

# WEEK PROGRAM (28. 06. – 03. 07. 2025)

## DUCKS

### SATURDAY

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

### SUNDAY

8:00	wake up call
8:20	Breakfest
<b>10:00</b>	<b>MEETING IN LOCKER ROOM</b>
<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>
<b>18:15</b>	<b>END OF THE DAY</b>
19:20	dinner for accomodates 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
<b>9:00</b>	<b>MEETING IN LOCKER ROOM</b>
<b>9:30 – 10:30</b>	<b>ICE PRACTICE</b>
11:15 – 12:00	Lunch
12:15 – 14:00	Rest period - DVD
<b>13:15 – 14:15</b>	<b>goalkeepers - individual practice</b>
<b>14:15</b>	<b>MEETING IN LOCKER ROOM</b>
14:30 – 15:15	practice,playground, dry - lend
<b>15:45 – 16:45</b>	<b>ICE PRACTICE</b>
17:00 – 17:45	practice,playground,dry-lend
<b>18:00</b>	<b>END OF THE DAY</b>
19:00	dinner for accomodates kids
21:30	Lights - out

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#### TUESDAY

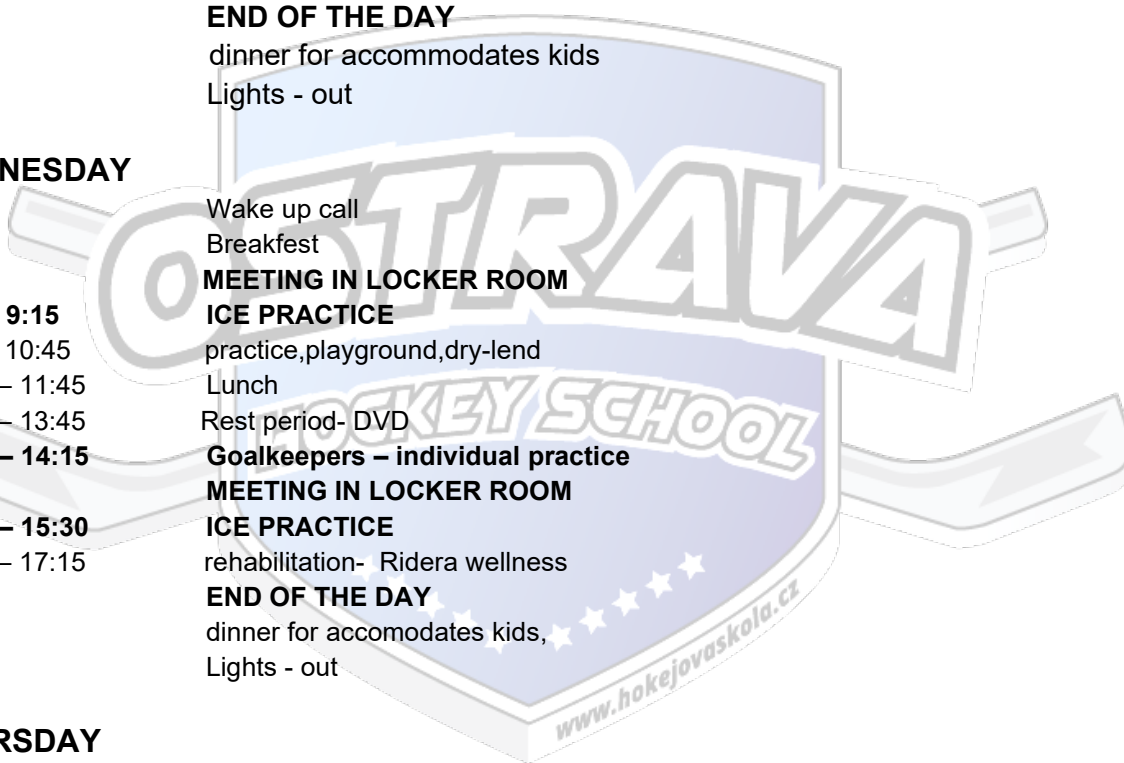
8:30	Wake up call
8:50	Breakfest
<b>9:30</b>	<b>MEETING IN LOCKER ROOM</b>
9:45 – 10:15	practice,playground, dry - lend
<b>10:45 – 11:45</b>	<b>ICE PRACTICE</b>
12:30 – 13:00	Lunch
<b>13:15 – 14:15</b>	<b>skills – individual practice</b>
13:15 – 15:00	Rest period - DVD
<b>15:15</b>	<b>MEETING IN LOCKER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

#### WEDNESDAY

7:00	Wake up call
7:15	Breakfest
<b>7:45</b>	<b>MEETING IN LOCKER ROOM</b>
<b>8:15 – 9:15</b>	<b>ICE PRACTICE</b>
9:45 – 10:45	practice,playground,dry-lend
11:15 – 11:45	Lunch
11:45 – 13:45	Rest period- DVD
<b>13:15 – 14:15</b>	<b>Goalkeepers – individual practice</b>
<b>14:00</b>	<b>MEETING IN LOCKER ROOM</b>
<b>14:30 – 15:30</b>	<b>ICE PRACTICE</b>
16:15 – 17:15	rehabilitation- Ridera wellness
<b>18:00</b>	<b>END OF THE DAY</b>
18:20	dinner for accomodates kids,
21:30	Lights - out

#### THURSDAY

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



**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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**You can rate us on our website.**

**[www.hokejovaskola.cz](http://www.hokejovaskola.cz)**

