

| Datum      | Tag | Laufschule  | Goalies     | U7            | U9                   | U11              |                  | U13            | U15                   | U17               | U20               | Damen             | Senioren          |
|------------|-----|-------------|-------------|---------------|----------------------|------------------|------------------|----------------|-----------------------|-------------------|-------------------|-------------------|-------------------|
| 01.01.2026 | Do  |             |             |               |                      |                  |                  |                |                       |                   |                   |                   |                   |
| 02.01.2026 | Fr  |             |             |               |                      |                  |                  |                |                       |                   |                   |                   |                   |
| 03.01.2026 | Sa  |             |             |               |                      |                  |                  |                |                       |                   |                   |                   |                   |
| 04.01.2026 | So  |             |             |               |                      |                  |                  |                |                       |                   |                   |                   |                   |
| 05.01.2026 | Mo  |             |             |               |                      |                  |                  |                |                       |                   |                   |                   |                   |
| 06.01.2026 | Di  |             |             |               |                      |                  |                  |                |                       |                   |                   |                   |                   |
| 07.01.2026 | Mi  |             |             |               | 17:30-18:30          | 17:30-18:30      | 17:30-18:30      |                |                       | 18:45-19:45       | 18:45-19:45       |                   | 20:00-21:00       |
| 08.01.2026 | Do  |             |             |               |                      |                  |                  | 17:55-19:05    | 17:55-19:05           |                   |                   | 18:50-19:50       | 20:05-21:05       |
| 09.01.2026 | Fr  |             |             |               |                      |                  |                  |                |                       | A 19:15 Ratingen  |                   |                   | H 20:15 Bielefeld |
| 10.01.2026 | Sa  |             |             | A 10:00 Moers |                      |                  | A 18:00 Grefrath |                |                       |                   | H 09:30 Neuwied   | A 12:30 Dinslaken |                   |
| 11.01.2026 | So  | 09:00-10:15 | 09:00-10:15 |               | 09:00-10:15          |                  |                  | A 08:15 Wiehl  |                       | H 19:00 Wiehl     |                   |                   |                   |
| 12.01.2026 | Mo  |             |             |               | 17:00-18:00          | 17:00-18:00      | 17:00-18:00      | 18:15-19:30    | 18:15-19:30           | 19:45-21:00       | 19:45-21:00       |                   |                   |
| 13.01.2026 | Di  |             |             |               |                      |                  |                  |                |                       |                   |                   |                   |                   |
| 14.01.2026 | Mi  |             |             |               | 17:30-18:30          | 17:30-18:30      | 17:30-18:30      |                |                       | 18:45-19:45       | 18:45-19:45       |                   | 20:00-21:00       |
| 15.01.2026 | Do  |             |             |               |                      |                  |                  | 17:55-19:05    | 17:55-19:05           |                   |                   | 18:50-19:50       | 20:05-21:05       |
| 16.01.2026 | Fr  |             |             |               |                      |                  |                  |                |                       |                   | H 20:15 Wiehl     |                   |                   |
| 17.01.2026 | Sa  |             |             |               |                      |                  |                  | A 20:30 Neuss  | A 10:30 Hamm          |                   |                   | H 09:30: Berlin   |                   |
| 18.01.2026 | So  | 09:00-10:15 | 09:00-10:15 |               | A 09:30 Herne (6)    |                  |                  |                |                       | H 19:00 Ratingen  |                   |                   |                   |
| 19.01.2026 | Mo  |             |             |               | 17:00-18:00          | 17:00-18:00      | 17:00-18:00      | 18:15-19:30    | 18:15-19:30           | 19:45-21:00       | 19:45-21:00       |                   |                   |
| 20.01.2026 | Di  |             |             |               |                      |                  |                  |                |                       |                   |                   |                   |                   |
| 21.01.2026 | Mi  |             |             |               | 17:30-18:30          | 17:30-18:30      | 17:30-18:30      |                |                       | 18:45-19:45       | 18:45-19:45       |                   | 20:00-21:00       |
| 22.01.2026 | Do  |             |             |               |                      |                  |                  | 17:55-19:05    | 17:55-19:05           |                   |                   | 18:50-19:50       | 20:05-21:05       |
| 23.01.2026 | Fr  |             |             |               |                      |                  |                  | H 17:15 Aachen |                       | H 20:15 Dortmund  |                   |                   |                   |
| 24.01.2026 | Sa  |             |             | A 18:00 Neuss |                      |                  |                  | H 09:30 (7)    |                       | A 12:30 Dinslaken |                   | 11:45-12:45       |                   |
| 25.01.2026 | So  | 09:00-10:15 | 09:00-10:15 |               | 09:00-10:15          | A 14:45 Köln (7) |                  |                | A19:00 Berg. Gladbach |                   | H 19:00 Herford   |                   |                   |
| 26.01.2026 | Mo  |             |             |               | 17:00-18:00          | 17:00-18:00      | 17:00-18:00      | 18:15-19:30    | 18:15-19:30           | 19:45-21:00       | 19:45-21:00       |                   |                   |
| 27.01.2026 | Di  |             |             |               |                      |                  |                  |                |                       |                   |                   |                   |                   |
| 28.01.2026 | Mi  |             |             |               | 17:30-18:30          | 17:30-18:30      | 17:30-18:30      |                |                       | 18:45-19:45       | 18:45-19:45       |                   | 20:00-21:00       |
| 29.01.2026 | Do  |             |             |               |                      |                  |                  | 17:55-19:05    | 17:55-19:05           |                   |                   | 18:50-19:50       | 20:05-21:05       |
| 30.01.2026 | Fr  |             |             |               |                      |                  |                  |                | A 19:45 Herne         |                   | H 20:15 Troisdorf |                   |                   |
| 31.01.2026 | Sa  |             |             |               | A 12:45 Ratingen (7) |                  |                  |                |                       | H 09:30 Dinslaken |                   | A 19:45 KEC       |                   |