

WEEK PROGRAM (09.07. – 14.07. 2024)

KINGS

TUESDAY

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 accommodates 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	skills – individual praktice
14:00	MEETING IN LOCKER ROOM
14:30 – 15:30	ICE PRACTICE
15:45 – 16:30	stretching
16:45 – 17:30	rehabilitation - swimwear
17:45	END OF THE DAY
18:20	dinner for accommodates kids
21:30	Lights - out

THURSDAY

8:30	Wake up call
8:50	Breakfest
9:30	MEETING IN LOCKER ROOM
9:45 – 10:30	practice, playground, dry - lend
10:45 – 11:45	ICE PRACTICE
12:15 – 13:00	Lunch
13:15 – 15:00	Rest period - DVD.....
13:15 – 14:15	goalkeepers - practice
15:15	MEETING IN LOCKER ROOM
15:30 – 16:30	practice, playground, dry - lend
17:00 – 18:00	ICE PRACTICE
18:15	END OF THE DAY
19:20	dinner for accommodates kids
21:30	Lights - out

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FRIDAY

In case beautiful weather – sports morning , summer swimming (minigolf, brach voleyball, football, table tennis, badminton tec.) **If the weather is not suitable the swimming pool will not go!**

If you go to the swimming pool:

07:15	Wake up call
07:30	Breakfest
08:00	MEETING IN LOCKER ROOM SWIMMING POOL
13:15- 13:45	Lunch
13:15 – 14:15	skills – individual practice
14:00	MEETING IN LOCKER ROOM
14:30 – 15:30	ICE PRACTICE
15:45 – 16:30	practice,playground, dry - lend
16:45 – 17:30	rehabilitation - swimwear
17:45	END OF THE DAY
18:15 – 19:15	Stars game – possibility to watch the match for accomodated
18:30	dinner for accommodates kids
21:30	Lights - out

If you don't go to the swimming pool:

7:00	Wake up call
7:15	Breakfest
7:45	MEETING IN LOCKER ROOM
8:15 – 9:15	ICE PRACTICE
9:30 – 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 – 16:30	practice,playground, dry - lend
16:45 – 17:30	rehabilitation - swimwear
17:45	END OF THE DAY
18:15 – 19:15	Stars game – possibility to watch the match for accomodated
18:30	dinner for accommodates kids
21:30	Lights - out

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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 – 16:30	practice,playground, dry - lend
17:00 – 18:00	ICE PRACTICE
18:15	END OF THE DAY
18:30	dinner for accomodates kids, McDonalds
21:30	Lights - out

SUNDAY

8:15	Wake up call
8:45	Breakfes
10:00	MEETING IN LOCKER ROOM
10:45 – 11:45	ICE PRACTICE
12:00	END OF THE DAY

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!

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You can rate us on our website.

www.hokejovaskola.cz