

# Trainings- und Garderobenplan FC Widnau Saison 2023 Herbst

Stand: 21.06.2023

| Mannschaft       | Trainer              | Telefon       | Montag        | G     | P     | Dienstag      | G  | P   | Mittwoch      | G  | P   | Donnerstag    | G  | P   | Freitag       | G  | P     |
|------------------|----------------------|---------------|---------------|-------|-------|---------------|----|-----|---------------|----|-----|---------------|----|-----|---------------|----|-------|
| Team 1           | Andreas Lüchinger    | 076 335 51 33 |               |       |       | 18.30 - 20.00 | 1  | 10  |               |    |     | 18.30 - 20.00 | 1  | 10  | 18.30 - 20.00 | 1  | 10+11 |
| Team 2           | Stefan Siegler       | 076 746 00 73 |               |       |       | 18.30 - 20.00 | 2  | 11  |               |    |     | 18.30 - 20.00 | 2  | 11  |               |    |       |
| Team 3           | Enrico Lehmann       | 076 454 61 01 |               |       |       | 19.00 - 20.30 | 3  | 8+9 |               |    |     | 19.00 - 20.30 | 3  | 6+7 |               |    |       |
| Team PluS        | Stefan Frauenfelder  | 079 408 88 07 | 18.30 - 20.00 | 14+16 | b     |               |    |     |               |    |     |               |    |     |               |    |       |
| Senioren + 30    | Ivo Kellenberger     | 078 830 75 85 |               |       |       |               |    |     | 19.00 - 20.30 | 3  | 6+7 |               |    |     |               |    |       |
| Veteranen + 40   | Dominik Oehy         | 076 392 02 56 |               |       |       |               |    |     | 19.15 - 20.30 | 2  | 2+3 |               |    |     |               |    |       |
| Jun.A 2.Stkl.    | Marco Bättschmann    | 076 529 27 28 | 19.15 - 20.45 | 4     | 6+7   |               |    |     | 19.15 - 20.45 | 4  | 8+9 |               |    |     |               |    |       |
| Jun. B Rheintal  | Roberto Varano       | 079 209 69 83 | 18.45 - 20.15 | 6     | 10    |               |    |     | 18.45 - 20.15 | 6  | 10  | 19.00 - 20.30 | D  |     |               |    |       |
| Jun. Bb 2.Stkl.  |                      |               |               |       |       |               |    |     |               |    |     |               |    |     |               |    |       |
| Jun. C Rheintal  | Urs Gremminger       | 079 411 53 52 | 18.30 - 20.00 | 5     | 11    |               |    |     | 18.30 - 20.00 | 5  | 11  | 18.30 - 20.00 | D  |     |               |    |       |
| Jun. Cb 2.Stkl.  | Daniel Blum Diletoso | 076 565 49 07 |               |       |       | 19.00 - 20.30 | 5  | c+d |               |    |     | 19.00 - 20.30 | 6  | 2+3 |               |    |       |
| Jun. Da Elite    | Hobil Halef/Alex     | 078 748 26 07 |               |       |       | 17.30 - 19.00 | 4  | 6+7 |               |    |     | 17.30 - 19.00 | 17 | 2+3 | 17.30 - 19.00 | 5  | c+d   |
| Jun. Db 1.Stkl.  | Daniele Rubelli      | 079 605 57 17 |               |       |       | 17.30 - 19.00 | 3  | 8+9 |               |    |     | 17.30 - 19.00 | 15 | 6+7 |               |    |       |
| Jun. Dc 2.Stkl.  | Hetem Sejdiu         | 076 529 84 92 |               |       |       |               |    |     | 17.30 - 19.00 | 2  | 4+5 |               |    |     | 17.30 - 19.00 | 2  | 8+9   |
| Jun. Ea 1.Stkl.  | Roger Baumann        | 079 222 18 29 |               |       |       | 17.30 - 19.00 | 17 | 2+3 |               |    |     | 17.30 - 19.00 | 16 | a+b |               |    |       |
| Jun. Eb 2.Stkl.  | Gzim Quitaku         | 076 429 08 11 |               |       |       | 17.30 - 19.00 | 16 | 4+5 |               |    |     | 17.30 - 19.00 | 14 | 4+5 |               |    |       |
