

## STAGE HOSINGEN 2019

Auch in diesem Jahr findet der traditionelle Lehrgang vor Weihnachten in Hosingen statt:

### 17.-21. Dezember 2019

- U16 Men
- U16 Women
- U14 Men
- U14 Women

#### Adresse:

Centre écologique, Parc Housen  
12, Parc  
L-9836 Hosingen

Tel. 92 95 98 700  
Fax. 92 95 98 701  
<http://www.sispolo.lu>



#### Vorläufige Tagespläne:

Tuesday 17.12.2019			
09h00-10h30	Practice 1	U14 Women	Gym
09h45	Check-in	U14 Men	Sispolo
10h30-12h00	Practice 1	U14 Men	Gym
11h00	Check-in	U16 Women & U14 Women	Sispolo/ La Sapinière
12h00-13h30	Practice 1	U16 Women	Gym
11h30	Check-in	U16M	Sispolo
12h15	Lunch	U14M, U14W, U16M	Mensa
13h45	Lunch	U16 Women	Mensa
14h00-15h30	Practice 1	U16 Men	Gym
15h45-16h30	Athletics	U14 Women	Turnsaal
15h30-16h30	Practice 2	U14 Men	Gym
16h30-17h15	Athletics	U14 Men	Turnsaal
16h30-17h30	Practice 2	U14 Women	Gym
17h30	Dinner	U16 Men & U16 Women	Mensa
18h00	Dinner	U14 Men & U14 Women	Mensa
18h45-19h30	Athletics	U16 Men	Turnsaal
18h30-19h30	Practice 2	U16 Women	Gym
19h30-20h15	Athletics	U16 Women	Turnsaal
19h30-20h30	Practice 2	U16 Men	Gym
21h00	Snack	All Teams	Lounge
22h00	Sleep	All Teams	Rooms
22h30	Coaches Meeting	All Coaches	Lounge

Wednesday 18.12.2019			
08h00	Breakfast	U14 Men & Women	Mensa
09h30	Breakfast	U16 Men & Women	Mensa
08h45-10h00	Practice 3	U14 Men	Gym
10h00-11h15	Practice 3	U14 Women	Gym
11h15-12h15	Practice 3	U16 Men	Gym
11h30-12h00	Athletics	U16 Women	Turnsaal
12h15-12h45	Athletics	U16 Men	Turnsaal
12h15-13h15	Practice 3	U16 Women	Gym
11h45	Lunch	U14 Men & Women	Mensa
13h15	Lunch	U16 Men & Women	Mensa
13h15-15h15	Practice 4/ Scrimmage	U14 Men/ U15 Men	Gym
15h15-17h15	Practice 4/ Scrimmage	U14 Women/ U14 Men	Gym
14h15 -15h15	<b>Workshop Sport Psychology</b>	U16 Women	Meeting Room
15h30-16h30	<b>Workshop Sport Psychology</b>	U16 Men	Meeting Room
16h30	Snack	U14 Men	Mensa
17h00-18h00	<b>Workshop Sport Psychology</b>	U14 Men	Meeting Room
17h15-19h15	Practice 4	U16 Women	Gym
17h30	Snack	U14 Women	Mensa
17h30	Dinner	U16 Men	Mensa
18h00	Dinner	U14 Men	Mensa
18h15-19h15	<b>Workshop Sport Psychology</b>	U14 Women	Meeting Room
19h00-20h30	Swimming Pool	U14 Men	Aquanat'our
19h30	Dinner	U16 W, U14 W	Mensa
19h15-21h15	Practice 4	U16 Men	Gym
21h30	Snack	U16 Men	Lounge
22h30	Sleep	All Teams	Rooms
22h30	Coaches Meeting	All Coaches	Lounge

