

# WEEK PROGRAM (7.07. - 13.07. 2022)

## KINGS

### THURSDAY

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

### FRIDAY

07:45	wake up call
08:00	breakfest
<b>09:00</b>	<b>MEETING IN LOCKER ROOM</b>
<b>9:30 – 10:30</b>	<b>ICE PRACTICE</b>
11:30 – 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 – 18:00	rehabilitation – swimwear
<b>18:15</b>	<b>END OF THE DAY</b>
18:45	dinner for accommdates kids
21:30	Lights-out

### SATURDAY

8:00	wake up call
8:20	breakfest
<b>9:00</b>	<b>MEETING IN LOCKER ROOM</b>
9:15 – 10:15	practice, playground, dry - land
<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>
<b>18:15 – 19:30</b>	<b>Stars game – possibility to watch the match for accomodated</b>
18:30	dinner for accommdates kids
19:45	Mc Donalds
21:30	Lights-out

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### SUNDAY

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>Swimming pool</b>
13:30- 14:00	Lunch
14:00 – 15:00	Rest period - DVD
<b>15:15</b>	<b>MEETING IN LOCKER ROOM</b>
<b>15:45 – 16:45</b>	<b>ICE PRACTICE</b>
17:00 – 18:00	streching
<b>18:15</b>	<b>END OF THE DAY</b>
18:30	dinner for accommdates kids
<b>21:30</b>	Lights-out

If you don't go to the swimming pool:

07:45	wake up call
08:00	breakfest
<b>9:00</b>	<b>MEETING IN LOCKER ROOM</b>
<b>9:30 – 10:30</b>	<b>ICE PRACTICE</b>
11:30 – 12:30	Lunch
12:30 – 14:00	Rest period - DVD
<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>
17:15 – 18:00	streching
<b>18:15</b>	<b>END OF THE DAY</b>
18:30	dinner for accommdates kids
<b>21:30</b>	Lights-out

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### KINGS

#### MONDAY

8:00	wake up call
8:20	breakfest
<b>9:00</b>	<b>MEETING IN LOCKER ROOM</b>
9:15 – 10:15	practice, playground, dry - land
<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>
18:15	<b>END OF THE DAY</b>
18:30	dinner for accommdates kids
21:30	Lights-out

#### TUESDAY

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 – swimmwear
<b>18:45</b>	<b>END OF THE DAY</b>
19:00	dinner for accommdates kids
21:30	Lights-out

#### WEDNESDAY

8:00	wake up call
8:20	breakfest
<b>9:00</b>	<b>MEETING IN LOCKER ROOM</b>
9:15 – 10:15	practice, playground, dry - land
<b>10:45 – 11:45</b>	<b>ICE PRACTICE</b>
<b>12:15</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!**