

ZHSV Trainingslager

Besuchstag 20.07.2022

Filzbach

Sportzentrum Kerenzerberg

Inhalt

- Trainer-Team und Athleten
- Ablauf Trainingslager und Wochenplan
- Sportzentrum Kerenzerberg

- Impressionen – was bisher geschah ...
- Berichterstattung

- Rundgang und Apéro



Trainer-Team

- Stephan Martz
- Alain Guignard
- Bruno Boldi
- Silvia Guignard

- Roland Leu
- Bruno Seeholzer

- Markus Käser
- Cécile Kessler
- Erwin Weber



www.zhsv.ch

Athleten



- 6 Athletinnen und Athleten



- 12 Athletinnen und Athleten



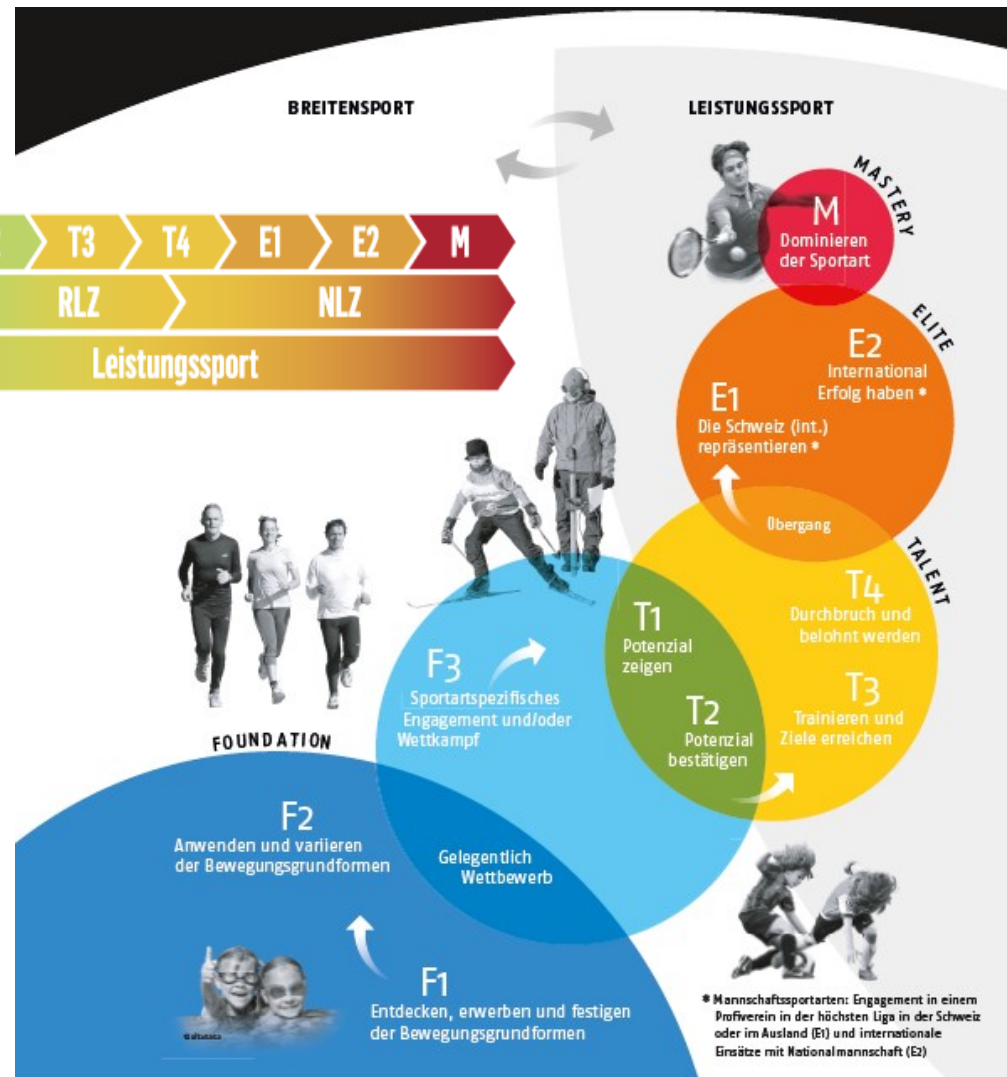
- 10 Athletinnen und Athleten

Total 28 Athletinnen und Athleten!!!