Thursday 19.12.2019			
08h00	Breakfast	U14 Women & U16 Men	Mensa
09h00	Breakfast	U14 Men & U16 Women	Mensa
09h00-10h30	Practice 5	U14 Women	Gym
09h00-10h00	Athletics	U16 Men	Turnsaal
10h00-11h00	Athletics	U14 Men	Turnsaal
10h30-12h00	Practice 5	U16 Women	Gym
11h30	Lunch	U16 Men & U14 Men	Gym
12h15	Lunch	U14 Men & Women	Turnsaal
13h00-15h00	Practice 5	U16 Men	Gym
15h00-17h00	Practice 5	U14 Men	Gym
16h00-18h00	Swimming Pool	U16 Men	Aquanat'our
17h00	Dinner	U16 Women	Mensa
17h30	<b>Game vs U14 Men</b>	U14 Women	Gym
18h30	Dinner	U14 Men & U16 Men	Mensa
19h00	<b>Game vs Cadettes US Heffingen</b>	U16 Women	Gym
19h15	Dinner	U14 Women	Mensa
21h30	Snack	All Teams	Lounge
22h30	Sleep	All Teams	Rooms
22h30	Coaches Meeting	All Coaches	Lounge

Friday 20.12.2019			
08h00	Breakfast	U14 Men & U16 Women	Mensa
09h00	Breakfast	U16 Men & U14 Women	Mensa
09h00-10h30	Practice 6	U14 Men	Gym
09h00-10h00	Athletics	U16 Women	Turnsaal
10h00-11h00	Athletics	U14 Women	Turnsaal
10h30-12h00	Practice 6	U16 Men	Gym
11h30	Lunch	U14 Men & U16 Women	Gym
12h15	Lunch	U16 Men & U14 Women	Turnsaal
13h00-15h00	Practice 6	U16 Women	Gym
13h45-14h45	<b>Workshop Nutrition</b>	U16 Men	Meeting Room
14h45-15h45	<b>Workshop Nutrition</b>	U14 Men	Meeting Room
15h00-17h00	Practice 6	U14 Women	Gym
17h00	Dinner	U16M	Mensa
16h30-17h30	<b>Workshop Nutrition</b>	U16 Women	Meeting Room
17h30-18h30	<b>Workshop Nutrition</b>	U14 Women	Meeting Room
18h30	Dinner	U14 & U16 Women	Mensa
18h15	<b>Game vs Scolaires Musel Pikes</b>	U14 Men	Gym
19h45	<b>Game vs Scolaires Dudelange</b>	U16 Men	Gym
19h30	Swimming Pool	U16 Women & U14 Women	Aquanat'our
20h00	Dinner	U14 Men	Mensa
21h30/ 22h00	Snack	All Teams	Lounge
22h45	Sleep	All Teams	Rooms
22h30	Coaches Meeting	All Coaches	Lounge

Saturday 21.12.2019			
07h45	Breakfast	U14 Men & Women	Mensa
09h00	Breakfast	U16 Men & Women	Mensa
10h00-11h00	Check Out (of Rooms)	U16 Men & Women	Sispolo/ La Sapinière
08h45-10h00	Practice 7	U14 Women	Gym
09h30-11h00	Practice 7	U14 Men	Gym (30 min warm up)
10h30-12h00	Practice 7	U16 Women	Gym (30 min warm up)
11h30-13h00	Practice 7	U16 Men	Gym (30 min warm up)
11h30	Check Out (of Rooms)	U14 Men & Women	Sispolo/ La Sapinière
13h00	Lunch	<b>All Teams</b>	Mensa

**Kaderlisten:**

 ○ **U14 Men Stage Hosingen**

	Name	DoB	VEREIN
1	BABINYANGA Ayrton	27.02.06	Etzella Ettelbréck
2	BESLIJA Gianni	13.07.06	Amicale Steesel
3	BOSDIJK Nils	03.01.06	Amicale Steesel
4	BUGEJA Sean	17.01.07	Amicale Steesel
5	CHEN Owen	31.01.06	Nitia Beetebuerg
6	DE SOUSA SILVA Edson	15.12.06	Arantia Larochette
7	DOMINGOS SANCHES José Miguel	19.08.06	Etzella Ettelbréck
8	HAGEN Max	07.06.06	Sparta Bartréng
9	HARTZ Jason	25.07.07	Musel-Pikes
10	JAEGER Matt	20.11.06	Basket Esch
11	KONAN Ange	02.06.07	Gréngewald Hueschtert
12	MAINDRON Kamilis	24.02.06	Amicale Steesel
13	PARIS Finn	04.10.06	Amicale Steesel
14	RECH Bob	23.01.06	Amicale Steesel
15	SCHUDER Gerry	24.01.07	Gréngewald Hueschtert
16	STOFFEL Philippe	15.03.07	Amicale Steesel
17	VANDLER Fabien	18.11.06	Bascharage Hedgehogs
18	WELTER Maxim	01.08.06	Amicale Steesel

