

WEEK PROGRAM (1.07. - 7.07. 2022)

PANTHERS

FRIDAY

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

SATURDAY

8:00	Wake up call
8:20	Breakfest
10:00	MEETING IN LOCKER ROOM
10:45 – 11:45	ICE PRACTICE
12:30 – 13:00	Lunch
13:15 – 15:00	Rest period - DVD
13:15 – 14:15	skills – individual 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
19:30 – 20:45	Stars game – possibility to watch the match for accomodated
19:20	dinner for accommdates kids
21:30	Lights-out

SUNDAY

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

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PANTHERS

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	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
19:00 – 19:30	Rehabilitation for accommodated kids - swimwear
19:45	Mc Donalds
21:30	Lights-out

If you don't go to the swimming pool:

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
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
19:45	Mc Donalds
21:30	Lights-out

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PANTHERS

TUESDAY

8:00	Wake up call
8:20	Breakfest
10:00	MEETING IN LOCKER ROOM
10:45 – 11:45	ICE PRACTICE
12:30 – 13:00	Lunch
13:15 – 15:00	Rest period - DVD
13:15 – 14:15	skills – individual 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

WEDNESDAY

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	goalkeepers practice
14:00	MEETING IN LOCKER ROOM
14:30 – 15:30	ICE PRACTICE
15:45 – 16:45	stretching
17:00 – 17:45	rehabilitation – swimmwear
18:00	END OF THE DAY
18:20	dinner for accommdates kids
21:30	Lights-out

THURSDAY

8:00	Wake up call
8:15	Breakfest
9:00	MEETING IN LOCKER ROOM
9:30 – 10:30	ICE PRACTICE
11:00	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!