Ausbildungskonzept SSV

"FTEM"



Ablauf Trainingslager

- Start letzten Samstag und dauert bis kommenden Samstag ...
- Einteilung in Gruppen mit jeweils ca. 6..10 Athleten/Gruppe

- Training von früh (06:15 Uhr) bis spät (21:00 Uhr)
- Verpflegung und Übernachtung im Sportzentrum

- Am Samstag zum Abschluss TS Masters für TargetSprint Athleten

Wochenplan Trainingslager

Samstag 16.07.2022		Sonntag 17.07.2022		Montag 18.07.2022		Dienstag 19.07.2022		Mittwoch 20.07.2022		Donnerstag 21.07.2022		Freitag 22.07.2022		Samstag 23.07.2022	
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 10m Outdoor
 10m Target Sprint
 20m
 30m Sprint
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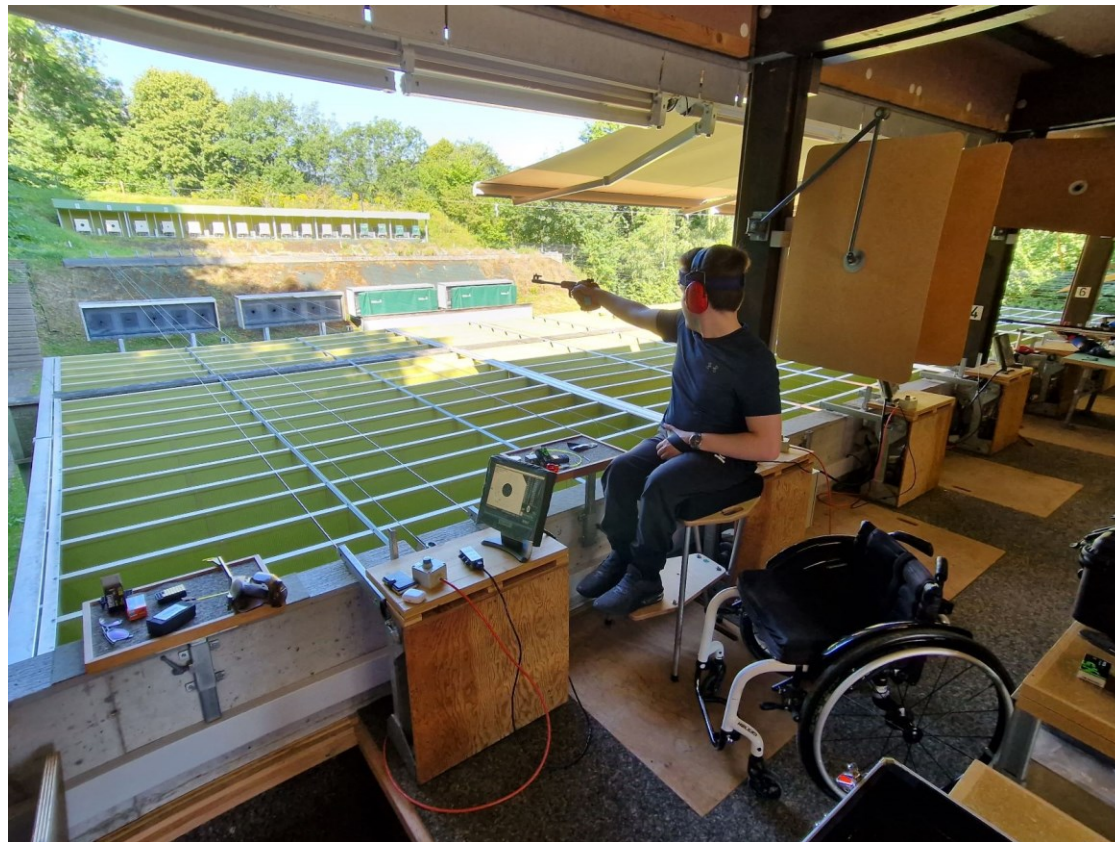
Inhalte über das Schiessen hinaus

- Schiesstraining:
 - Scharfes Schiessen
 - Trockentraining
 - Blindanschlagkontrolle
- Physis: Übungen Rumpfkraft und Ausdauer
- Mental: Entspannung und Konzentration
- AntiDoping
- Prävention im Sport
- Spiel und Spass

Impressionen Gewehr



Impressionen Pistole



Impressionen TargetSprint



Impressionen Rumpfkraftübungen



Impressionen Blindanschlagkontrolle



Berichterstattung


Zürcher Schiesssportverband
ZHSV – Freude am Schiesssport












53. Trainingslager Filzbach 2022
 Gewehr / Pistole / Target Sprint
 16.-23. Juli 2022

alle Angaben ohne Gewähr

Ort: Sportzentrum Kerenzerberg
Panoramastrasse 8
8757 Filzbach

Datum: 16. bis 23. Juli 2022






Übersicht

-  **Bilder und Tagesberichte**
jeden Tag mit aktuellen Fotos
-  **Besuchstag - 22.07.2022**
-  **Ausschreibung, Programm und weitere Informationen**
-  **Rückblick Trainingslager 2004 bis heute**



Rundgang und Apéro



- 4 Stationen Rundgang
- Anschliessend Aperero auf der Terrasse

