

WEEK PROGRAM (8.07. – 13. 07. 2023)

RANGERS

SATURDAY

16:00	MEETING IN LOCKER ROOM
17:00 – 18:00	ICE PRACTICE
17:00	VIP room: meeting with parents
18:30	END OF THE DAY
19:00	dinner for accommdates kids
21:30	Lights-out

SUNDAY

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	streching
18:15	END OF THE DAY
18:45	dinner for accommdates kids
21:30	Lights-out

MONDAY

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
17:15	END OF THE DAY
18:15	dinner for accommdates kids
18:30 – 19:45	Stars game – possibility to watch the match for accomodated
21:30	Lights-out

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RANGERS

TUESDAY

08:00	wake up call
08:15	breakfest
09:00	MEETING IN LOCKER ROOM
09:30 – 10:30	ICE PRACTICE
11:15 – 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
17:15 – 18:00	rehabilitation – swimwear
18:15	END OF THE DAY
19:00	dinner for accommdates kids
21:30	Lights-out

WEDNESDAY

08:00	wake up call
08:15	breakfest
09:00	MEETING IN LOCKER ROOM
09:30 – 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 - land
15:45 – 16:45	ICE PRACTICE
17:00 – 17:30	streching
18:00	END OF THE DAY
18:30	dinner for accommdates kids
21:30	Lights-out

THURSDAY

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