

## WEEK PROGRAM (28.06. – 03. 07. 2025)

### SHARKS

#### SATURDAY

13:30	MEETING IN LOCKER ROOM
14:30 – 15:30	ICE PRACTICE
15:30	VIP room: meeting with parents, all information
16:00 – 16:45	practice, playground, dry - lend
17:00	END OF THE DAY
18:30	dinner for accommdates kids
21:30	Lights - out

#### SUNDAY

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 – 18:00	practice, playground, dry – lend
18:15	END OF THE DAY
18:45	dinner for accomodates kids
19:30 – 20:45	Stars game – – possibility to watch the match for accomodated
21:30	Lights - out

#### MONDAY

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

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### SHARKS

#### TUESDAY

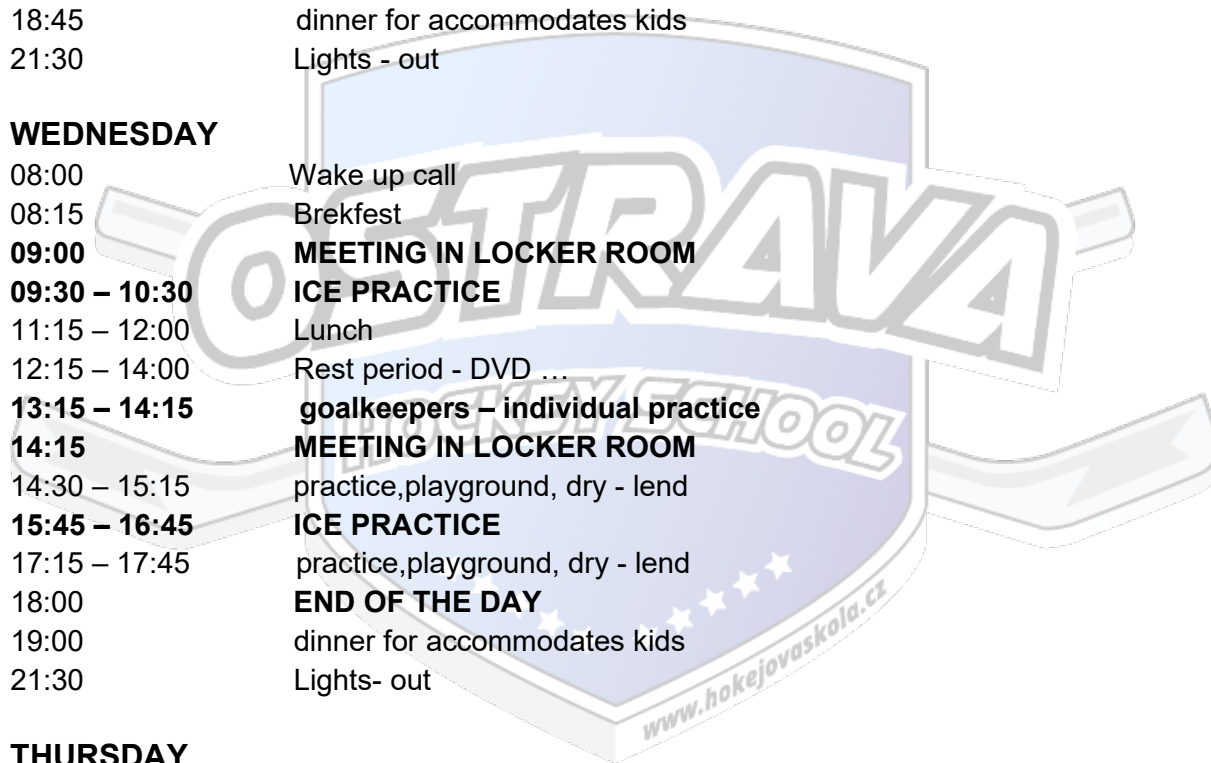
8:00	Wake up call
8:30	Breakfest
<b>9:00</b>	<b>MEETING IN LOCKER ROOM</b>
<b>9:30 – 10:30</b>	<b>ICE PRACTICE</b>
10:45 – 11:45	practice,playground, dry - lend
12:30 – 13:00	Lunch
<b>13:15 – 14:15</b>	<b>skills – individual practice</b>
13:15 – 15:00	Rest period - DVD
<b>15:15</b>	<b>MEETING IN LOCKER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

#### WEDNESDAY

08:00	Wake up call
08:15	Brekfest
<b>09:00</b>	<b>MEETING IN LOCKER ROOM</b>
<b>09:30 – 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>
17:15 – 17:45	practice,playground, dry - lend
18:00	<b>END OF THE DAY</b>
19:00	dinner for accomodates kids
21:30	Lights- out

#### THURSDAY

07:00	Wake up call
07:15	Breakfest
<b>07:45</b>	<b>MEETING IN LOCKER ROOM</b>
<b>8:15 – 9:15</b>	<b>ICE PRACTICE</b>
<b>9:45</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!**

