

## WEEK PROGRAM (30.06. – 05.07. 2026)

### SHARKS

#### TUESDAY

<b>16:00</b>	<b>MEETING IN LOCKER ROOM</b>
<b>17:00 – 18:00</b>	<b>ICE PRACTICE</b>
17:00	<b>VIP room: meeting with parents, all information</b>
<b>18:15</b>	<b>END OF THE DAY</b>
18:30	dinner for accommodates kids
19:00	Transfer of children to the hotel
21:30	Lights - out

#### WEDNESDAY

8:15	wake up call
8:45	Breakfest
9:15	Transfer of children from the hotel
<b>10:15</b>	<b>MEETING IN LOCKER ROOM</b>
<b>10:45 – 11:45</b>	<b>ICE PRACTICE</b>
12:00 – 12:30	Lunch
12:30 – 14:00	Rest period ...
<b>13:15 – 14:15</b>	<b>skills – individual practice</b>
<b>14:15</b>	<b>MEETING IN LOCKER ROOM</b>
14:30 – 15:15	practice, playground, dry - land
<b>15:45 – 16:45</b>	<b>ICE PRACTICE</b>
17:15 – 18:15	rehabilitation - wellness
<b>18:30</b>	<b>END OF THE DAY</b>
18:30	dinner for accommodates kids
19:00	Transfer of children to the hotel
21:30	Lights - out

#### THURSDAY

7:00	wake up call
7:30	Breakfest
8:00	Transfer of children from the hotel
<b>09:00</b>	<b>MEETING IN LOCKER ROOM</b>
<b>9:30 – 10:30</b>	<b>ICE PRACTICE</b>
10:45 – 11:45	practice, playground, dry - land
12:00 – 12:30	Lunch
12:45 – 13:45	Rest period ..
<b>13:15 – 14:15</b>	<b>goalkeepers practice</b>
<b>14:00</b>	<b>MEETING IN LOCKER ROOM</b>
<b>14:30 – 15:30</b>	<b>ICE PRACTICE</b>
16:00 – 17:00	practice, playground, dry - land
<b>17:30</b>	<b>END OF THE DAY</b>
18:30	McDonalds for accommodates kids
19:00	Transfer of children to the hotel
21:30	Lights - out

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### SHARKS

#### FRIDAY

In case beautiful weather – sports morning , summer swimming (minigolf, brach voleyball, football, table tennis, badminton tec.) If the weather is not suitable the swimming pool will not go!

#### If you go to the swimming pool:

6:30	wake up call
7:00	Breakfest
7:15	Transfer of children from the hotel
<b>8:00</b>	<b>MEETING IN LOCKER ROOM</b>
8:10	going to the swimming pool
12:15 – 12:45	Lunch for the skills group
13:15- 13:45	Lunch
<b>13:15 – 14:15</b>	<b>skills – individual practice</b>
13:45 – 14:15	Rest period ..
<b>14:15</b>	<b>MEETING IN LOCKER ROOM</b>
14:30 – 15:15	practice, playground, dry - land
<b>15:45 – 16:45</b>	<b>ICE PRACTICE</b>
17:00 – 17:45	stretch
<b>18:15</b>	<b>END OF THE DAY</b>
18:15	dinner for accomodates kids
18:15 – 19:30	Stars game – possibility to watch the match for accomodated
19:30	Transfer of children to the hotel
21:30	Lights - out

#### If you don't go to the swimming pool:

8:15	wake up call
8:45	Breakfest
<b>10:15</b>	<b>MEETING IN LOCKER ROOM</b>
<b>10:45 – 11:45</b>	<b>ICE PRACTICE</b>
12:15 – 12:45	Lunch
13:00 – 14:00	Rest period ...
<b>13:15 – 14:15</b>	<b>skills – individual practice</b>
<b>14:15</b>	<b>MEETING IN LOCKER ROOM</b>
14:30 – 15:15	practice, playground, dry - land
<b>15:45 – 16:45</b>	<b>ICE PRACTICE</b>
17:00 – 18:00	rehabilitation - wellness
<b>18:15</b>	<b>END OF THE DAY</b>
18:15	dinner for accomodates kids
18:15 – 19:30	Stars game – possibility to watch the match for accomodated
19:30	Transfer of children to the hotel
21:30	Lights - out

## **SATURDAY**

8:15	wake up call
8:45	Breakfest
9:15	Transfer of children from the hotel
<b>10:15</b>	<b>MEETING IN LOCKER ROOM</b>
<b>10:45 – 11:45</b>	<b>ICE PRACTICE</b>
12:15 – 12:45	Lunch
12:45 – 14:00	Rest period ...
<b>13:15 – 14:15</b>	<b>goalkeepers practice</b>
<b>14:15</b>	<b>MEETING IN LOCKER ROOM</b>
14:30 – 15:15	practice, playground, dry - land
<b>15:45 – 16:45</b>	<b>ICE PRACTICE</b>
17:00 – 17:45	stretch
<b>18:00</b>	<b>END OF THE DAY</b>
18:15	dinner for accomodates kids
18:45	Transfer of children to the hotel
21:30	Lights - out

## **SUNDAY**

6:00	wake up call
6:20	room cleaning
6:35	Breakfest
7:00	Transfer of children from the hotel
<b>07:45</b>	<b>MEETING IN LOCKER ROOM</b>
<b>8:15 – 9:15</b>	<b>ICE PRACTICE</b>
9:20	announcement of results
<b>09:45</b>	<b>END OF THE WEEK</b>

**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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