

| August | | September | | Oktober | | November | | Dezember | | Januar | | Februar | |
|--------|----------------------|-----------|--|---------|-------------------|----------|---|----------|--|--------|---|---------|--|
| 1 Mi | | 1 Sa | Kondi-Vormittag Spaghetti Plausch, Laax | 1 Mo | | 1 Do | Outdoor Training (Feiertag: Allerheiligen) | 1 Sa | Vorab | 1 Di | | 1 Fr | Training + Hallentraining BSV Technik |
| 2 Do | | 2 So | Inline-Kondi, Chur + Biathlon Lenzerheide | 2 Di | Outdoor Training | 2 Fr | Hallentraining | 2 So | Vorab | 2 Mi | Trainingscamp Laax / CSG Übernachtung / Mentaltraining | 2 Sa | Training BSV Technik |
| 3 Fr | | 3 Mo | | 3 Mi | | 3 Sa | Vorab | 3 Mo | | 3 Do | Trainingscamp Laax / CSG Übernachtung / Mentaltraining | 3 So | SST JO Cup, Laax |
| 4 Sa | | 4 Di | Outdoor Training | 4 Do | | 4 So | Vorab | 4 Di | | 4 Fr | Training + Hallentraining (Streching) | 4 Mo | |
| 5 So | | 5 Mi | | 5 Fr | Pitztal / Anreise | 5 Mo | | 5 Mi | (Training) | 5 Sa | Fischer Cup | 5 Di | |
| 6 Mo | Sommerferien 2018 | 6 Do | | 6 Sa | Pitztal | 6 Di | Outdoor Training | 6 Do | | 6 So | SST JO Cup, Obersaxen | 6 Mi | Training |
| 7 Di | | 7 Fr | Hallentraining | 7 So | Pitztal | 7 Mi | | 7 Fr | (Training) + Anreise St. Moritz | 7 Mo | | 7 Do | |
| 8 Mi | | 8 Sa | BSV Swiss-Ski Power Test, Chur (U14/U16) | 8 Mo | Pitztal | 8 Do | | 8 Sa | Training St. Moritz & Weltcup Super G, St. Moritz | 8 Di | | 8 Fr | Training + Hallentraining |
| 9 Do | | 9 So | | 9 Di | | 9 Fr | Hallentraining | 9 So | Training St. Moritz | 9 Mi | Training | 9 Sa | Training BSV Cup |
| 10 Fr | | 10 Mo | | 10 Mi | | 10 Sa | Vorab | 10 Mo | | 10 Do | | 10 So | Training BSV Cup |
| 11 Sa | | 11 Di | Outdoor Training | 11 Do | | 11 So | Vorab | 11 Di | | 11 Fr | Training + Hallentraining | 11 Mo | |
| 12 So | Tenero Sportlager | 12 Mi | | 12 Fr | | 12 Mo | | 12 Mi | (Training) | 12 Sa | Training + Fototermin Züri-Leu, Obersaxen | 12 Di | |
| 13 Mo | | 13 Do | | 13 Sa | Kondi-Test 2-18 | 13 Di | Outdoor Training | 13 Do | | 13 So | Training Züri-Leu Obersaxen | 13 Mi | Training |
| 14 Di | | 14 Fr | Hallentraining + Bekeidungsabgabe | 14 So | | 14 Mi | | 14 Fr | (Training) + Hallentraining | 14 Mo | | 14 Do | |
| 15 Mi | | 15 Sa | (evtl. GV RLS) | 15 Mo | | 15 Do | | 15 Sa | Training BSV Technik | 15 Di | | 15 Fr | Training + Hallentraining |
| 16 Do | | 16 So | | 16 Di | Outdoor Training | 16 Fr | Hallentraining | 16 So | Training BSV Technik | 16 Mi | Training | 16 Sa | Training |
| 17 Fr | | 17 Mo | | 17 Mi | | 17 Sa | Vorab | 17 Mo | | 17 Do | | 17 So | Training |