| Jun. Ec 2.Stkl.  | Volkan Balci         | 076 395 14 53 | 17.30 - 19.00 | 4     | 6+7   |               |    |     | 17.30 - 19.00 | 4  | 6+7 |               |    |     |               |    |       |
| Jun. Ed 2.Stkl.  | Marko Sipura         | 076 469 85 95 | 17.30 - 19.00 | 17    | a     |               |    |     | 17.30 - 19.00 | 15 | 8+9 |               |    |     |               |    |       |
| Jun. F           | Jorge Pulido         | 079 472 29 23 | 17.30 - 19.00 | 2     | 8+9   |               |    |     | 17.30 - 19.00 | 14 | 2+3 |               |    |     |               |    |       |
| Jun. G           | Korab Thaqi          | 076 332 30 94 | 17.30 - 19.00 | 3     | 2+3   |               |    |     |               |    |     |               |    |     |               |    |       |
| Goalitraining TR | Kevin jung           | 079 423 05 94 | 18.00 - 20.00 | 5     | 10+11 |               |    |     |               |    |     |               |    |     |               |    |       |
| Goalitraining    | Enrico Lehmann       | 076 454 61 01 |               |       |       |               |    |     |               |    |     | 18.00 - 19.00 | 17 | 13  |               |    |       |
| Frauen 1         | Pascal Roth          | 078 757 85 76 |               |       |       | 19:15 - 20:45 | 14 | 6+7 |               |    |     | 19.15 - 20.45 | 14 | 4+5 | 19.15 - 20.45 | 14 | 6+7   |
| Frauen 2         | Remo Haliner         | 079 506 91 06 |               |       |       | 19.15 - 20.45 | 15 | 4+5 |               |    |     |               |    |     | 19.15 - 20.45 | 15 | 4+5   |
| FF 19            | Ismaele Nuzzaci      | 079 601 10 31 |               |       |       | 19.15 - 20.45 | 16 | 2+3 |               |    |     |               |    |     | 19.15 - 20.45 | 17 | 2+3   |
| FF 15a           | Renate Sonderegger   | 079 306 28 89 | 17.30 - 19.00 | 15    | 4+5   |               |    |     |               |    |     |               |    |     | 17.30 - 19.00 | 16 | 2+3   |
| FF 15b           | Sahin Gebesce        | 079 374 49 73 | 17.30 - 19.00 | 14    | c     |               |    |     |               |    |     |               |    |     | 17.30 - 19.00 | 6  | 4+5   |
| FF 12            |                      |               |               |       |       | 17.30 - 19.00 | 15 | a+b |               |    |     |               |    |     | 17.30 - 19.00 | 4  | a+b   |
| Juniorinnen F    | Isabell Gschwend     | 079 913 37 38 |               |       |       |               |    |     | 17.30 - 19.00 | 16 | a+b |               |    |     | 17.30 - 19.00 | 3  | 6+7   |
| Goali            | Claudia Herzog       |               |               |       |       |               |    |     |               |    |     |               |    |     |               |    |       |
| Faustball        | Remo Pinchera        |               |               |       |       |               |    |     |               |    |     | 19:00 - 21:30 | 5  | 8+9 |               |    |       |
| SFS Sport        | Oscar Izquierdo      | 079 469 41 02 |               |       |       |               |    |     | 20.00 -21.30  | 15 | a+b |               |    |     |               |    |       |
| Aegeten-Boys     | Peter Schmitter      |               | 19.30 - 21.00 | 3     | 2+3   |               |    |     |               |    |     |               |    |     |               |    |       |

D = Trainingsort Diepoldsau

G = Garderobe

P = Platz ( 1 - 11)

K = Kunstrasen ( a, b, c und d)

Bitte die Garderoben - und Platzeinteilung (siehe Plan) beachten!!