

WEEK PROGRAM (03.07. – 08.07. 2025)

KRAKEN

THURSDAY

16:45	MEETING IN LOCKER ROOM
17:15 – 17:45	practice, playground, dry - lend
18:15 – 19:15	ICE PRACTICE
17:00	VIP ROOM: meeting with parents
19:45	END OF THE DAY
20:00	dinner for accommodates kids
21:30	Lights - out

FRIDAY

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 - DVD...
13:15 – 14:15	skills – individual praktice
14:00	MEETING IN LOCKER ROOM
14:30 – 15:30	ICE PRACTICE
16:00 – 17:00	streching
18:15 – 19:15	Stars game – possibility to watch the match for accomodated
17:15	END OF THE DAY
18:20	dinner for accommodates kids
21:30	Lights - out

SATURDAY

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

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KRAKEN

SUNDAY

7:00	Wake up call
7:15	Breakfest
7:45	MEETING IN LOCKER ROOM
8:15 – 9:15	ICE PRACTICE
9:30 – 10:45	practice,playground, dry - lend
11:15 – 11:45	Lunch
11:45 – 13:45	Rest period
13:15 – 14:15	skills – individual 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
18:30	dinner for accomodates kids
21:30	Lights - out

MONDAY

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	goalkeepers - 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
19:00	dinner for accomodates kids
21:30	Lights - out

TUESDAY

8:15	Wake up call
8:45	Breakfest
10:00	MEETING IN LOCKER ROOM
10:45 – 11:45	ICE PRACTICE
12:00	END OF THE DAY

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