 ○ **U14 Women Stage Hosingen**

	Name	DoB	VEREIN
1	BLASEN Emma	01.08.06	T71 Diddeleng
2	DRUI Marie	28.12.06	Amicale Steesel
3	GEELLEN Virginie	28.03.06	Amicale Steesel
4	HAEMAELAEINEN Isa	13.05.06	Résidence Walfer
5	JEMMING, Lara	16.10.07	T71 Diddeleng
6	JUCHNO Amelia	16.02.06	Gréngewald Hueschtert
7	KRINGS, Alana	11.07.07	T71 Diddeleng
8	LARUSSO Laura	23.02.06	T71 Diddeleng
9	LEPAGE POST Lara	27.02.06	Amicale Steesel
10	MARIN DAWID Elena	12.05.06	Sparta Bartréng
11	MISCHO Zoe	26.04.07	Amicale Steesel
12	RESSLINGER Lola	28.05.07	Gréngewald Hueschtert
13	SCHALBAR, Lena	13.03.07	T71 Diddeleng

14	SCHROEDER Mia	22.10.06	T71 Diddeleng
15	SKRIJELJ Seila	18.01.06	T71 Diddeleng
16	STRASSER Lynn	26.12.06	T71 Diddeleng
17	TORRESANI Nicole	02.08.07	Sparta Bartréng
18	VAN DER SCHILDEN Noée	16.05.06	Gréngewald Hueschtert

○ **U16 Men Stage Hosingen**

	Name	DoB	VEREIN
1	ALMEIDA LOPES DE PINA Kelvin	12.09.05	Musel-Pikes
2	BAKAYENDELA Samuel	05.04.05	Telstar Hesper
3	BIX Max	15.07.04	BC Mess
4	BUCK Cédric	26.05.04	Racing Lëtzebuerg
5	CAMBIOTTI Mika	08.12.04	Sparta Bartréng
6	DECKER Tim	24.06.05	AB Contern
7	BERTOLINI Noah	12.02.04	BC Mess
8	GOLLER THIBAUT	14.06.04	Musel-Pikes
9	HENTGES Fabio	25.09.05	BC Mess
10	HIPPERT Mathis	31.01.04	Musel-Pikes
11	KOERFER Louis	08.07.04	Résidence Walfer
12	LORUSSO Matteo	16.04.04	Musel-Pikes
13	MLADENOVIC Nemanja	14.08.05	Sparta Bartréng
14	NEUEN Luc	05.07.04	BC Mess
15	RAFYI Zakaria	16.11.04	Racing Lëtzebuerg
16	SHELTIEN Dorian	14.12.04	Amicale Steesel
17	VAN DER SCHILDEN Jo	22.04.04	Gréngewald Hueschtert
18	VASIC Nikola	03.12.04	Racing Lëtzebuerg

○ **U16 Women Stage Hosingen**

	Name	DoB	VEREIN
1	BURGUND Rocana	18.01.04	Basket Esch
2	CHAUMONT Laurie	28.06.05	Basket Esch
3	COULIBALY Sarah	22.09.05	Racing Lëtzebuerg
4	COULON Kyra	06.10.04	Basket Esch
5	DOMINIQUE Noa	24.04.05	T71 Diddeleng
6	ETUTE Faith Ehi	24.10.05	T71 Diddeleng
7	FONSECA CRACEL Bruna	08.06.04	Basket Esch
8	GLANCLAUDE Eva	02.09.04	Basket Esch
9	GRAGLIA Lara	13.04.04	Sparta Bartréng
10	KRAMPE Stella	06.11.04	Racing Lëtzebuerg

11	MAC HANSON Rejoice	11.03.05	Résidence Walfer
12	MORES Emma	20.02.04	Amicale Steesel
13	QUINTUS Maya	09.10.04	Gréngewald Hueschtert
14	SCHMITZ Sara	05.05.04	Gréngewald Hueschtert
15	SCHUMACHER Laetitia	13.07.04	AB Contern
16	THILL Elisa	03.06.05	Basket Esch
17	VEBIU Joséphine	23.05.05	Sparta Bartréng

