

## Trainingsplan Sommer 2018

**Kontaktdaten** Rouven Reineking  
Michael Jobs  
Thorben Niebuhr

0170 492 8442  
0171 2110 282  
0174 970 2481



| Montag: |       | Tennistraining Jugend |               | Sommer 2018  |  |
|---------|-------|-----------------------|---------------|--------------|--|
| Uhrzeit |       | Name                  | Vorname       | Trainer      |  |
| von     | bis   |                       |               |              |  |
| 14:00   | 15:00 | Klassen               | Maxim         | Michael Jobs |  |
|         |       | Nürnberg              | Devid         |              |  |
|         |       | Lampe                 | Bryan         |              |  |
|         |       | Ludolf                | Jan           |              |  |
|         |       | Eirich                | Katharina     |              |  |
| 15:00   | 16:00 | Reimer                | Tim           |              |  |
|         |       | Liptow                | Luis          |              |  |
|         |       | Mertens               | Julius        |              |  |
| 16:00   | 17:00 | Minnlegen             | Marlena       |              |  |
|         |       | Wüllner               | Elijoh        |              |  |
|         |       | Lewin                 | Adrian        |              |  |
|         |       | Huber                 | Marie-Cristin |              |  |
|         |       | Rönecke               | Marie         |              |  |
| 17:00   | 18:00 | Bertinchamps          | Louis         |              |  |
|         |       | Holniewicz            | Amelia        |              |  |
|         |       | Krell                 | Michelle      |              |  |
|         |       | Kranz                 | Emily         |              |  |
| 18:00   | 19:00 | Heidlinger            | Emily         |              |  |
|         |       | Heidlinger            | Liam          |              |  |
|         |       | Hengst                | Philipp       |              |  |
|         |       | Stefan                | Jan           |              |  |
|         |       | Ruschat               | Maja          |              |  |
| 19:00   | 20:00 | Dürrfeld              | Lara          |              |  |
|         |       | Morgan                | Sandra        |              |  |
|         |       | Gössling              | Maike         |              |  |

| Dienstag: |  | Trainingsplan Sommer 2018 |  | Sommer 2018 |  |
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| Uhrzeit |       | Name       | Vorname       | Trainer          |  |
|---------|-------|------------|---------------|------------------|--|
| von     | bis   |            |               |                  |  |
| 14:00   | 15:00 | Vecker     | Lilly - Marie | Rouven Reineking |  |
|         |       | Besche     | Julian        |                  |  |
|         |       | Schreiber  | Isabell       |                  |  |
|         |       | Hentschel  | Max           |                  |  |
| 15:00   | 16:00 | Simonov    | Dimitri       |                  |  |
|         |       | Sprenger   | Janic-Marten  |                  |  |
|         |       | Schulte    | Zoe           |                  |  |
|         |       | Sanders    | Marie         |                  |  |
| 17:00   | 18:00 | Jonson     | Finley        |                  |  |
|         |       | Tegtmeyer  | Louis         |                  |  |
| 18:00   | 19:00 | Ritzenhoff | Marco         |                  |  |
|         |       | Morgan     | Sara          |                  |  |
|         |       | Eckhardt   | Philipp       |                  |  |

| Mittwoch: |  | Trainingsplan Sommer 2018 |  | Sommer 2018 |  |
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| Uhrzeit |       | Name    | Vorname | Trainer    |  |
|---------|-------|---------|---------|------------|--|
| von     | bis   |         |         |            |  |
| 17:00   | 18:00 | Möhring | Henry   | T. Niebuhr |  |
|         |       | Rübsam  | Justus  |            |  |
|         |       | Ruch    | Julius  |            |  |

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| Donnerstag: |       | Trainingsplan Sommer 2018 |            | Sommer 2018      |  |
|-------------|-------|---------------------------|------------|------------------|--|
| Uhrzeit     |       | Name                      | Vorname    | Trainer          |  |
| von         | bis   |                           |            |                  |  |
| 14:00       | 15:00 | Ruch                      | Charlotte  | Rouven Reineking |  |
|             |       | Leiweke                   | Luca       |                  |  |
|             |       | Huber                     | Marie      |                  |  |
| 15:00       | 16:00 | Ruch                      | Vincent    |                  |  |
|             |       | Heine                     | Chiara     |                  |  |
|             |       | Falk                      | Charlize   |                  |  |
|             |       | Nolte                     | Lina       |                  |  |
| 16:00       | 17:00 | Micus                     | Leif       |                  |  |
|             |       | von Wartenberg            | Gustav     |                  |  |
|             |       | Wagner                    | Leon       |                  |  |
| 17:00       | 18:00 | Falk                      | Lea        |                  |  |
|             |       | Falk                      | Naomi      |                  |  |
|             |       | Prib                      | Marian     |                  |  |
| 19:00       | 20:00 | Kamphues                  | Frauke     |                  |  |
|             |       | Niebuhr                   | Thorben    |                  |  |
|             |       | Rübsam                    | Claudius   |                  |  |
|             |       | Jakob                     | Nicolas    |                  |  |
| 17:00       | 18:00 | Tewes                     | Johannes   |                  |  |
|             |       | Fischer                   | Leo        |                  |  |
|             |       | von Wartenberg            | Gustav     |                  |  |
|             |       | Knappcick                 | Vincent    |                  |  |
|             |       | Huber                     | Maximilian |                  |  |
| 18:00       | 19:00 | Falk                      | Lea        |                  |  |
|             |       | Falk                      | Naomi      |                  |  |
|             |       | Sebeke                    | Rico       |                  |  |
|             |       | Göhring                   | Niklas     |                  |  |
|             |       | Justus                    | Maximilian |                  |  |

| Freitag: |       | Trainingsplan Sommer 2018 |           | Sommer 2018     |  |
|----------|-------|---------------------------|-----------|-----------------|--|
| Uhrzeit  |       | Name                      | Vorname   | Trainer         |  |
| von      | bis   |                           |           |                 |  |
| 14:00    | 15:00 | Meyn                      | Simon     | Thorben Niebuhr |  |
|          |       | Matthias                  | Lena      |                 |  |
|          |       | Besche                    | Pia       |                 |  |
|          |       | Wittmann                  | Kiril     |                 |  |
| 15:00    | 16:00 | Fehring                   | Nicolas   |                 |  |
|          |       |                           | Jan Mika  |                 |  |
|          |       | Sarrafour                 | Navid     |                 |  |
|          |       | von Wartenberg            | Gustav    |                 |  |
| 16:00    | 17:00 | Knappcick                 | Vincent   |                 |  |
|          |       | Ribeiro                   | Pia Maria |                 |  |
|          |       | Ruschat                   | Laura     |                 |  |
|          |       | Böddeker                  | Lorena    |                 |  |