

WEEK PROGRAM (09.07. – 14.07.2024)

RANGERS

TUESDAY

16:00	MEETING IN LOCKER ROOM
17:00 – 18:00	ICE PRACTICE
17:00	VIP room: meeting with parents
18:15	END OF THE DAY
19:00	dinner for accommodates kids
21:30	Lights out

WEDNESDAY

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 - lend
15:45 – 16:45	ICE PRACTICE
17:00 – 17:25	strechig
17:30 – 18:15	rehabilitation - swimwear
18:30	END OF THE DAY
18:45	dinner for accommodates 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
9:45 – 10:45	practice,playground, dry - lend
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
16:00 – 17:00	practice,playground, dry - lend
17:30	END OF THE DAY
18:15	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 – 15:00	Rest period - DVD...
15:15	MEETING IN LOCKER ROOM
15:45 – 16:45	ICE PRACTICE
17:30 – 18:15	rehabilitation - swimwear
18:30	END OF THE DAY
18:15 – 19:15	Stars game – possibility to watch the match for accommodated
18:35	dinner for accommodates kids
21:30	Lights out

If you don't go to the swimming pool:

8:15	Wake up call
8:30	Breakfest
9:00	MEETING IN LOCKER ROOM
9:30 – 10:30	ICE PRACTICE
10:45 – 11:45	practice,playground, dry - lend
12:15 – 12:45	Lunch
13:00 – 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 - lend
15:45 – 16:45	ICE PRACTICE
17:30 – 18:15	rehabilitation - swimwear
18:30	END OF THE DAY
18:30 – 19:45	Stars game – possibility to watch the match for accommodated
18:35	dinner for accommodates kids
21:30	Lights out

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RANGERS

SATURDAY

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 - lend
15:45 – 16:45	ICE PRACTICE
17:15 – 17:45	streching
18:00	END OF THE DAY
18:30	dinner for accomodates kids, McDonalds
21:30	Lights out

SUNDAY

07:00	Wake up call
07:15	Breakfest
07:45	MEETING IN LOCKER ROOM
8:15 – 9:15	ICE PRACTICE
9:45	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!

Follow our social media.

You can rate us on our website.

www.hokejovaskola.cz