

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 – 17:45	strechig
18:15 – 19:30	Stars game – possibility to watch the match for accommodated
18:15	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
16:15 – 17:15	rehabilitation RIDERA wellness
17:45	END OF THE DAY
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!**

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www.hokejovaskola.cz

