



## JO TRAININGSPROGRAMM WINTER/FRÜHLING 2011/12

| Datum | Zeit | Ort | Thema | Bemerkungen | Leiter (prov.) |
|-------|------|-----|-------|-------------|----------------|
|-------|------|-----|-------|-------------|----------------|

### Dezember

|           |            |                      |                  |                      |                          |         |
|-----------|------------|----------------------|------------------|----------------------|--------------------------|---------|
| Mo        | 5.         | 18.15 - 19.45        | Turnhalle        | Kondition            |                          | fn, st  |
| <b>Mo</b> | <b>12.</b> | <b>18.15 - 19.45</b> | <b>Turnhalle</b> | <b>Hindernislauf</b> | <b>zählt zum Jo-Cup</b>  | tvb, fn |
| Sa        | 17.        | 09.30 - 15.00        | Hasliberg        | Skitraining, Technik | TP immer 9:30 Käserstatt | am, rm  |
| Mo        | 19.        | 18.15 - 19.45        | Turnhalle        | Kondition            |                          | tvb, st |
| Di        | 27.        | 09.30 - 14.00        | Hasliberg        | Skitraining, Technik |                          | rm, fn  |
| Mi        | 28.        | 09.30 - 14.00        | Hasliberg        | Skitraining, Technik |                          | tvb, st |
| Do        | 29.        | 09.30 - 14.00        | Hasliberg        | Skitraining, Technik |                          | km, bm  |
| Fr        | 30.        | 09.30 - 14.00        | Hasliberg        | Skitraining, Technik |                          | sk      |

### Januar

|           |            |                    |                   |                            |                         |         |
|-----------|------------|--------------------|-------------------|----------------------------|-------------------------|---------|
| Di        | 3.         | 09.30 - 14.00      | Hasliberg         | Skitraining, Technik       |                         | bm, sk  |
| Mi        | 4.         | 09.30 - 14.00      | Hasliberg         | Skitraining, Einf. RS      |                         | rm      |
| Fr        | 6.         | 09.30 - 14.00      | Hasliberg         | Skitraining, Einf. RS      |                         | bm, bz  |
| Sa        | 7.         | 09.30 - 14.00      | Hasliberg         | Skitraining, RS            |                         | am, st  |
| Mo        | 9.         | 18.15 - 19.45      | Turnhalle         | Kondition                  |                         | tvb     |
| Sa        | 14.        | 09.30 - 14.00      | Hasliberg         | Skitraining, RS            |                         | rm, tvb |
| Mo        | 16.        | 18.15 - 19.45      | Turnhalle         | Kondition                  |                         | fn, st  |
| Sa        | 21.        | 09.30 - 14.00      | Hasliberg         | Skitraining, RS            |                         | am, fn  |
| <b>So</b> | <b>22.</b> | <b>nach Ansage</b> | <b>Käserstatt</b> | <b>Animationsrennen RS</b> | <b>zählt zum Jo-Cup</b> | bm, bz  |
| Mo        | 23.        | 18.15 - 19.45      | Turnhalle         | Kondition                  |                         | fn, tvb |
| Sa        | 28.        | 09.30 - 14.00      | Hasliberg         | Skitraining, Einf. SL      |                         | st, km  |
| Mo        | 30.        | 18.15 - 19.45      | Turnhalle         | Kondition                  |                         | fn, st  |

