

WEEK PROGRAM (05.07. – 10.07. 2026)

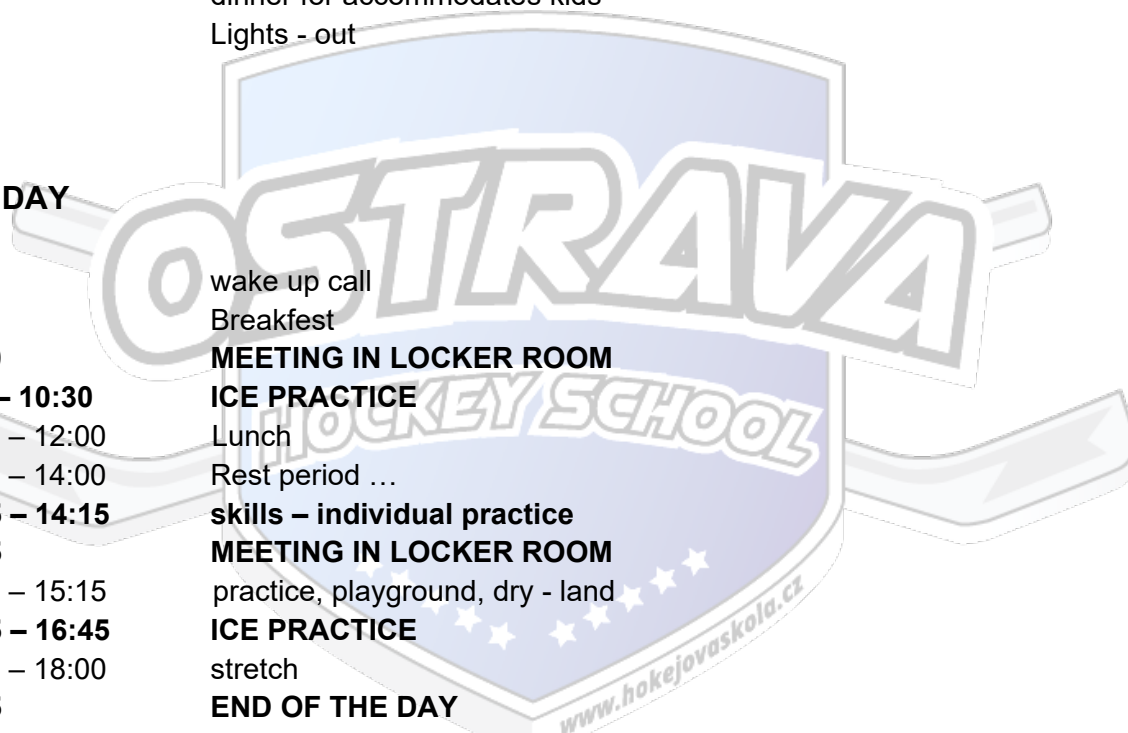
SHARKS

SUNDAY

13:30	MEETING IN LOCKER ROOM
14:30 – 15:30	ICE PRACTICE
15:30	VIP room: meeting with parents, all information
16:00 – 16:45	practice, playground, dry - land
17:00	END OF THE DAY
18:30	dinner for accommodates kids
21:30	Lights - out

MONDAY

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 - land
15:45 – 16:45	ICE PRACTICE
17:00 – 18:00	stretch
18:15	END OF THE DAY
18:45	dinner for accommodates kids
21:30	Lights - out



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SHARKS

TUESDAY

V PŘÍPADĚ HEZKÉHO POČASÍ SPORTOVNÍ DOPOLEDNE – LETNÍ KOUPALIŠTĚ (beach volejbal, stolní tenis, fotbal, badminton atd.) Pokud nebude vhodné počasí, na koupaliště se NEJDE.

Pokud se PŮJDE na koupaliště:



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
13:15 – 14:15	goalkeepers practice
14:00	MEETING IN LOCKER ROOM
14:30 – 15:30	ICE PRACTICE
16:00 – 17:00	practice, playground, dry - land
17:30	END OF THE DAY
18:15	dinner for accomodates kids
21:30	Lights - out

Pokud se NEPŮJDE na koupaliště:

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 - land
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
16:00 – 17:00	rehabilitation - wellness
17:30	END OF THE DAY
18:15	dinner for accomodates kids
21:30	Lights - out

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SHARKS

WEDNESDAY

8:00	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 - land
12:30 – 13:00	Lunch
13:15 – 14:15	skills practice
13:15 – 15:00	Rest period ...
15:15	MEETING IN LOCKER ROOM
15:45 – 16:45	ICE PRACTICE
17:15 – 18:00	practice, playground, dry - land
18.15	END OF THE DAY
18:45	McDonalds for accomodates kids
19:30 – 20:45	Stars game – possibility to watch the match for accomodated
21:30	Lights - out

THURSDAY

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 - land
15:45 – 16:45	ICE PRACTICE
17:15 – 18:15	rehabilitace - wellnes
18:30	END OF THE DAY
19:00	dinner for accomodates kids
21:30	Lights - out

FRIDAY

06:45	wake up call
07:00	room cleaning
07:15	Breakfest
07:45	MEETING IN LOCKER ROOM
08:15 – 09:15	ICE PRACTICE
09:45	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!**

