

WEEK PROGRAM (8.07. - 13.07. 2023)

KINGS

SATURDAY

16:45	MEETING IN LOCKER ROOM
17:15 – 17:45	practice, playground, dry - lend
18:15 – 19:15	ICE PRACTICE
17:00	VIP room: meeting with parents
19:45	END OF THE DAY
20:00	dinner for accommdates kids
21:30	Lights-out

SUNDAY

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

MONDAY

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

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KINGS

TUESDAY

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 – 16:15	streching
16:30 – 17:15	rehabilitation – swimwear
18:00	END OF THE DAY
18:20	dinner for accommdates kids
21:30	Lights-out

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

THURSDAY

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!