

# GVI TRÆNINGSTIDER 2022 Forår fra 19/4

|         |       | Kunst 1     | Kunst 1     | 3-mandsbaner | 3-mandsbaner | Kunst 2       | Kunst 2     | Græs 1      | Græs 1      |  | 5-mands nr.1 | 5-mands nr.2  | 5-mands nr.3 | 5-mands nr.4 | 5-mands nr.5 | 5-mands nr.6 | 3-mandsbaner |
|---------|-------|-------------|-------------|--------------|--------------|---------------|-------------|-------------|-------------|--|--------------|---------------|--------------|--------------|--------------|--------------|--------------|
| MANDAG  | 16:00 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 17:00 | U13-U15 BC  | U13-U15 BC  | Fysisk tr.   | Fysisk tr.   | U13-U15 A     | U13-U15 A   | U12 Piger   | U14 Piger   |  | U9 Piger     | U10-U11 Piger | U 8 (14)     | U 8 (14)     | U 8 (14)     | U 8 (14)     | U7-U9 Piger  |
|         | 17:30 | 17:00-18:30 | 17:00-18:30 | 15:30-18:30  | 15:30-18:30  | 17:00-18:30   | 17:00-18:30 | 17:00-18:30 | 17:00-18:30 |  | 17:00-18:30  | 17:00-18:30   | 17:15-18:30  | 17:15-18:30  | 17:15-18:30  | 17:15-18:30  | 17:00-18:30  |
|         | 18:00 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 18:30 | 1. senior   | U23+U19     | Fysisk tr.   | Fysisk tr.   | U17           | U16 Piger   |             |             |  |              | DameFitness   |              |              |              |              |              |
|         | 19:00 | 18:30-20:00 | 18:30-20:00 | 18:30-19:00  | 18:30-19:00  | 18:30-20:00   | 18:30-20:00 |             |             |  |              |               |              |              |              |              |              |
|         | 19:30 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 20:00 |             |             |              |              | 50+ og 40+    |             |             |             |  |              |               |              |              |              |              |              |
| TIRSDAG | 20:30 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 21:00 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 21:30 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 16:30 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 17:00 | U12 (10)    | U12 (10)    | U6 (16)      |              | U11 (11)      | U11 (11)    | U10 (12)    | U10 (12)    |  | U9 (13)      | U9 (13)       | U9 (13)      | U9 (13)      | U9 (13)      | U9 (13)      |              |
|         | 17:30 | 17:00-18:30 | 17:00-18:30 | 17:15-18:30  |              | 17:00-18:30   | 17:00-18:30 | 17:00-18:30 | 17:00-18:30 |  | 17:15-18:30  | 17:15-18:30   | 17:15-18:30  | 17:15-18:30  | 17:15-18:30  | 17:15-18:30  |              |
|         | 18:00 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 18:30 | 1. senior   | 2. senior   |              |              | 3. senior     | Damesenior  |             |             |  |              |               |              |              |              |              |              |
| ONSDAG  | 19:00 | 18:30-20:00 | 18:30-20:00 |              |              | 18:30-20:00   | 18:30-20:00 |             |             |  |              |               |              |              |              |              |              |
|         | 19:30 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 20:00 | 40+         | 7M +32      |              |              | 7.M Senior    | Tarborg     |             |             |  |              |               |              |              |              |              |              |
|         | 20:30 | 20:00-21:30 | 20:00-21:30 |              |              | 20:00-21:30   | 20:00-21:30 |             |             |  |              |               |              |              |              |              |              |
|         | 21:00 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 21:30 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 16:30 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 17:00 | U14 (08)    | U13 (09)    | Målmænd      |              | U10-U12 Piger | U14 Piger   | U 15 (07)   | U 15 (07)   |  | U9 Piger     | U9 Piger      | U 8 (14)     | U 8 (14)     | U 8 (14)     | U 8 (14)     | U7-U8 Piger  |
| TORSDAG | 17:30 | 17:00-18:30 | 17:00-18:30 | 16:00-19:15  |              | 17:00-18:30   | 17:00-18:30 | 17:00-18:30 | 17:00-18:30 |  | 17:00-18:30  | 17:00-18:30   | 17:15-18:30  | 17:15-18:30  | 17:15-18:30  | 17:15-18:30  | 17:00-18:30  |
|         | 18:00 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 18:30 | U19         | U16 Piger   | Målmænd      |              | U17           | U17         |             |             |  |              | DameFitness   |              |              |              |              |              |
|         | 19:00 | 18:30-20:00 | 18:30-20:00 | 16:00-19:15  |              | 18:30-20:00   | 18:30-20:00 |             |             |  |              |               |              |              |              |              |              |
|         | 19:30 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 20:00 |             |             |              |              | 4. Senior     | M +32       |             |             |  |              |               |              |              |              |              |              |
|         | 20:30 |             |             |              |              | 20:00-21:30   | 20:00-21:30 |             |             |  |              |               |              |              |              |              |              |
|         | 21:00 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
| FREDAG  | 21:30 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 16:00 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 17:00 | U12 (10)    | U12 (10)    | U7 (15)      |              | U11 (11)      | U10 (12)    | U13 (09)    | U13 (09)    |  | U9 (13)      | U9 (13)       | U9 (13)      | U9 (13)      | U9 (13)      | U9 (13)      |              |
|         | 17:30 | 17:00-18:30 | 17:00-18:30 | 17:15-18:30  |              | 17:00-18:30   | 17:00-18:30 | 17:00-18:30 | 17:00-18:30 |  | 17:15-18:30  | 17:15-18:30   | 17:15-18:30  | 17:15-18:30  | 17:15-18:30  | 17:15-18:30  |              |
|         | 18:00 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 18:30 | 1. senior   | 2. senior   |              |              | U17           | U16 Piger   | Damesenior  | 3. senior   |  |              |               |              |              |              |              |              |
|         | 19:00 | 18:30-20:00 | 18:30-20:00 |              |              | 18:30-20:00   | 18:30-20:00 | 18:30-20:00 | 18:30-20:00 |  |              |               |              |              |              |              |              |
|         | 19:30 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
| LØRDAG  | 20:00 |             |             |              |              | 7M Senior     |             |             |             |  |              |               |              |              |              |              |              |
|         | 20:30 |             |             |              |              | 20:00-21:30   |             |             |             |  |              |               |              |              |              |              |              |
|         | 21:00 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 21:30 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 21:30 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 09:30 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 10:00 |             |             | U 5 (17)     |              |               |             |             |             |  |              |               | U 8 (14)     | U 8 (14)     | U 8 (14)     |              |              |
|         | 10:30 |             |             | 10:00-11:15  |              |               |             |             |             |  |              |               | 10:00-11:15  | 10:00-11:15  | 10:00-11:15  |              |              |
| SØNDAG  | 11:00 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 11:30 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 12:00 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 12:30 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 13:00 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
| SØNDAG  | 09:00 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 10:00 |             |             | U 7 (15)     | U 4 (18)     |               |             |             |             |  | U 9 (13)     | U 9 (13)      | U 9 (13)     | U 9 (13)     | U 9 (13)     |              | U 6 (16)     |
|         | 10:00 |             |             | 10:00-11:15  | 09:00-10:00  |               |             |             |             |  | 10:00-11:15  | 10:00-11:15   | 10:00-11:15  | 10:00-11:15  | 10:00-11:15  |              | 10:00-11:15  |
|         | 11:00 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |
|         | 11:30 |             |             |              |              |               |             |             |             |  |              |               |              |              |              |              |              |

