

WEEK PROGRAM (13.07. – 18. 07.2023)

KINGS

THURSDAY

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

FRIDAY

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

SATURDAY

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

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 - 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
16:00 – 17:00	streching
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 - 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 – 19:00	rehabilitation – swimmwear
19:15	END OF THE DAY
19:20	dinner for accommdates kids
21:30	Lights-out

TUESDAY

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!**