

WEEK PROGRAM (03.07. – 08.07.2025)

SHARKS

THURSDAY

| | |
|----------------------|---------------------------------------|
| 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 |

FRIDAY

| | |
|----------------------|--|
| 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 |
| 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 |
| 18:15 – 19:30 | Stars game – possibility to watch the match for accommodated |
| 18:30 | END OF THE DAY |
| 18:45 | dinner for accommodates kids |
| 21:30 | Lights out |

SATURDAY

| | |
|----------------------|----------------------------------|
| 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 |
| 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 |
| 18:00 – 18:30 | rehabilitation |
| 19:00 | dinner for accommodates kids |
| 21:30 | Lights out |

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SHARKS

SUNDAY

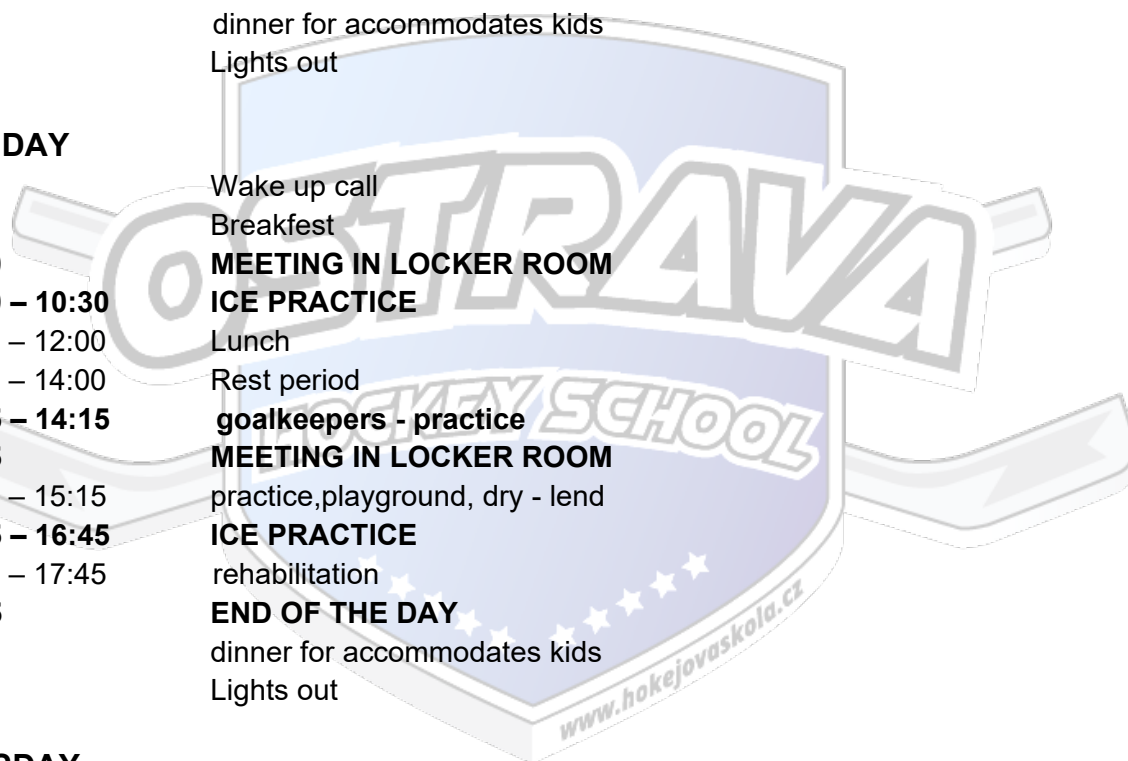
| | |
|----------------------|-------------------------------------|
| 8:15 | Wake up call |
| 8:30 | Breakfest |
| 9:00 | MEETING IN LOCKER ROOM |
| 9:30 – 10:30 | ICE PRACTICE |
| 10:45 – 11:45 | practice,playground, dry - lend |
| 12:15 – 12:45 | Lunch |
| 13:00 – 14:00 | Rest period |
| 13:15 – 14:15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

MONDAY

| | |
|----------------------|---------------------------------|
| 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 |
| 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 |
| 17:00 – 17:45 | rehabilitation |
| 18:15 | END OF THE DAY |
| 18:30 | dinner for accomodates kids |
| 21:30 | Lights out |

TUESDAY

| | |
|--------------------|-------------------------------|
| 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 |



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