### Februar

|           |            |                    |               |                            |                         |             |
|-----------|------------|--------------------|---------------|----------------------------|-------------------------|-------------|
| <b>Sa</b> | <b>4.</b>  | <b>nach Ansage</b> | <b>Gadmen</b> | <b>MS i. d. Kirchet</b>    | <b>zählt zum Jo-Cup</b> | rm          |
| Mo        | 6.         | 18.15 - 19.45      | Turnhalle     | Kondition                  |                         | bm, rm      |
| Di        | 7.         | 09.30 - 14.00      | Hasliberg     | Skitraining, SL            |                         | am, rm      |
| Mi        | 8.         | 09.30 - 14.00      | Hasliberg     | Skitraining, SL            |                         | am, rm      |
| <b>Sa</b> | <b>11.</b> | <b>nach Ansage</b> | <b>Gadmen</b> | <b>Schülerrennen</b>       | <b>zählt zum Jo-Cup</b> | rm          |
| Mo        | 13.        | 18.15 - 19.45      | Turnhalle     | Kondition                  |                         | rm, st      |
| Sa        | 18.        | 09.30 - 14.00      | Hasliberg     | Skitraining, SL            |                         | tvb, km     |
| <b>So</b> | <b>19.</b> | <b>nach Ansage</b> | <b>Axalp</b>  | <b>Animationsrennen SL</b> | <b>zählt zum Jo-Cup</b> | am, st      |
| Mo        | 20.        | 18.15 - 19.45      | Turnhalle     | Kondition                  |                         | fn, tvb     |
| Sa        | 25.        | 09.30 - 14.00      | Hasliberg     | Skitraining, Technik/RS    |                         | rm, tvb, fn |
| Mo        | 27.        | 18.15 - 19.45      | Turnhalle     | Kondition                  |                         | fn, tvb     |

### März

|    |     |               |           |                         |  |             |
|----|-----|---------------|-----------|-------------------------|--|-------------|
| Sa | 3.  | 09.30 - 14.00 | Hasliberg | Skitraining, Technik/RS |  | bm, tvb, st |
| Mo | 5.  | 18.15 - 19.45 | Turnhalle | Kondition               |  | tvb, st     |
| Sa | 10. | 09.30 - 14.00 | Hasliberg | Skitraining, RS         |  | am, fn      |
| Mo | 12. | 18.15 - 19.45 | Turnhalle | Kondition               |  | fn, st      |
| Sa | 17. | 09.30 - 14.00 | Hasliberg | Skitraining, RS         |  | rm, sk      |
| Mo | 19. | 18.15 - 19.45 | Turnhalle | Kondition               |  | fn, tvb     |
| Sa | 24. | 09.30 - 14.00 | Hasliberg | Skitraining, RS         |  | bm, km      |
| Mo | 26. | 18.15 - 19.45 | Turnhalle | Kondition               |  | tvb, st     |
| Sa | 31. | 09.30 - 14.00 | Hasliberg | Skitraining, RS         |  | tvb, st     |



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### April

|           |           |                    |                  |                               |                         |              |
|-----------|-----------|--------------------|------------------|-------------------------------|-------------------------|--------------|
| <b>So</b> | <b>1.</b> | <b>nach Ansage</b> | <b>Hasliberg</b> | <b>Animationsrennen RS</b>    | <b>zählt zum Jo-Cup</b> | <b>alle!</b> |
| Mo        | 2.        | 18.15 - 19.45      | Turnhalle        | Kondition                     |                         | fn, st       |
| <b>Sa</b> | <b>7.</b> | <b>nach Ansage</b> | <b>Hasliberg</b> | <b>Parallelrennen (final)</b> | <b>auf Einladung</b>    | rm           |
| Fr        | 20.       | nach Ansage        | Ischgl           | Abschlussreise                | nur für 9. Klässler     |              |
| Sa        | 21.       |                    |                  |                               |                         |              |
| So        | 22.       |                    |                  |                               |                         |              |
| Mo        | 23.       | 18.15 - 19.45      | Turnhalle        | Kondition                     |                         | fn, tvb      |
| Mo        | 30.       | 18.15 - 19.45      | Turnhalle        | Kondition                     |                         | tvb, st      |

### Mai

|    |     |               |           |             |  |         |
|----|-----|---------------|-----------|-------------|--|---------|
| Mo | 7.  | 18.15 - 19.45 | Turnhalle | Kondition   |  | fn, tvb |
| Mo | 14. | 18.15 - 19.45 | Schulhaus | Jo Absenden |  | rm      |

Informationen werden in erster Linie im Internet publiziert oder per SMS / E-Mail verschickt.

<http://www.skiclub-innertkirchen.ch>