

WEEK PROGRAM (1.07. - 7.07. 2022)

RANGERS

FRIDAY

13:30	MEETING IN LOCKER ROOM
14:30 – 15:30	ICE PRACTICE
15:30	VIP room: meeting with parents
16:00 – 16:45	practice, playground, dry - land
17:00	END OF THE DAY
18:30	dinner for accommdates kids
21:30	Lights-out

SATURDAY

07:45	wake up call
08:00	breakfest
09:00	MEETING IN LOCKER ROOM
9:30 – 10:30	ICE PRACTICE
11:30 – 12:00	Lunch
12:15 – 14:00	Rest period - DVD
13:15 – 14:15	skills – individual practice
14:15	MEETING IN LOCKER ROOM
14:30 – 15:15	practice, playground, dry - land
15:45 – 16:45	ICE PRACTICE
17:00 – 18:00	stretching
18:15	END OF THE DAY
19:30 – 20:45	Stars game – possibility to watch the match for accomodated
18:45	dinner for accommdates kids
21:30	Lights-out

SUNDAY

07:00	wake up call
07:15	breakfest
07:45	MEETING IN LOCKER ROOM
8:15 – 9:15	ICE PRACTICE
9:45 – 10:45	practice, playground, dry - land
11:00 – 11:30	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	practice, playground, dry - land
17:15	END OF THE DAY
18:15	dinner for accommdates kids
19:45	Mc Donalds
21:30	Lights-out

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RANGERS

MONDAY

In case beautiful weather – sports morning , summer swimming (minigolf, brach voleyball, 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
13:30- 14:00	Lunch
14:00 – 15:00	Rest period - DVD
15:15	MEETING IN LOCKER ROOM
15:45 – 16:45	ICE PRACTICE
17:00 – 18:00	streching
18:15	END OF THE DAY
18:20	dinner for accommdates kids
19:00 – 19:45	Rehabilitation for accommodated kids - swimwear
21:30	Lights-out

If you don't go to the swimming pool:

07:45	wake up call
08:00	breakfest
9:00	MEETING IN LOCKER ROOM
9:30 – 10:30	ICE PRACTICE
11:30 – 12:30	Lunch
12:30 – 14:00	Rest period - DVD
14:15	MEETING IN LOCKER ROOM
14:30 – 15:15	practice, playground, dry - land
15:45 – 16:45	ICE PRACTICE
17:15 – 18:00	streching
18:15	END OF THE DAY
18:20	dinner for accommdates kids
19:00 – 19:45	Rehabilitation for accommodated kids - swimwear
21:30	Lights-out

RANGERS

TUESDAY

08:00	wake up call
08:15	breakfest
09:00	MEETING IN LOCKER ROOM
09:30 – 10:30	ICE PRACTICE
11:15 – 12:00	Lunch
12:15 – 14:00	Rest period - DVD
13:15 – 14:15	skills – individual practice
14:15	MEETING IN LOCKER ROOM
14:30 – 15:15	practice, playground, dry - land
15:45 – 16:45	ICE PRACTICE
17:00 – 17:30	streching
17:45 – 18:30	rehabilitation – swimwear
18:45	END OF THE DAY
19:00	dinner for accommdates kids
21:30	Lights-out

WEDNESDAY

08:00	wake up call
08:15	breakfest
09:00	MEETING IN LOCKER ROOM
09:30 – 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 - land
15:45 – 16:45	ICE PRACTICE
17:00 – 17:30	streching
17:45 – 18:30	rehabilitation – swimwear
18:45	END OF THE DAY
19:00	dinner for accommdates kids
21:30	Lights-out

THURSDAY

07:00	wake up call
07:15	breakfest
07:45	MEETING IN LOCKER ROOM
8:15 – 9:15	ICE PRACTICE
10:00	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!