

# FFC Therwil Frauen 1 / PROGRAMM Vorrunde 18/19

| Juli  |                              | August |                                    | September |   | Oktober |                                   | November |   | Dezember |                                       |
|-------|------------------------------|--------|------------------------------------|-----------|---|---------|-----------------------------------|----------|---|----------|---------------------------------------|
| So 1  |                              | Mi 1   | 1. August Feiertag                 | Sa 1      |   | Mo 1    | Training KB                       | Do 1     |   | Sa 1     | MS: FC Rapperswil-Jona - FFCT 18.00h  |
| Mo 2  |                              | Do 2   | Training                           | So 2      |   | Di 2    |                                   | Fr 2     | Training KB                                 | So 2     |                                       |
| Di 3  |                              | Fr 3   | FFC-Turnier (Mithilfe)             | Mo 3      | Training KB                             | Mi 3    | Training K1                       | Sa 3     |   | Mo 3     | Training KR Gutzi abpacken            |
| Mi 4  |                              | Sa 4   | FFC-Turnier (Mithilfe)             | Di 4      |   | Do 4    |                                   | So 4     | MS: FFCT - Femina Kickers Worb 13.00h       | Di 4     |                                       |
| Do 5  |                              | So 5   | FFC-Turnier (Spielen)              | Mi 5      | Training K1                             | Fr 5    | Training KB                       | Mo 5     | Training KR                                 | Mi 5     | Training KR Weihnachtsmarkt           |
| Fr 6  |                              | Mo 6   | Training KB                        | Mo 6      | Training KB                             | Do 6    |                                   | Do 6     |   | Do 6     |                                       |
| Sa 7  |                              | Di 7   |                                    | Fr 7      | Training KB                             | So 7    |                                   | Mi 7     | Training K1                                 | Fr 7     | Training KR                           |
| So 8  |                              | Mi 8   | Training K1                        | Sa 8      | MS: FFCT - FC Rapperswil-J. 19.00h      | Mo 8    | Training KB                       | Do 8     |   | Sa 8     | MS: FC St. Gallen-Staad - FFCT 18.00h |
| Mo 9  |                              | Do 9   |                                    | So 9      |   | Di 9    |                                   | Fr 9     | Training KR                                 | So 9     |                                       |
| Di 10 |                              | Fr 10  | Training KB                        | Mo 10     | Training KB                             | Mi 10   | Training K1                       | Sa 10    | MS: Frauen Thun Berner-Oberl. - FFCT 18.00h | Mo 10    | Training KR                           |
| Mi 11 | Trainingsstart: 19.00h       | Sa 11  |                                    | Di 11     |   | Do 11   |                                   | So 11    |   | Di 11    |                                       |
| Do 12 |                              | So 12  | C: FC Ueberstorf - FFCT 13.00h     | Mi 12     | Training K1                             | Fr 12   | Training KB                       | Mo 12    | 19.15h Sponsorenlauf / Training KR          | Mi 12    | Training KR                           |
| Fr 13 | Training KR                  | Mo 13  | GV FFCT 19.00h                     | Do 13     |   | Sa 13   | CH-Cup 1/8-Final                  | Di 13    |   | Do 13    |                                       |
| Sa 14 |                              | Di 14  |                                    | Fr 14     | Training KB                             | So 14   | CH-Cup 1/8-Final                  | Mi 14    | Training KR                                 | Fr 14    | Training Halle                        |
| So 15 |                              | Mi 15  | Training K1                        | Sa 15     | MS: FFCT - FC St. Gallen-Staad 18.30h   | Mo 15   | Training KB                       | Do 15    |   | Sa 15    |                                       |
| Mo 16 | Training KR                  | Do 16  |                                    | So 16     | Betttag                                 | Di 16   |                                   | Fr 16    | Training KR                                 | So 16    |                                       |
| Di 17 |                              | Fr 17  | Training KB                        | Mo 17     | Training KB                             | Mi 17   | Training K1                       | Sa 17    | MS: FC Küssnacht a/R - FFCT 18.00h          | Mo 17    |                                       |
| Mi 18 | Training K1                  | Sa 18  |                                    | Di 18     |   | Do 18   |                                   | So 18    |   | Di 18    |                                       |
| Do 19 |                              | So 19  | MS: FFCT - FC Küssnacht a/R 13.00h | Mi 19     | Training K1                             | Fr 19   | Training KB                       | Mo 19    | Training KR                                 | Mi 19    |                                       |
| Fr 20 | Training KR                  | Mo 20  | Training KB                        | Do 20     |   | Sa 20   | MS: FFCT - SC Derendingen 20.00h  | Di 20    |   | Do 20    |                                       |
| Sa 21 |                              | Di 21  |                                    | Fr 21     | Training KB                             | So 21   |                                   | Mi 21    | Training KR Reservetermin                   | Fr 21    |                                       |
| So 22 | TS: FFCT - SC Dornach 12.00h | Mi 22  | Training K1                        | Sa 22     | CH-Cup 2. Rd.                           | Mo 22   | Training KB                       | Do 22    |   | Sa 22    |                                       |
| Mo 23 | Training KR                  | Do 23  |                                    | So 23     | CH-Cup 2. Rd.                           | Di 23   |                                   | Fr 23    | Training KR                                 | So 23    |                                       |
| Di 24 |                              | Fr 24  | Training KB                        | Mo 24     | Training KB                             | Mi 24   | Training K1                       | Sa 24    | CH-Cup 1/4 Final                            | Mo 24    | Weihnachten                           |
| Mi 25 | Training K1                  | Sa 25  | MS: FC Schlieren - FFCT 18.00h     | Di 25     |   | Do 25   |                                   | So 25    | CH-Cup 1/4 Final                            | Di 25    | Weihnachten                           |
| Do 26 |                              | So 26  |                                    | Mi 26     | Training K1                             | Fr 26   | Training KB                       | Mo 26    | Training KR                                 | Mi 26    | Stephanstag                           |
| Fr 27 | Training KR                  | Mo 27  | Training KB                        | Do 27     |   | Sa 27   | MS: FC Aarau Frauen - FFCT 20.15h | Di 27    |   | Do 27    |                                       |
| Sa 28 |                              | Di 28  |                                    | Fr 28     | Training KB                             | So 28   |                                   | Mi 28    | MS: FFCT - FC Schlieren 20.15h              | Fr 28    |                                       |
| So 29 |                              | Mi 29  | Training K1                        | Sa 29     | MS: FC Zürich Frauen U-21 - FFCT 18.00h | Mo 29   | Training KB                       | Do 29    |   | Sa 29    |                                       |
| Mo 30 | Training KB                  | Do 30  |                                    | So 30     |   | Di 30   |                                   | Fr 30    | Training KR                                 | So 30    |                                       |
| Di 31 |                              | Fr 31  | Training KB                        |           |   | Mi 31   | Training K1                       |          |   | Mo 31    | Silvester                             |

