

WEEK PROGRAM (1.07. - 7.07. 2022)

KINGS

FRIDAY

14:45	MEETING IN LOCKER ROOM
15:15 – 16:15	practice, playground, dry - lend
17:00 – 18:00	ICE PRACTICE
15:30	VIP room: meeting with parents
18:15	END OF THE DAY
19:00	dinner for accommdates kids
21:30	Lights-out

SATURDAY

7:00	Wake up call
7:15	Breakfest
7:45	MEETING IN LOCKER ROOM
8:15 – 9:15	ICE PRACTICE
9:45 – 10:45	practice, playground, dry - lend
11:15 – 11:45	Lunch
11:45 – 13:45	Rest period - DVD
13:15 – 14:15	skills – individual practice
14:00	MEETING IN LOCKER ROOM
14:30 – 15:30	ICE PRACTICE
15:45 – 16:45	Streching
17:15	END OF THE DAY
19:30 – 20:45	Stars game – possibility to watch the match for accomodated
18:20	dinner for accommdates kids
21:30	Lights-out

SUNDAY

8:30	Wake up call
8:50	Breakfest
9:30	MEETING IN LOCKER ROOM
9:45 – 10:15	practice, playground, dry - lend
10:45 – 11:45	ICE PRACTICE
12:30 – 13:00	Lunch
13:15 – 15:00	Rest period - DVD
13:15 – 14:15	goalkeepers practice
15:15	MEETING IN LOCKER ROOM
15:30 – 16:15	practice, playground, dry - lend
17:00 – 18:00	ICE PRACTICE
18:15	END OF THE DAY
18:30 – 19:00	Rehabilitation for accommodated kids - swimwear
19:20	dinner for accommdates kids
21:30	Lights-out

WEEK PROGRAM (1. 07. – 7. 07. 2022)

KINGS

MONDAY

In case beautiful weather – sports morning , summer swimming (minigolf, brach volleyball, football, table tennis, badminton tec.) **If the weather is not suitable the swimming pool will not go!**

If you go to the swimming pool:

07:15	Wake up call
07:30	breakfest
08:00	MEETING IN LOCKER ROOM
	Swimming pool
13:15- 13:45	Lunch
14:00 – 15:00	Rest period - DVD
15:15	MEETING IN LOCKER ROOM
15:30 – 16:15	practice,playground, dry - lend
17:00 – 18:00	ICE PRACTICE
18:15	END OF THE DAY
18:45	dinner for accommdates kids
19:45	Mc Donalds
21:30	Lights-out

If you don't go to the swimming pool:

8:30	Wake up call
8:50	breakfest
9:30	MEETING IN LOCKER ROOM
9:45 – 10:15	practice,playground, dry - lend
10:45 – 11:45	ICE PRACTICE
12:30 – 13:00	lunch
13:15 – 15:00	Rest period - DVD
15:15	MEETING IN LOCKER ROOM
15:30 – 16:15	practice,playground, dry - lend
17:00 – 18:00	ICE PRACTICE
18:15	END OF THE DAY
18:45	dinner for accommdates kids
19:45	Mc Donalds
21:30	Lights-out

WEEK PROGRAM (1. 07. - 7. 07. 2022)

KINGS

TUESDAY

7:00	wake up call
7:15	breakfest
7:45	MEETING IN LOCKER ROOM
8:15 – 9:15	ICE PRACTICE
9:45 – 10:45	practice, playground, dry - land
11:15 – 11:45	lunch
11:45 – 13:45	Rest period - DVD
13:15 – 14:15	skills – individual practice
14:00	MEETING IN LOCKER ROOM
14:30 – 15:30	ICE PRACTICE
15:45 – 16:45	streching
17:00 – 17:45	rehabilitation – swimwear
18:00	END OF THE DAY
18:20	dinner for accommdates kids
21:30	Lights-out

STŘEDA

8:30	wake up call
8:50	breakfest
9:30	MEETING IN LOCKER ROOM
9:45 – 10:15	practice, playground, dry - land
10:45 – 11:45	ICE PRACTICE
12:30 – 13:00	lunch
13:15 – 15:00	Rest period - DVD
13:15 – 14:15	goalkeepers practice
15:15	MEETING IN LOCKER ROOM
15:30 – 16:15	practice, playground, dry - land
17:00 – 18:00	ICE PRACTICE
18:15	END OF THE DAY
18:45	dinner for accommdates kids
21:30	Lights-out

ČTVRTEK

8:15	wake up call
8:45	breakfest
10:00	MEETING IN LOCKER ROOM
10:45 – 11:45	ICE PRACTICE
12:15	END OF THE WEEK

Children can look forward to meeting professional players from NHL, European leagues and the Czech national team.

**THANK YOU ALL FOR THIS WEEK AND WE WISH
YOU A NICE REST OF THE HOLIDAYS!**