

# WEEK PROGRAM (09. 07. – 14.07. 2024)

## PANTHERS

### TUESDAY

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

### WEDNESDAY

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

### THURSDAY

8:00	Wake up call
8:15	Breakfest
9:00	<b>MEETING IN LOCKER ROOM</b>
9:30 – 10:30	<b>ICE PRACTICE</b>
10:45	Locker room clean up
11:15 – 12:00	Lunch
12:15 – 14:00	Rest period - DVD ...
13:15 – 14:15	<b>goalkeepers - practice</b>
14:15	<b>MEETING IN LOCKER ROOM</b>
14:30 – 15:15	practice, playground, dry - lend
15:45 – 16:45	<b>ICE PRACTICE</b>
17:15 – 18:00	rehabilitation - swimwear
18:15	<b>END OF THE DAY</b>
18:30	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
<b>08:00</b>	<b>MEETING IN LOCKER ROOM</b> <b>SWIMMING POOL</b>
13:15- 13:45	Lunch
<b>13:15 – 14:15</b>	<b>skills – individual practice</b>
14:00 – 15:00	Rest period - DVD ...
<b>15:15</b>	<b>MEETING IN LOCKER ROOM</b>
15:30 – 16:30	practice,playground, dry - lend
<b>17:00 – 18:00</b>	<b>ICE PRACTICE</b>
18:15 – 18:45	rehabilitation - swimwear
18:30 – 19:45	Stars game – possibility to watch the match for
<b>19:00</b>	<b>END OF THE DAY</b>
19:15	dinner for accomodates kids
<b>21:30</b>	Lights out

#### If you don't go to the swimming pool:

8:30	Wake up call
8:50	Breakfest
<b>9:30</b>	<b>MEETING IN LOCKER ROOM</b>
9:45 – 10:15	practice,playground, dry - lend
<b>10:45 – 11:45</b>	<b>ICE PRACTICE</b>
12:30 – 13:00	Lunch
13:15 – 15:00	Rest period - DVD ...
<b>13:15 – 14:15</b>	<b>skills – individual practice</b>
<b>15:15</b>	<b>MEETING IN LOCKER ROOM</b>
15:30 – 16:30	practice,playground, dry - lend
<b>17:00 – 18:00</b>	<b>ICE PRACTICE</b>
18:15 – 18:45	rehabilitation - swimwear
18:30 – 19:45	Stars game – possibility to watch the match for accomodated
<b>19:00</b>	<b>END OF THE DAY</b>
19:15	dinner for accomodates kids
<b>21:30</b>	Lights out

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#### SATURDAY

7:00	Wake up call
7:15	Breakfest
7:45	<b>MEETING IN LOCKER ROOM</b>
8:15 – 9:15	<b>ICE PRACTICE</b>
9:45 – 10:45	PRACTICE,PLAYGROUND,dry - lend
11:15 – 11:45	Lunch
11:45 – 13:45	Rest period - dvd...
13:15 – 14:15	<b>goalkeepers - practice</b>
14:00	<b>MEETING IN LOCKER ROOM</b>
14:30 – 15:30	<b>ICE PRACTICE</b>
16:00 – 17:00	STECHING
17:30	<b>END OF THE DAY</b>
18:00	dinner for accomodates kids, McDonalds
21:30	Lights out

#### SUNDAY

8:00	Wake up call
8:15	Breakfest
9:00	<b>MEETING IN LOCKER ROOM</b>
9:30 – 10:30	<b>ICE PRACTICE</b>
10:45	<b>END OF THE WEEK</b>

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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