### Coaching Staff:

- Head Coaches:

Dziurdzia Mariusz (U14W & U16W), dziurdzia@gmx.net, Tel: 691 308 859  
 Galabov Rumen (U14M), galabovrumen@icloud.com, Tel: 621 745 820  
 Toroman Denis (U16M), denis.toroman.flbb@gmail.com, Tel: 661 808 113

- Assistant Coaches:

Ewert Yann  
 Janiszewski Kamil  
 Lopes Diogo  
 Schmitz Liz

- Kiné:

De Waha Yves  
 Scheltien Lisa

## **5 REGIONEN TURNIER 2019**

### **27.-29.12.2019, Mulhouse (Alsace)**

#### **Adresse:**

Centre Sportif Régional Alsace  
5 rue des Frères Lumière  
68200 MULHOUSE

#### **Teilnehmende Teams:**

- Lorraine
- Alsace
- Baden-Württemberg
- Berlin
- Luxembourg

#### **Delegation:**

#### **Kader U14 Women:**

<b>Name</b>	<b>DoB</b>	<b>Club</b>
Blasen Emma	01.08.06	T71 Diddeleng
Druï Marie	28.12.06	Amicale Steesel
Jemming Lara	16.10.07	T71 Diddeleng
Lepage Post Lara	27.02.06	Amicale Steesel
Lorusso Laura	23.02.06	T71 Diddeleng
Marin Dawid Elena	08.05.06	Sparta Bartréng
Mischo Zoé	26.04.07	Amicale Steesel
Resslinger Lola	28.05.07	Gréngewald Hueschtert
Schroeder Mia	22.10.06	T71 Diddeleng
Skrijelj Seila	28.01.06	T71 Diddeleng
Strasser Lynn	26.12.06	T71 Diddeleng
Van der Schilden Noée	16.05.06	Gréngewald Hueschtert

**Kader U14 Men:**

Name	DoB	Club
Babinyanga Ayrton	27.02.06	Etzella Ettelbréck
Beslija Gianni	13.07.06	Amicale Steesel
Domingos José Miguel	19.08.06	Etzella Ettelbréck
Bugeja Sean	17.01.07	Amicale Steesel
Welter Maxim	01.08.06	Amicale Steesel
Schuder Gerry	24.01.07	Gréngewald Hueschtert
Rech Bob	23.01.06	Amicale Steesel
Hagen Max	07.06.06	Sparta Bartréng
Vandler Fabien	18.11.06	Bascharage Hedgehogs
Jaeger Matt	20.11.06	Basket Esch
Stoffel Philippe	15.03.07	Amicale Steesel
Paris Finn	04.10.06	Amicale Steesel

**Coaching Staff:**

**U14 Men:** Rumen Galabov, Diogo Lopes

**U14 Women:** Mariusz Dziurdzia, Kamil Janiszewski

**Kiné:** Lina Chioato

**Plan:**
**Thursday, 26.12.2018**

09h30-11h30	TP U14 Women	LCD Mersch
16h00-18h00	TP U14 Men	LCD Mersch

**Friday, 27.12.2018**

<b>06h30</b>	<b>Departure INS (Meeting at 6h15)</b>	
12h00	Lunch	
13h00	Technical Meeting	
17h00	U14 Men	Luxembourg – CALOR
17h00	U14 Women	Luxembourg – CALOR

**Saturday, 28.12.2018**

Tba	Breakfast	
11h00	U14 Men	Luxembourg – Baden-Württemberg
11h00	U14 Women	Luxembourg – Baden-Württemberg
Tba	Lunch	
19h30	U14 Men	Luxembourg – Alsace
19h30	U14 Women	Luxembourg – Alsace
Tba	Dinner	
21h00	Staff Meeting	

**Sunday, 29.12.2018**

Tba	Breakfast	
09h00	U14 Men	Luxembourg – Berlin
09h00	U14 Women	Luxembourg – Berlin
Tba	Lunch	
Tba	Departure	