

# WEEK PROGRAM (17.07. - 23.07. 2022)

## RANGERS

### NEDELE

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

### PONDĚLÍ

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
18:45	dinner for accommdates kids
21:30	Lights-out

### ÚTERÝ

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
17:00 – 17:45	rehabilitation – swimwear
18:00	END OF THE DAY
18:15	dinner for accommdates kids
19:45	Mc Donalds
21:30	Lights-out

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#### STŘEDA

08:00	wake up call
08:15	breakfest
<b>09:00</b>	<b>MEETING IN LOCKER ROOM</b>
<b>09:30 – 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>skills – individual 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 – swimwear
<b>18:15 – 19:30</b>	<b>Stars game – possibility to watch the match for accomodated</b>
<b>18:45</b>	<b>END OF THE DAY</b>
19:00	dinner for accommdates kids
21:30	Lights-out

#### ČTVRTEK

08:00	wake up call
08:15	breakfest
<b>09:00</b>	<b>MEETING IN LOCKER ROOM</b>
<b>09:30 – 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 – swimwear
<b>18:45</b>	<b>END OF THE DAY</b>
19:00	dinner for accommdates kids
21:30	Lights-out

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#### PÁTEK

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
<b>08:00</b>	<b>MEETING IN LOCKER ROOM</b> <b>KOUPALIŠTĚ</b>
13:30- 14:00	Lunch
14:00 – 14:50	Rest period - DVD ...
<b>15:00</b>	<b>MEETING IN LOCKER ROOM</b>
<b>15:30 – 16:30</b>	<b>ICE PRACTICE</b>
17:00 – 18:00	streching
<b>18:15</b>	<b>END OF THE DAY</b>
18:20	dinner for accommdates kids
19:00 – 19:45	Rehabilitation for accommodated kids - swimwear
<b>21:30</b>	Lights-out

If you don't go to the swimming pool:

07:45	wake up call
08:00	breakfest
<b>8:45</b>	<b>MEETING IN LOCKER ROOM</b>
<b>9:15 – 10:15</b>	<b>ICE PRACTICE</b>
10:30 – 11:15	practice, playground, dry - land
11:45 – 12:30	Lunch
12:30 – 14:00	Rest period - DVD ...
<b>14:15</b>	<b>MEETING IN LOCKER ROOM</b>
14:30 – 15:00	practice, playground, dry - land
<b>15:30 – 16:30</b>	<b>ICE PRACTICE</b>
17:00 – 18:00	streching
<b>18:15</b>	<b>END OF THE DAY</b>
18:20	dinner for accommdates kids
19:00 – 19:45	Rehabilitation for accommodated kids - swimwear
21:30	Lights-out

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# RANGERS

## SOBOTA

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

