

WEEK PROGRAM (03. 07. – 08.07. 2025)

DUCKS

THURSDAY

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

FRIDAY

8:00	Wake up call
8:20	Breakfest
9:00	MEETING IN LOCKER ROOM
9:15 – 10:15	practice, playground, dry - lend
10:45 – 11:45	ICE PRACTICE
12:30 – 13:00	Lunch
13:15 – 15:00	Rest period
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 – 19:30	Stars game – possibility to watch the match for accomodated
18:15	END OF THE DAY
18:30	dinner for accommodates kids
21:30	Lights out

SATURDAY

8:00	Wake up call
8:15	Breakfest
9:00	MEETING IN LOCKER ROOM
9:30 – 10:30	ICE PRACTICE
10:45	Locker room clean up
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
17:15 – 18:00	rehabilitation
18:15	END OF THE DAY
18:30	dinner for accommodates kids
21:30	Lights out

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DUCKS

SUNDAY

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
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
18:30	END OF THE DAY
19:15	dinner for accomodates kids
21:30	Lights out

MONDAY

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
13:15 – 14:15	goalkeepers - practice
14:00	MEETING IN LOCKER ROOM
14:30 – 15:30	ICE PRACTICE
16:00 – 17:00	STRETCHING
17:30	END OF THE DAY
17:45 – 18:15	rehabilitation
18:45	dinner for accomodates kids
21:30	Lights out

TUESDAY

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!

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www.hokejovaskola.cz