**Trainingszeiten:**

MO = 19.30 - 21.00 Uhr  
 MI = 20.00 - 21.30 Uhr  
 FR = 19.30 - 21.00 Uhr  
 MO = 18.45 - 20.15 Uhr  
 MI = 20.00 - 21.30 Uhr  
 FR = 19.30 - 21.00 Uhr

**Ort:**

Känelboden  
 Känelmatt 1  
 Känelboden  
 Kunstrasen  
 Kunstrasen  
 Kunstrasen / Halle

**Legende:**

KB = Känelboden (Hauptfeld)  
 KR = Kunstrasen  
 K1 = Känelmatt 1  
 HA = Halle Ost Wilmatt  
 Schulferien

**Bekleidung:**

FFC-Trainingsmaterial

Meisterschaftsstart Rückrunde: 16.02.2019

- ➔ Bei Verhinderung persönlich abmelden (KEINE SMS!)
- ➔ Wir gehen respektvoll miteinander um!
- ➔ Wir sind freundlich und grüssen!

- ➔ So wie wir trainieren, so spielen wir....also sind wir top ausgerüstet + gepflegt !!
- ➔ !! In jedes Training Laufschuhe und Fussballschuhe mitnehmen !!
- ➔ !! Abmeldungen vom Training bis spät. 10:00 Uhr / Das DUSCHEN nach dem Training/Spiel ist obligatorisch!!

Trainer: Roberto Rizza  
 E-Mail: roberto.rizza@ffctherwil.ch  
 Handy: 076 440 51 68

Trainer: Dean Krexa-Brown  
 E-Mail: dean.krexa-brown@ffctherwil.ch  
 Handy: 079 592 87 20

Goaltrainer:  
 E-Mail:  
 Handy: