

Träningschema VT-2012

Måndag

Tid Bana 1	Bana 1	Tid Bana 2	Bana 2	Tid Bana 3	Bana 3
14.00-15.00 MB	Liam Andersén Hannes Gunnarsson-H Filip Persson Axel Phannenstill Linus Lindeberg Anton A	14.00-15.00 TS	Victor Isaksson Liam Rincón-Dahlberg Ludvig Bryskhe Erik Säll Karlsson Anton B	14.00-15.00	
15.00-15.30		15.00-16.00 TS	Ebbe Norelius Petter Nilsson Pontus Nilsson Max Rosqvist-Larsson Kalle P	15.00-16.00 TS	Isak Dunmar Andreas Jersgren Isak Wiksten Björn Jönsson Anton B
15.30-17.00 TG	Karl Wiksten Henrik Jönsson Erik Strömgren Robin	16.00-17.00 TS	Lovisa Wiklund Nikolina Franjul Josefin Karlsson Caroline Jönsson Vanessa	16.00-17.00 TS	Erik Palm Gustav Witt Samuel Pendleton Måns Ugglin Filip Lundin Anton B
17.00-18.30 TG	Alexis Marshall Anton Brandt Axel Arnberg Viktor Rogowski <i>2 banor</i> Robin		Vanessa Mårtensson Axel Heiskanen-Nilsson Suad Dimiraca Vanessa	17.00-18.00 TS	Alexander Paulsson Johan Henriksson Johan Åberg Marcus Kristoffersson Pontus
18.30-20.00 TG	Kalle Piltz Anton Appelgren Philip Nilsson Robin	18.30-20.00 TG	Sebastian Jovanovic Kristina Alilovic Kristian Jovanovic Vanessa	18.00-19.00 TS	Henrik Montán Oliver Månsson Oscar Andersson Teodor Qvint Richard Harr Otto Timoleon Pontus
				19.00-20.00	<i>Abonemang</i>
20.00-21.00 VT	Margaretha Olenmark Per Wollmer Therese Wollmer Ann-Sofie Karlsson Christer Andersson <i>3 banor</i> Vanessa + Anton B		Bengt Olenmark Patrik Bengtsson Henry Svensson Susanne Öberg Anders Moberg Vanessa + Anton B		Ina Skanung Helene Bergman Gun Carping Clara Nagy

- "If you feel good, you perform good!"

Tisdag

Tid Bana 1	Bana 1	Tid Bana 2	Bana 2	Tid Bana 3	Bana 3
14.00-15.00		14.00-15.00 TS	Matilda Elfving Emilia Von Rosen Anton B	14.00-15.00	
15.00-16.00 TG	Ludvig Åberg Jesper Dickman Alexander Sandqvist Simon Melin Robin	15.00-16.00 TS	Amandra Granberg Emma Andersson Ebba Bolin Johanna Melin Iwona	15.00-16.00 TS	Ebbe Norelius Hampus Thell Petter Nilsson Pontus Nilsson Vilgot Qvint Anton B
16.00-17.00 TG	Erik Strömgren Henrik Jönsson Filip Rentschler Robin	16.00-17.00 TG	Hanna Atlevi Ludvig Göransson Max Rosqvist-Larsson Iwona	16.00-17.00 TS	Rebecka Sanick Anna Andersson Ellen Gunnarsson-H Alexandra Andersson Anton B
17.00-18.00 MB	Ellen Heimer Elin Bergfeldt Sara Schumann Leah Billqvist Klara Lindau Anton A	17.00-18.00 TS	Alexander Riex Markus Larsson Gustav Wiksten Alexander Paulsson Pontus	17.00-18.30 TS	Sara Byrén Rebecka Dahli Frida Heskebeck Kristina Andersson Anton B
		17.00-18.00	FYSTRANING OBLIGATORISKT TG FYSRUMMET Robin		
18.00-19.30 TG	Alexis Marshall Kristina Alilovic Axel Heiskanen-Nilsson <i>Sparring 2 banor</i> Robin	Michell Barkijevic Emelie Andersson Suad Dimiraca		18.30-20.00 TG	Emma Harvigsson Beatrice Källmén Isabelle Källmén Anton B
		19.30-21.00 TG	Håkan Harvigsson Kristian Melin Jokke Parkkilla Axel Arnberg Anton B/Robin	19.30-21.00 TG	Philip Nilsson Anton Appelgren Haris Jasarevic Kalle Piltz Robin
21.00-22.00 VT	Anders Brandt Manuel Hernandez Johan Hallborn Anders Lundström Anton B	21.00-22.00 VT	Orhan Ramic Fredrik Kristoffersson Niclas Fagerberg Johan Körner Axel A	21.00-22.00	<i>Dubbelserie</i>

- "If we train good, we perform good!"

Onsdag

Tid Bana 1	Bana 1	Tid Bana 2	Bana 2	Tid Bana 3	Bana 3
14.00-15.00		14.00-15.00 TS	August Ericson Ludvig Bryskhe Robin Pählman Erik Säll Karlsson Mattias Cargill Anton B	14.00-15.00	
15.00-16.00 TS	Beatrice Pendleton Isabelle Arnerholm Löfberg Manuela Ladelfa Anna Lundin Ebba Strömgren Ophelia Bergman Anton B	15.00-16.30 TG	Ludvig Åberg Filip Rentschler Jesper Dickman Jens Meynert	15.00-16.00 TS	Anna Palm Alice Borgfors Olivia Slavkovic Isabella Bergman Amandra Granberg Lina Hansson Pontus
16.00-17.00	<i>Abonemang</i>		Robin/Anton B	16.00-17.30 TG	Karl Wiksten Henrik Jönsson Valter Schütz Robin
17.00-18.00	<i>Abonemang</i>	16.30-18.00 TG	Viktor Rogowski Kalle Piltz Anton Appelgren Robin/Anton B	17.30-19.00 TG	Emelie Andersson Emma Harvigsson Emelie Byrén
18.00-19.00	<i>Burlövs TK</i>	18.00-19.00	<i>Burlövs TK</i>		Robin
19.00-20.00	<i>Burlövs TK</i>	19.00-20.00	<i>Burlövs TK</i>	19.00-20.00	<i>Burlövs TK</i>
20.00-21.00 A-Lag	Ronald Jönsson Robin Waldmann Björn Mossberg Patrik Hirdbo		Axel Heiskanen-Nilsson Bo Fredriksen Niclas Mårtensson Adam Hoff	20.00-21.00	<i>Abonemang</i>

2 banor

If I focus on the positiv things even the bad things will become better – If i focus on the bad things, the good thing will become worse.

Torsdag

Tid Bana 1	Bana 1	Tid Bana 2	Bana 2	Tid Bana 3	Bana 3
14.00-15.00 TS	Christian Forsberg Gustav Henriksson Ludvig Bryskhe Elias Maringelli Sebastian Elfving Anton B				
15.00-16.00 TG	Jens Meynert Simon Melin Ludvig Åberg Alexander Sandqvist <i>2 banor</i> Robin + Pontus		Samuel Pendleton Ludvig Göransson Hanna Atlevi	15.00-16.00	<i>Idrottslyftet AK 8-9</i> Anton B
16.00-17.00 TG	Karl Wiksten Henrik Jönsson August Sekund Robin	16.00-17.00 TS	Ebba Bolin Johanna Melin Isabel Arneholm-Löfberg Vendela Phanestill Olivia Slavkovic Anton B	16.00-17.00 TS	Hampus Thell Andreas Jersgren Victor LePrince Gustav Witt Oscar Håkansson Victoria
17.00-18.00 TG	Karl Wiksten Haris Jasarevic Anton Brandt <i>Sparring 2 banor</i> Robin	17.00-18.00 TG	August Sekund Henrik Jönsson Anton Appelgren	17.00-18.30 TS	Frida Heskebeck Kristina Andersson Rebecca Dhali Emma Svensson Victoria
18.00-19.30 TG	Oliver Lindström-H Niclas Gilbertsson Marcus Andersson Emelie Byrén Pontus	18.00-19.30 TG	Emelie Andersson Michell Barkijevic Alexis Marshall Robin	18.30-19.30 TS	Teodor Qvint Oliver Månsson Markus Larsson Gustav Wiksten Denni Vejzovic Anton B
19.30-21.00 TG	Axel Heiskanen-Nilsson Axel Arnberg Anton Brandt Suad Dimiraca <i>3 banor</i> Robin + Johan		Kalle Piltz Viktor Rogowski Kristina Alilovic Sebastian Jovanovic		Philip Nilsson Kristian Melin Anton Appelgren
21.00-22.00	<i>Abonemang</i>	21.00-22.00	<i>Abonemang</i>	21.00-22.00 VT	Henrik Wainebro André Bergkvist Joakim Bengtsson Ludvig Liljeqvist Johan

If you plan long-term, development will go fast – If you plan short-term, development will take long time.

Fredag

Tid Bana 1	Bana 1	Tid Bana 2	Bana 2	Tid Bana 3	Bana 3
14.00-15.00 TS	Amar Prlja Neo Mujcinovic Anton A	14.00-15.00 TS	Alfred Morland Wilhelm Nilsson Gabriel Berthet Hannes Grönevik Otto Hernqvist Anton B		
15.00-16.30 TG	Marcus Andersson Emma Harvigsson Emelie Byren Adam Nyqvist Robin	15.00-16.00 TS	Filippa Skogfeldt Charlotte Önnevik Rebecka Sanick Anna Andersson Matilda Hernqvist Anton B	15.00-16.00 TS	Louise Barcklind Emelie Stenberg Agnes Önnevik Helena Strandberg Emma Kristoffersson Anton A
		16.00-17.00 TS	Rasmus Janmyr Noah Benilsson Erik Lindvall Lina Hansson Marcus Johansson Anton B	16.00-17.00 TS	Vera Eriksson Matilda Amundsson Isidora Todorovic Anna Johansson Ellen Gunnarsson-H Oliver
16.30-17.30 TG	Henrik Jönsson Kasper Rogowski Erik Strömgren Filip Rentschler Robin	17.00-18.00	<i>Abonemang</i>	17.00-18.00 TS	Gustav Wiksten Alexander Riex Karin Wiman Rebecka Dhali Anton B
		17.30-19.00 TG	Emelie Andersson Michell Barkijevic Alexis Marshall Robin/Anton B	18.00-19.00 A-Lag	Robin Waldmann Patrik Hirdbo Ronald Jönsson <i>2 banor</i>
19.00-20.00		19.00-20.00		19.00-20.00	<i>Abonemang</i>

If you train hard, you become better later – If you train easy you become good now.

Lördag

Tid Bana 1	Bana 1	Tid Bana 2	Bana 2	Tid Bana 3	Bana 3
09.00-10.00	Burlövs TK	09.00-10.00 MT	Alexander Henrikz Nils Friman Jonathan Nilsson Tyra Mårtensson Melker Jansson		Tilde Palm Hugo Skölderud Anna Strandberg Saga Larsson Lisa Fransson
					Samling Bana 3 Anton A/Kristina/Kalle P
10.00-11.00	Burlövs TK	10.00-11.00	Burlövs TK	10.00-11.00 TS	Erik Bryland John Borgfors Gustav Lindén Hjalmar Jansson Elias Billqvist
					Anton A
11.00-12.00	Burlövs TK	11.00-12.00	Burlövs TK	11.00-12.00 TS	Tora Perlstam Hampus Fagerberg Ferdinand Merlöv Amar Prlja Neo Mujcinovic Wilhelm Enjin
					Anton A
12.00-13.00	Burlövs TK	12.00-13.00	Burlövs TK	12.00-13.00 TS	Vincent Ahlgren Casper Hernandez Liam Parkilla Natio Dahlén Ölander
					Anton A
13.00-14.00	Burlövs TK	13.00-14.00	Burlövs TK	13.00-14.00 MB	Ophelia Bergman Livia Waldmann Gavrila Perisic Linnea Magnusson Joline Batez
					Anton A
14.00-15.00	Burlövs TK	14.00-15.00 TS	Hanna Atlevi Filip Lundin Andreas Mårtensson	14.00-15.00 MB	Albin Stenberg Erik Stagmo Daniel Magnusson Oscar Atlevi Alvin Berthet Axel Nilsson
			Anton B		Anton A
15.00-16.00	Abonemang	15.00-16.00 TS	Isabella Bergman Sara Gull Alma Lindén Vendela Phanestill	15.00-16.00 TS	Otto Timoleon Björn Jönsson Karl Kajsson
			Anton A		Anton B
16.00-17.00		16.00-17.00 TS	Ludvig Lindmark Marcus Larsson Alexander Riex Johan Åberg	16.00-17.00 TS	Isabelle Nordström Ella Timoleon Emma Handanovic Ida Åberg Anna Lundin
			Anton B		Anton A
17.00-18.00		17.00-18.00		17.00-18.00 TG	Jens Meynert Filip Rentschler Emil Fegler Johan Henriksson
					Anton B

