

# WEEK PROGRAM (3.07. - 8.07. 2023)

## KINGS

### MONDAY

<b>14:45</b>	<b>MEETING IN LOCKER ROOM</b>
15:15 – 16:15	practice, playground, dry - lend
<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>
19:00	dinner for accommdates kids
21:30	Lights-out

### TUESDAY

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 - lend
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	Stretching
<b>17:15</b>	<b>END OF THE DAY</b>
18:20	dinner for accommdates kids
21:30	Lights-out

### WEDNESDAY

8:30	Wake up call
8:50	Breakfest
<b>9:30</b>	<b>MEETING IN LOCKER ROOM</b>
9:45 – 10:15	practice, playground, dry - lend
<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 - lend
<b>17:00 – 18:00</b>	<b>ICE PRACTICE</b>
<b>18:15</b>	<b>END OF THE DAY</b>
19:30 – 20:45	Stars game – possibility to watch the match for accomodated
19:20	dinner for accommdates kids
21:30	Lights-out

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## KINGS

### THURSDAY

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 – 16:30	streching
16:45 – 17:30	rehabilitation – swimwear
<b>18:00</b>	<b>END OF THE DAY</b>
18:20	dinner for accommdates kids
21:30	Lights-out

### FRIDAY

8:30	wake up call
8:50	breakfest
<b>9:30</b>	<b>MEETING IN LOCKER ROOM</b>
9:45 – 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>
15:15	MEETING IN LOCKER ROOM
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>
18:45	dinner for accommdates kids
21:30	Lights-out

### SATURDAY

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