| 18 Sa | | 18 Di | Outdoor Training | 18 Do | Pitztal / Anreise | 18 So | Vorab | 18 Di | | 18 Fr | Training + Hallentraining | 18 Mo | |
| 19 So | Sommer Trophy, Ilanz | 19 Mi | | 19 Fr | Pitztal | 19 Mo | | 19 Mi | (Training) | 19 Sa | Training | 19 Di | |
| 20 Mo | | 20 Do | | 20 Sa | Pitztal | 20 Di | Outdoor Training | 20 Do | F.I.S. Damenrennen Laax | 20 So | Training BSV & Menzli Cup, Sedrun | 20 Mi | Training |
| 21 Di | Outdoor Training | 21 Fr | Pitztal / Anreise | 21 So | Pitztal | 21 Mi | | 21 Fr | | 21 Mo | | 21 Do | |
| 22 Mi | | 22 Sa | Pitztal | 22 Mo | | 22 Do | | 22 Sa | Training | 22 Di | | 22 Fr | Training + Hallentraining |
| 23 Do | | 23 So | Pitztal | 23 Di | Outdoor Training | 23 Fr | Hallentraining | 23 So | Training | 23 Mi | Training | 23 Sa | Clubrennen BSV Interregio, Brigels |
| 24 Fr | Hallentraining | 24 Mo | | 24 Mi | | 24 Sa | Vorab | 24 Mo | | 24 Do | | 24 So | SST JO Cup, Vals |
| 25 Sa | Dorffest Flims | 25 Di | Outdoor Training | 25 Do | | 25 So | Vorab | 25 Di | | 25 Fr | Training + Hallentraining | 25 Mo | Training |
| 26 So | | 26 Mi | | 26 Fr | Hallentraining | 26 Mo | | 26 Mi | Training | 26 Sa | Training | 26 Di | Training |
| 27 Mo | | 27 Do | | 27 Sa | Vorab | 27 Di | | 27 Do | Training | 27 So | Training | 27 Mi | Training |
| 28 Di | Outdoor Training | 28 Fr | Hallentraining | 28 So | Vorab | 28 Mi | | 28 Fr | (Training) + Hallentraining | 28 Mo | | 28 Do | Training |
| 29 Mi | | 29 Sa | Elterninfo & Apéro | 29 Mo | | 29 Do | | 29 Sa | Training & BBQ mit Eltern CSG | 29 Di | | | |
| 30 Do | | 30 So | SST Sporttag | 30 Di | | 30 Fr | Hallentraining | 30 So | Training BSV Interregio | 30 Mi | Training | | |
| 31 Fr | Hallentraining | | | 31 Mi | | | | 31 Mo | BSV Interregio | 31 Do | | | |

| März | | April | | Mai | | Juni | | Juli | | August | |
|-------|--|-------|---|-------|--------------------|-------|---------------------------------------|-------|--|--------|----------------------------|
| 1 Fr | Training + Hallentraining | 1 Mo | | 1 Mi | | 1 Sa | Training Kaunertal | 1 Di | | 1 Do | |
| 2 Sa | Training BSV Technik | 2 Di | | 2 Do | | 2 So | Training Kaunertal | 2 Mi | | 2 Fr | |
| 3 So | Training BSV Technik | 3 Mi | Training | 3 Fr | Anreise Kaunertal | 3 Mo | | 3 Do | | 3 Sa | |
| 4 Mo | | 4 Do | | 4 Sa | Training Kaunertal | 4 Di | Outdoor Training | 4 Fr | | 4 So | |
| 5 Di | | 5 Fr | Training + Hallentraining | 5 So | Training Kaunertal | 5 Mi | | 5 Sa | | 5 Mo | |
| 6 Mi | Training | 6 Sa | Training | 6 Mo | | 6 Do | | 6 So | | 6 Di | |
