

WEEK PROGRAM (8.07. - 13. 07. 2023)

PANTHERS

SATURDAY

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

SUNDAY

8:00	Wake up call
8:20	Breakfest
10:00	MEETING IN LOCKER ROOM
10:45 – 11:45	ICE PRACTICE
12:30 – 13:00	Lunch
13:15 – 15:00	Rest period - DVD
13:15 – 14:15	skills – individual 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
19:20	dinner for accommdates kids
21:30	Lights-out

MONDAY

8:00	Wake up call
8:15	Breakfest
9:00	MEETING IN LOCKER ROOM
9:30 – 10:30	ICE PRACTICE
11:15 – 12:00	Lunch
12:15 – 14:00	Rest period - DVD
13:15 – 14:15	goalkeepers practice
14:15	MEETING IN LOCKER ROOM
14:30 – 15:15	practice, playground, dry - lend
15:45 – 16:45	ICE PRACTICE
17:00 – 17:30	streching
17:45	END OF THE DAY
18:30 – 19:45	Stars game – possibility to watch the match for accomodated
19:00	dinner for accommdates kids
21:30	Lights-out

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PANTHERS

TUESDAY

8:00	Wake up call
8:20	Breakfest
10:00	MEETING IN LOCKER ROOM
10:45 – 11:45	ICE PRACTICE
12:30 – 13:00	Lunch
13:15 – 15:00	Rest period - DVD
13:15 – 14:15	skills – individual practice
15:15	MEETING IN LOCKER ROOM
15:30 – 16:15	practice,playground, dry - lend
17:00 – 18:00	ICE PRACTICE
18:15 – 19:00	Rehabilitation - swimwear
19:15	END OF THE DAY
19:20	dinner for accommdates kids
21:30	Lights-out

WEDNESDAY

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	goalkeepers practice
14:00	MEETING IN LOCKER ROOM
14:30 – 15:30	ICE PRACTICE
16:00 – 17:00	streching
17:30	END OF THE DAY
18:20	dinner for accommdates kids
21:30	Lights-out

THURSDAY

8:00	Wake up call
8:15	Breakfest
9:00	MEETING IN LOCKER ROOM
9:30 – 10:30	ICE PRACTICE
11:00	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!**