

## WEEK PROGRAM (08.07. – 13.07. 2025)

### KRAKEN

#### TUESDAY

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

#### THURSDAY

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

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# KRAKEN

## FRIDAY

7:00	Wake up call
7:15	Breakfest
7:45	<b>MEETING IN LOCKER ROOM</b>
8:15 – 9:15	<b>ICE PRACTICE</b>
9:30 – 10:45	practice,playground, dry - lend
11:15 – 11:45	Lunch
11:45 – 13:45	Rest period - DVD ...
13:15 – 14:15	<b>skills – individual practice</b>
14:00	<b>MEETING IN LOCKER ROOM</b>
14:30 – 15:30	<b>ICE PRACTICE</b>
16:00 – 17:00	practice,playground, dry - lend
17:30	<b>END OF THE DAY</b>
18:15 – 19:15	Stars game – possibility to watch the match for accomodated
18:30	dinner for accomodates kids
21:30	Lights - out

## SATURDAY

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

## SUNDAY

8:15	Wake up call
8:45	Breakfes
10:00	<b>MEETING IN LOCKER ROOM</b>
10:45 – 11:45	<b>ICE PRACTICE</b>
12:00	<b>END OF THE DAY</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)**

