

WEEK PROGRAM (17.07. - 23.07. 2022)

KINGS

SUNDAY

14:45	MEETING IN LOCKER ROOM
15:15 – 16:15	practice, playground, dry - land
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

MONDAY

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

TUESDAY

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
18:30 – 19.00	Rehabilitation for accomodated kids - swimwear
19:20	dinner for accommdates kids
21:30	Lights-out

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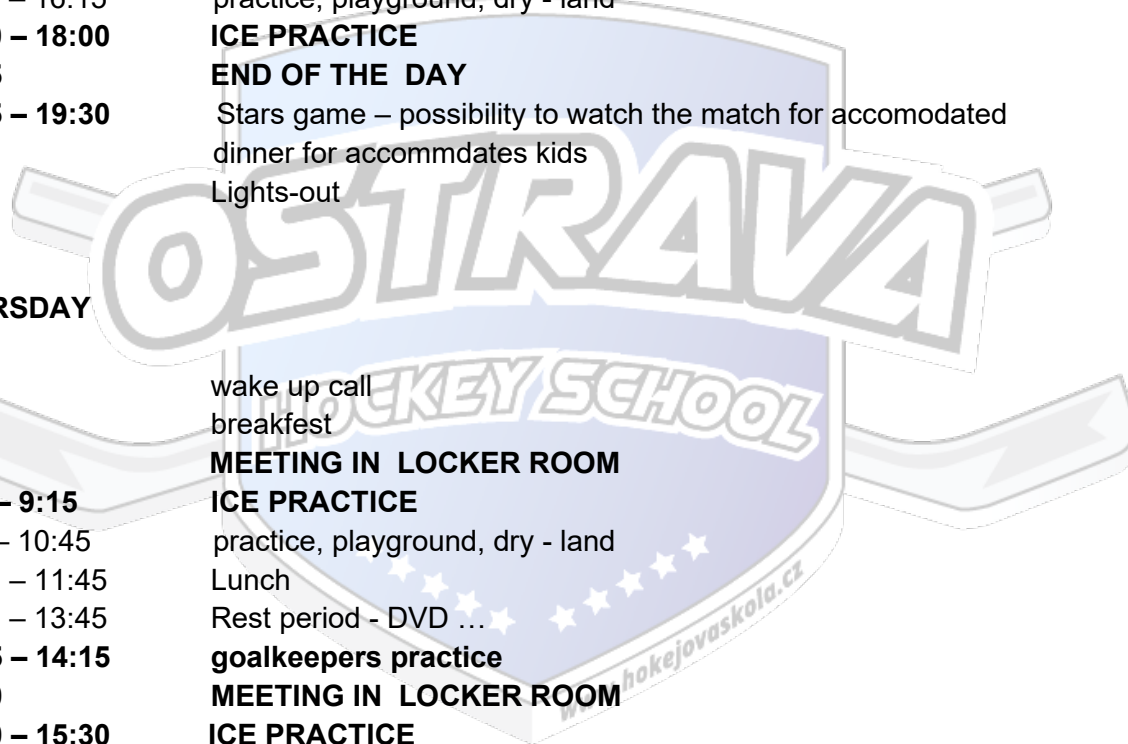
KINGS

WEDNESDAY

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	skills – individual 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
18:15 – 19:30	Stars game – possibility to watch the match for accomodated
18:45	dinner for accommdates kids
21:30	Lights-out

THURSDAY

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



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FRIDAY

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 - land
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
9:00	breakfest
10:00	MEETING IN LOCKER ROOM
10:45 – 11:45	practice, playground, dry - land
12:45 – 13:45	ICE PRACTICE
14:15 – 14:45	Lunch
15:00 – 16:15	Rest period - DVD ...
16:30	MEETING IN LOCKER ROOM
17:00 – 18:00	ICE PRACTICE
18:15	END OF THE DAY
18:30	dinner for accommdates kids
19:45	Mc Donalds
21:30	Lights-out

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SATURDAY

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!

