

WEEK PROGRAM (28. 06. – 03. 07. 2025)

DUCKS

SATURDAY

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

SUNDAY

8:00	wake up call
8:20	Breakfest
10:00	MEETING IN LOCKER ROOM
10:45 – 11:45	ICE PRACTICE
12:30 – 13:00	Lunch
13:15 – 15:00	Rest period - DVD
13:15 – 14:15	skills – individual 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
19:30 – 20:45	Stars game – – possibility to watch the match for accomodated
21:30	Lights - out

MONDAY

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

WEEK PROGRAM (28. 06. – 03. 07. 2025)

DUCKS

TUESDAY

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 – 14:15	skills – individual practice
13:15 – 15:00	Rest period - DVD
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 – 19:00.	rehabilitation
19:15	dinner for accomodates 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	Goalkeepers – individual practice
14:00	MEETING IN LOCKER ROOM
14:30 – 15:30	ICE PRACTICE
16:00 – 16:45	practice,playground,dry-lend
17:00 – 17:45	rehabilitation
18:00	END OF THE DAY
18:20	dinner for accomodates kids, Mc Donalds
21:30	Lights - out

THUSDAY

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

Camp schedule subject to change

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