| 7 Do | | 7 So | Training | 7 Di | Outdoor Training | 7 Fr | | 7 Mo | | 7 Mi | |
| 8 Fr | Training + Hallentraining | 8 Mo | | 8 Mi | | 8 Sa | Kondi-Weekend | 8 Di | | 8 Do | |
| 9 Sa | 49. Segnes Cup BSV Cup | 9 Di | | 9 Do | | 9 So | Kondi-Weekend | 9 Mi | | 9 Fr | |
| 10 So | Training BSV Cup | 10 Mi | Training | 10 Fr | | 10 Mo | Kondi-Weekend | 10 Do | | 10 Sa | |
| 11 Mo | | 11 Do | | 11 Sa | | 11 Di | | 11 Fr | | 11 So | |
| 12 Di | | 12 Fr | 17. Int. Silvretta Schüler-Cup 2019, Samnaun | 12 So | | 12 Mi | | 12 Sa | | 12 Mo | |
| 13 Mi | | 13 Sa | 17. Int. Silvretta Schüler-Cup 2019, Samnaun | 13 Mo | | 13 Do | | 13 So | | 13 Di | |
| 14 Do | | 14 So | 17. Int. Silvretta Schüler-Cup 2019, Samnaun | 14 Di | Outdoor Training | 14 Fr | Hallentraining | 14 Mo | | 14 Mi | |
| 15 Fr | | 15 Mo | | 15 Mi | | 15 Sa | | 15 Di | | 15 Do | |
| 16 Sa | Training | 16 Di | | 16 Do | | 16 So | | 16 Mi | | 16 Fr | |
| 17 So | GP Migros, Savognin | 17 Mi | | 17 Fr | Anreise Kaunertal | 17 Mo | | 17 Do | | 17 Sa | |
| 18 Mo | | 18 Do | | 18 Sa | Training Kaunertal | 18 Di | Outdoor Training | 18 Fr | | 18 So | |
| 19 Di | | 19 Fr | Training & (Laax) Saisonabschluss mit "Minis" | 19 So | Training Kaunertal | 19 Mi | | 19 Sa | | 19 Mo | |
| 20 Mi | Training | 20 Sa | Training | 20 Mo | | 20 Do | | 20 So | | 20 Di | Outdoor Training |
| 21 Do | | 21 So | Training | 21 Di | Outdoor Training | 21 Fr | Hallentraining | 21 Mo | | 21 Mi | |
| 22 Fr | Training + Hallentraining | 22 Mo | Training | 22 Mi | | 22 Sa | Kondi-Weekend | 22 Di | | 22 Do | |
| 23 Sa | Beni's Super G CH Meisterschaften | 23 Di | Saisonende Laax | 23 Do | | 23 So | Kondi-Weekend | 23 Mi | | 23 Fr | Hallentraining |
| 24 So | SST JO Cup (Final), Laax CH Meisterschaften | 24 Mi | | 24 Fr | | 24 Mo | | 24 Do | | 24 Sa | |
| 25 Mo | | 25 Do | | 25 Sa | Kondi-Test 1-19 | 25 Di | Outdoor Training mit Sommerferien BBQ | 25 Fr | | 25 So | Swiss-Ski Summer Challenge |
| 26 Di | | 26 Fr | Anreise Ischgl | 26 So | | 26 Mi | | 26 Sa | | 26 Mo | |
| 27 Mi | Training | 27 Sa | Training Ischgl | 27 Mo | | 27 Do | | 27 So | | 27 Di | Outdoor Training |
| 28 Do | | 28 So | Training Ischgl | 28 Di | | 28 Fr | | 28 Mo | | 28 Mi | |
| 29 Fr | Training + Hallentraining | 29 Mo | | 29 Mi | Anreise Kaunertal | 29 Sa | Sommerferien 2019 | 29 Di | | 29 Do | |
| 30 Sa | Training | 30 Di | Outdoor Training | 30 Do | Training Kaunertal | 30 So | | 30 Mi | | 30 Fr | Hallentraining |
| 31 So | Training | | | 31 Fr | Training Kaunertal | | | | | 31 Sa | |