| INFORMATION LISTE |                      |             |
|-------------------|----------------------|-------------|
| 1. senior         | Søren Fjorting       | 40 62 10 10 |
| U23 - 2. senior   | Morten Sønderby      | 26 39 12 57 |
| 3. senior         | Peter Rømer          | 60 21 65 77 |
| 4. senior         | Kenneth Bjerre       | 22 18 00 32 |
| 7M senior         | Asger Munck          | 42 30 55 25 |
| 7M +32            | Søren Lundqvist      | 31 71 08 84 |
| M 32+             | Tomas Tolstrup       | 29 27 83 52 |
| Team Tarborg      | Lars Tarborg         | 25 36 30 20 |
| 40+               | Jan Meier            | 40 38 20 73 |
| 50+               | Ole Høier Madsen     | 26 72 34 95 |
| Talentchef        | Kristian Boye        | 20 16 07 66 |
| U-19              | Morten Juul Hansen   | 60 21 65 77 |
| U-17              | Søren Polo           | 40 10 43 89 |
| U15 (2007)        | Seyfettin Sucu       | 28 35 72 45 |
| U14 (2008)        | Frederik Blicher     | 22 24 23 40 |
| U13 (2009)        | Nicolai Hjeds        | 24 27 87 93 |
| U12 (2010)        | Irvin Hasangevic     | 53 85 87 20 |
| U11 (2011)        | Thomas Sylvest       | 40 49 78 86 |
| U10 (2012)        | Einar Bertelsen      | 51 72 22 76 |
| U9 (2013)         | Katja Willer         | 27 40 00 97 |
| U8 (2014)         | Tomas Tolstrup       | 29 27 83 52 |
| U7 (2015)         | Sofie Segerström     | 81 77 57 63 |
| U6 (2016)         | Søren Kold           | 25 33 42 03 |
| U5 (2017)         | Kristian Boye        | 20 16 07 66 |
| Målmandstræning   | Brian Møllepovl      | 22 94 71 79 |
| Dame Senior       | Flemming Travn       | 81 61 89 12 |
| Pigechef          | Christian Theilgaard | 20 27 50 14 |
| U16 Piger         | Kenneth Vedel        | 22 45 97 23 |
| U14 Piger         | Emillie Farlov       | 24 84 24 08 |
| U12 Piger         | Mikkel Foghsgaard    | 20 86 00 16 |
| U10-U11 Piger     | Alvin Kaule          | 26 30 61 93 |
| U9 Piger          | Cecilie Thørs        | 41 12 33 15 |
| U7-U8 Piger       | Sara Esati           | 23 11 91 80 |
| Fodboldfitness    | Ida Theilade         | 60 22 34 10 |
| HOC U17-U19       | Søren Fjorting       | 40 62 10 10 |
| UU U13-U15        | Bjørn Rasmussen      | 31 60 18 93 |
| BU U10-U12        | Bjørn Rasmussen      | 31 60 18 93 |
| BU U4-U9          | Kristian Boye        | 20 16 07 66 |