

WEEK PROGRAM (05.07. – 10.07. 2026)

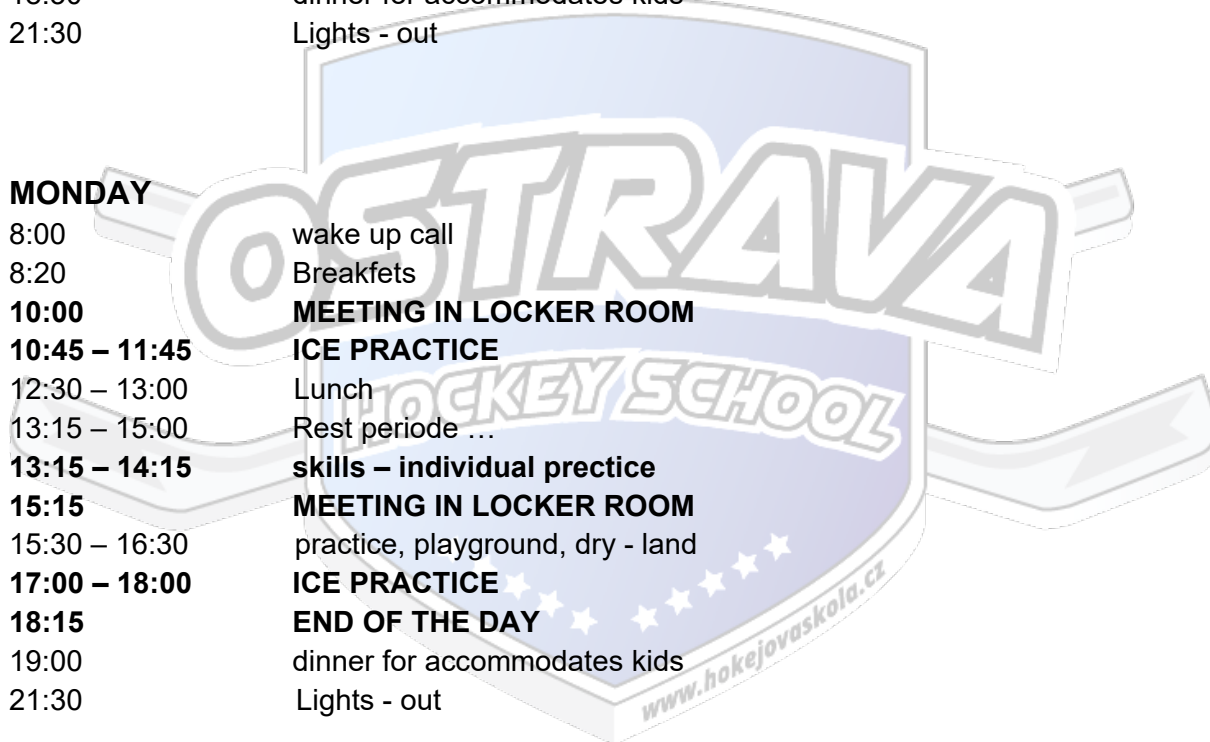
DUCKS

SUNDAY

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

MONDAY

8:00	wake up call
8:20	Breakfets
10:00	MEETING IN LOCKER ROOM
10:45 – 11:45	ICE PRACTICE
12:30 – 13:00	Lunch
13:15 – 15:00	Rest periode ...
13:15 – 14:15	skills – individual prectice
15:15	MEETING IN LOCKER ROOM
15:30 – 16:30	practice, playground, dry - land
17:00 – 18:00	ICE PRACTICE
18:15	END OF THE DAY
19:00	dinner for accommodates kids
21:30	Lights - out



WEEK PROGRAM (05.07. – 10.07. 2026)

DUCKS

TUESDAY

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:

7:15	wake up call
7:30	Breakfest
08:00	MEETING IN LOCKER ROOM
	SWIMMING POOL
12:15 – 12:45	Lunch for the goalkeepers group
13:15 - 13:45	Lunch
13:45 – 14:15	Rest period ...
13:15 – 14:15	goalkeepers practice
14:15	MEETING IN LOCKER ROOM
14:30 – 15:15	practice, playground, dry - land
15:45 – 16:45	ICE PRACTICE
17:00 – 17:45	stretch
18:00	END OF THE DAY
19:00	dinner for accomodates kids
21:30	Lights - out

If you don't go to the swimming pool:

8:00	wake up call
8:15	Breakfest
9:00	MEETING IN LOCKER ROOM
9:30 – 10:30	ICE PRACTICE
10:45 – 11:15	locker room cleaning
11:30 – 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 - land
15:45 – 16:45	ICE PRACTICE
17:00 – 18:00	rehabilitation - wellness
18:15	END OF THE DAY
19:00	dinner for accomodates kids
21:30	Lights - out

PROGRAM TÝDNE (05.07. – 10.07. 2026)

DUCKS

WEDNESDAY

8:30	wake up call
8:50	Breakfest
9:30	MEETING IN LOCKER ROOM
9:45 – 10:15	practice, playground, dry - land
10:45 – 11:45	ICE PRACTICE
12:30 – 13:00	Lunch
13:15 – 14:15	skills – individual practice
13:15 – 15:00	Rest period ...
15:15	MEETING IN LOCKER ROOM
15:30 – 16:30	practice, playground, dry - land
17:00 – 18:00	ICE PRACTICE
18:15	END OF THE DAY
18:45	McDonalds for accommodates kids
19:30 – 20:45	Stars game – possibility to watch the match for accommodated
21:30	Lights - out

THURSDAY

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 - land
11:15 – 11:45	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 - wellness
18:00	END OF THE DAY
18:20	dinner for accommodates kids
21:30	Lights - out

FRIDAY

7:45	wake up call
8:15	room cleaning
8:30	Breakfest
9:00	MEETING IN LOCKER ROOM
9:30 – 10:30	ICE PRACTICE
10:45	END OF THE WEEK

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!**

Follow our social media.

You can rate us on our website.

www.hokejovaskola.cz

