MI	12	13.30 - 15.45 Training: Corvatsch	SA	12	09.30 - 14.30 Training: Corvatsch 1 + 2	DI	12	18.45 - 20.15 Training: Halle St. Moritz 1 + 2	DI	12		FR	12	BA Schweizermeisterschaft: Corvatsch (Gold)
DO	13	WRF Corvatsch	SO	13	09.30 - 14.30 Training: Corvatsch/Corviglia 1 + 2	MI	13	13.30 - 15.45 selbständiges Training 1 + 2	MI	13		SA	13	BA Schweizermeisterschaft: Corvatsch (Gold) STS Juniors Schweizermeisterschaft: Corvatsch
FR	14	WRF Corvatsch 18.00 - 20.00 Trampolin: Samedan 1 + 2	MO	14		DO	14		DO	14		SO	14	Reservetag Schweizermeisterschaft: Corvatsch
SA	15	WRF Corvatsch	DI	15	09.00 - 12.00 Training: Corvatsch 18.45 - 20.15 Training: Halle St. Moritz 1 + 2	FR	15	17.00 - 19.00 Trampolin: Samedan 1 + 2	FR	15		MO	15	
SO	16	WRF Corvatsch	MI	16	13.30 - 15.45 Training: Corviglia/Corvatsch 1 + 2	SA	16	09.30 - 14.30 Training: Corvatsch 1 + 2	SA	16	Training: Laax	DI	16	18.45 - 20.15 Training: Halle St. Moritz 1 + 2
MO	17		DO	17	09.00 - 12.00 Training: Corvatsch	SO	17	09.30 - 14.30 Training: Corvatsch/Corviglia 1 + 2	SO	17	Training: Laax	MI	17	
DI	18	18.45 - 20.15 Training: Halle St. Moritz 1 + 2	FR	18	13.00 - 16.00 Training: Corvatsch 18.00 - 20.00 Trampolin: Samedan 1 + 2	MO	18		MO	18	Training: Laax	DO	18	
MI	19	13.30 - 15.45 Training: Corviglia 1 + 2	SA	19	09.30 - 14.30 Training: Corvatsch 1 + 2	DI	19	09.00 - 12.00 Training: Corvatsch BSV Davos 18.45 - 20.15 Training: Halle St. Moritz 1 + 2	DI	19	Training: Laax 18.45 - 20.15 Training: Halle St. Moritz 1 + 2	FR	19	09.30 - 14.30 Training: Corvatsch 1 + 2
DO	20		SO	20	09.30 - 14.30 Training: Corvatsch/Corviglia 1 + 2	MI	20	BSV Davos 13.30 - 15.45 Training: Corviglia/Corvatsch 1 + 2	MI	20	Training: Laax 18.45 - 20.15 Training: Halle St. Moritz 1 + 2	SA	20	09.30 - 14.30 Training: Corvatsch 1 + 2
FR	21	18.00 - 20.00 Trampolin: Samedan 1 + 2	MO	21		DO	21	Training: Davos BSV	DO	21	STS EQ Audi Snowboardseries: Laax (Gold)	SO	21	09.30 - 14.30 Training: Corvatsch 1 + 2
SA	22	09.30 - 14.30 Training: Corvatsch 1 + 2	DI	22	09.00 - 12.00 Training: Corvatsch 18.45 - 20.15 Training: Halle St. Moritz 1 + 2	FR	22	BA Audi Snowboardseries: Davos (Gold)	FR	22	STS EQ Audi Snowboardseries: Laax (Gold)	MO	22	
SO	23	09.30 - 14.30 Training: Corvatsch/Corviglia 1 + 2	MI	23	13.30 - 15.45 Training: Corviglia/Corvatsch 1 + 2	SA	23	HP EQ Audi Snowboardseries: Davos (Gold)	SA	23	HP Schweizermeisterschaft: Laax	DI	23	
MO	24		DO	24	09.00 - 12.00 Training: Corvatsch	SO	24		SO	24	HP Schweizermeisterschaft: Laax	MI	24	
DI	25		FR	25	13.00 - 16.00 Training: Corvatsch 18.00 - 20.00 Trampolin: Samedan 1 + 2	MO	25		MO	25		DO	25	
MI	26		SA	26	STS Audi Snowboardseries: Leysin	DI	26	09.00 - 12.00 Training: Corvatsch 18.45 - 20.15 Training: Halle St. Moritz 1 + 2	DI	26	09.00 - 12.00 Training: Corvatsch 18.45 - 20.15 Training: Halle St. Moritz 1 + 2	FR	26	
DO	27		SO	27	HP Audi Snowboardseries: Leysin	MI	27	13.30 - 15.45 Training: Corviglia/Corvatsch 1 + 2	MI	27	13.30 - 15.45 JO Abschlussrennen: Corviglia	SA	27	
FR	28		MO	28		DO	28	09.00 - 12.00 Training: Corvatsch	DO	28	09.00 - 12.00 Training: Corvatsch	SO	28	
SA	29	09.30 - 14.30 Training: Corvatsch 1 + 2	DI	29	09.00 - 12.00 Training: Corvatsch 18.45 - 20.15 Training: Halle St. Moritz 1 + 2				FR	29	13.00 - 16.00 Training: Corvatsch 18.00 - 20.00 Trampolin: Samedan 1 + 2	MO	29	
SO	30	09.30 - 14.30 Training: Corvatsch/Corviglia 1 + 2	MI	30	13.30 - 15.45 Training: Corviglia/Corvatsch 1 + 2				SA	30	09.30 - 14.30 Training: Corvatsch 1 + 2	DI	30	
MO	31		DO	31	Ev. Training: Grindelwald				SO	31	09.30 - 14.30 Training: Corvatsch/Corviglia 1 + 2 SOMMERZEIT			
	Schulferien St. Moritz			SM - HP / SPS / BA			Training 1 = Kader 2 = JO+							
	Audi Snowboard Series			andere Contests			Scoula Sportiva							

