

# WEEK PROGRAM (17.07. - 23.07. 2022)

## PANTHERS

### SUNDAY

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

### MONDAY

8:00	wake up call
8:20	breakfest
<b>10:00</b>	<b>MEETING IN LOCKER ROOM</b>
<b>10:45 – 11:45</b>	<b>ICE PRACTICE</b>
12:30 – 13:00	Lunch
13:15 – 15:00	Rest period - DVD
<b>13:15 – 14:15</b>	<b>skills – individual practice</b>
<b>15:15</b>	<b>MEETING IN LOCKER ROOM</b>
15:30 – 16:15	practice, playground, dry - land
<b>17:00 – 18:00</b>	<b>ICE PRACTICE</b>
<b>18:15</b>	<b>END OF THE DAY</b>
19:20	dinner for accommdates kids
21:30	Lights-out

### TUESDAY

8:00	wake up call
8:15	breakfest
<b>9:00</b>	<b>MEETING IN LOCKER ROOM</b>
<b>9:30 – 10:30</b>	<b>ICE PRACTICE</b>
11:15 – 12:00	Lunch
12:15 – 14:00	Rest period - DVD ...
<b>13:15 – 14:15</b>	<b>goalkeepers practice</b>
<b>14:15</b>	<b>MEETING IN LOCKER ROOM</b>
14:30 – 15:15	practice, playground, dry - land
<b>15:45 – 16:45</b>	<b>ICE PRACTICE</b>
17:00 – 17:30	streching
17:45 – 18:30	rehabilitation – swimmwear
<b>18:45</b>	<b>END OF THE DAY</b>
19:00	dinner for accommdates kids
21:30	Lights-out

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#### WEDNESDAY

7:00	wake up call
7:15	breakfest
<b>7:45</b>	<b>MEETING IN LOCKER ROOM</b>
<b>8:15 – 9:15</b>	<b>ICE PRACTICE</b>
9:45 – 10:45	practice, playground, dry - land
11:15 – 11:45	Lunch
11:45 – 13:45	Rest period - DVD ...
<b>13:15 – 14:15</b>	<b>skills – individual practice</b>
<b>14:00</b>	<b>MEETING IN LOCKER ROOM</b>
<b>14:30 – 15:30</b>	<b>ICE PRACTICE</b>
15:45 – 16:45	streching
17:00 – 17:45	rehabilitation – swimwear
<b>18:00</b>	<b>END OF THE DAY</b>
<b>18:15 – 19:30</b>	Stars game – possibility to watch the match for accomodated
18:20	dinner for accommdates kids
21:30	Lights-out

#### THURSDAY

8:00	wake up call
8:20	breakfest
<b>10:00</b>	<b>MEETING IN LOCKER ROOM</b>
<b>10:45 – 11:45</b>	<b>ICE PRACTICE</b>
12:30 – 13:00	Lunch
13:15 – 15:00	Rest period - DVD ...
<b>13:15 – 14:15</b>	<b>goalkeepers practice</b>
<b>15:15</b>	<b>MEETING IN LOCKER ROOM</b>
15:30 – 16:15	practice, playground, dry - land
<b>17:00 – 18:00</b>	<b>ICE PRACTICE</b>
<b>18:15</b>	<b>END OF THE DAY</b>
18:30 – 19.00	Rehabilitation for accommodated kids - swimwear
19:20	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
<b>08:00</b>	<b>MEETING IN LOCKER ROOM</b>
	<b>KOUPALIŠTĚ</b>
13:00 - 13:25	Lunch
<b>13:30</b>	<b>MEETING IN LOCKER ROOM</b>
<b>14:00 – 15:00</b>	<b>ICE PRACTICE</b>
15:45 – 16:45	streching
17:00 – 17:45	rehabilitation – swimmwear
<b>18:00</b>	<b>END OF THE DAY</b>
18:20	dinner for accommdates kids
19:00 – 19:30	Rehabilitation for accommodated kids - swimwear
19:45	Mc Donalds
<b>21:30</b>	Lights-out

If you don't go to the swimming pool:

6:50	wake up call
7:05	breakfest
<b>7:30</b>	<b>MEETING IN LOCKER ROOM</b>
<b>8:00 – 9:00</b>	<b>ICE PRACTICE</b>
9:30 – 10:30	practice, playground, dry - land
11:15 – 11:45	Lunch
11:45 – 13:20	Rest period - DVD ...
<b>13:30</b>	<b>MEETING IN LOCKER ROOM</b>
<b>14:00 – 15:00</b>	<b>ICE PRACTICE</b>
15:45 – 16:45	streching
17:00 – 17:45	rehabilitation – swimmwear
<b>18:00</b>	<b>END OF THE DAY</b>
18:20	dinner for accommdates kids
19:45	Mc Donalds
<b>21:30</b>	Lights-out

## WEEK PROGRAM (17. 07. - 23. 07. 2022)

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#### SATURDAY

8:00	wake up call
8:15	breakfest
9:00	<b>MEETING IN LOCKER ROOM</b>
9:30 – 10:30	<b>ICE PRACTICE</b>
11:00	<b>END OF THE WEEK</b>

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!**