Söndag

Tid Bana 1	Bana 1	Tid Bana 2	Bana 2	Tid Bana 3	Bana 3
10.00-11.00	Herrlag 1 träning Leif Mårtensson	10.00-11.00	Damlag träning Annelie Mårtensson	10.00-11.00 TS	Ludvig Radlovacki Kasper Lindau Anton Backlund Dennis Borg Linus Berglund Anton A
11.00-12.00		11.00-12.00	Damlag träning Annelie Mårtensson	11.00-12.00 TS	Filip Kronqvist Emil Svensson Ludvig Berglund Jacob Hagelqvist Hugo Svensson Jack Blom Anton A
12.00-13.00		12.00-13.00		12.00-13.00 MB	Maja Ahlgren Thea Palm Filippa Fagerberg Alma Mårtensson Max Larsson-M Hannah Dahlberg Alice Mårtensson Anton A
13.00-14.00		13.00-14.00		13.00-14.00 TS	Andreas Mårtensson Vilgot Qvint Måns Ugglin Gustav Naucclér Anton A

Söndag Vuxentennis

Tid Bana 1	Bana 1	Tid Bana 2	Bana 2	Tid Bana 3	Bana 3
14.00-15.00		14.00-15.00		14.00-15.00 VT	Patrik Bryland Gudrun Bryland Eva-Lotta Fagerberg Axel
15.00-16.00		15.00-16.00 VT	Lennart Svensson Karin Svensson Leif Berglund Nicole Berglund Axel	15.00-16.00	<i>Burlövs TK</i>
16.00-17.00		16.00-17.00 VT	Annika Reis Cecilia Åberg Margareta Nylén Axel	16.00-17.00	<i>Burlövs TK</i>
17.00-18.00	<i>Burlövs TK</i>	17.00-18.00 VT	Kajsa Wahlgren Jenny Portland Roger Eriksson Manuel Hernandez Axel	17.00-18.00	<i>Abonemang</i>
18.00-19.00	<i>Burlövs TK</i>	18.00-19.00	<i>Abonemang</i>	18.00-19.00 VT	Lars Henriksson Piotr Szybeck Giggi Wiksten Joakim Wiksten Rickard Bjerme Axel
19.00-20.00 VT	Helena Bolin Jenny Melin Hillevi Pendleton Christian Pendleton Robin/Pontus	19.00-20.00	<i>Abonemang</i>	19.00-20.00 VT	Sverker Lemark Mårten Johansson Mats Flankör Eva Lundgren (Anders Lundsrom) Axel
20.00-21.00 VT	Marie Gralén Ursula Brofors Helene Henriksson Robin/Pontus	20.00-21.00	<i>Abonemang</i>	20.00-21.00 VT	Maria Nettleingham Carl-Johan Wiedel Sabine Peterson Eva Hasselquist Axel
21.00-22.00	<i>Abonemang</i>	21.00-22.00	<i>Herrlag 2 träning</i> <i>Jacob Malmros</i>	21.00-22.00	