

WEEK PROGRAM (10.07. – 15.07. 2026)

SHARKS

FRIDAY

16:00	MEETING IN LOCKER ROOM
17:00 – 18:00	ICE PRACTICE
17:00	VIP room: meeting with parents, all information
18:15	END OF THE DAY
19:00	dinner for accommodates kids
21:30	Lights - out

SATURDAY

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 – 17:15	locker room cleaning
17:30	END OF THE DAY
18:15 – 19:30	Stars game – possibility to watch the match for accommodated
18:15	dinner for accommodates kids
21:30	Lights - out

SUNDAY

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	practice, playground, dry - land
17:30	END OF THE DAY
18:30	dinner for accommodates kids
21:30	Lights - out

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SHARKS

MONDAY

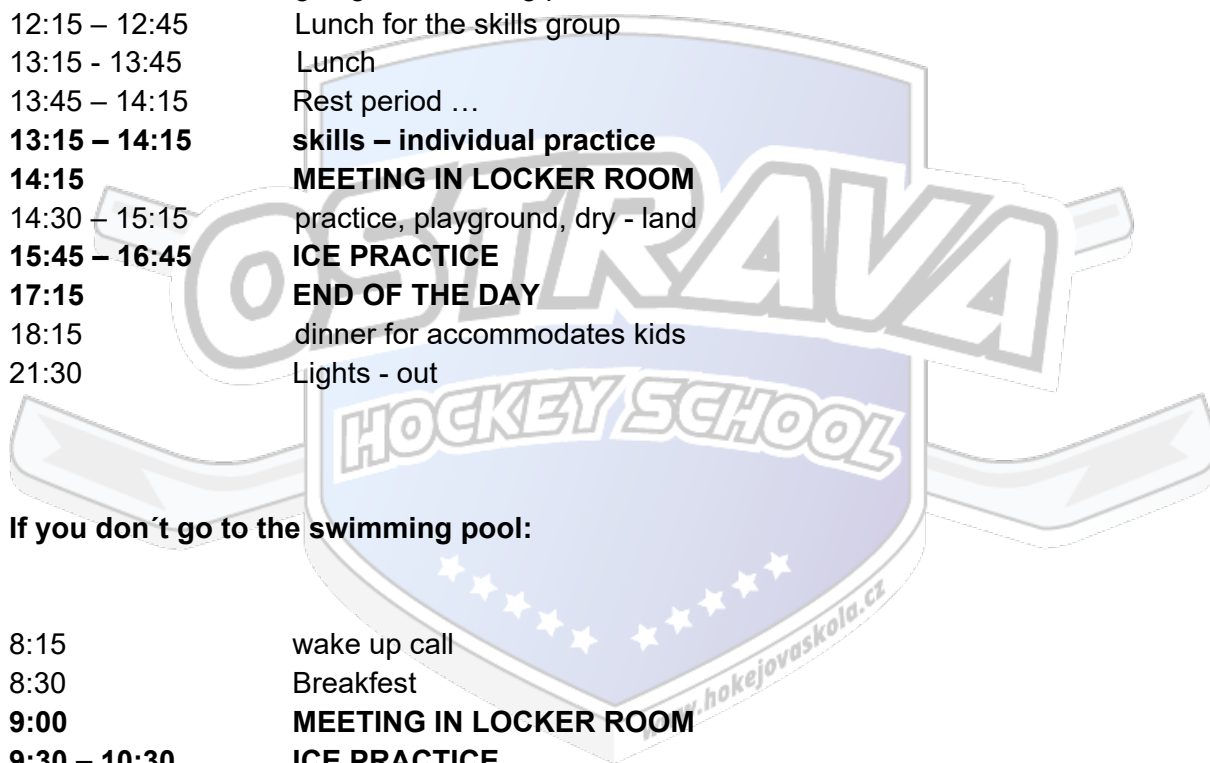
In case beautiful weather – sports morning , summer swimming (minigolf, brach volleyball, football, table tennis, badminton tec.) If the weather is not suitable the swimming pool will not go!

If you go to the swimming pool:

7:15	wake up call
7:30	Breakfest
8:00	MEETING IN LOCKER ROOM
8:10	going to swimming pool
12:15 – 12:45	Lunch for the skills group
13:15 - 13:45	Lunch
13:45 – 14:15	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
17:15	END OF THE DAY
18:15	dinner for accomodates kids
21:30	Lights - out

If you don't go to the swimming pool:

8:15	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
12:15 – 12:45	Lunch
13:00 – 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	rehabilitation - wellnes
18:15	END OF THE DAY
18:30	dinner for accomodates kids
21:30	Lights - out

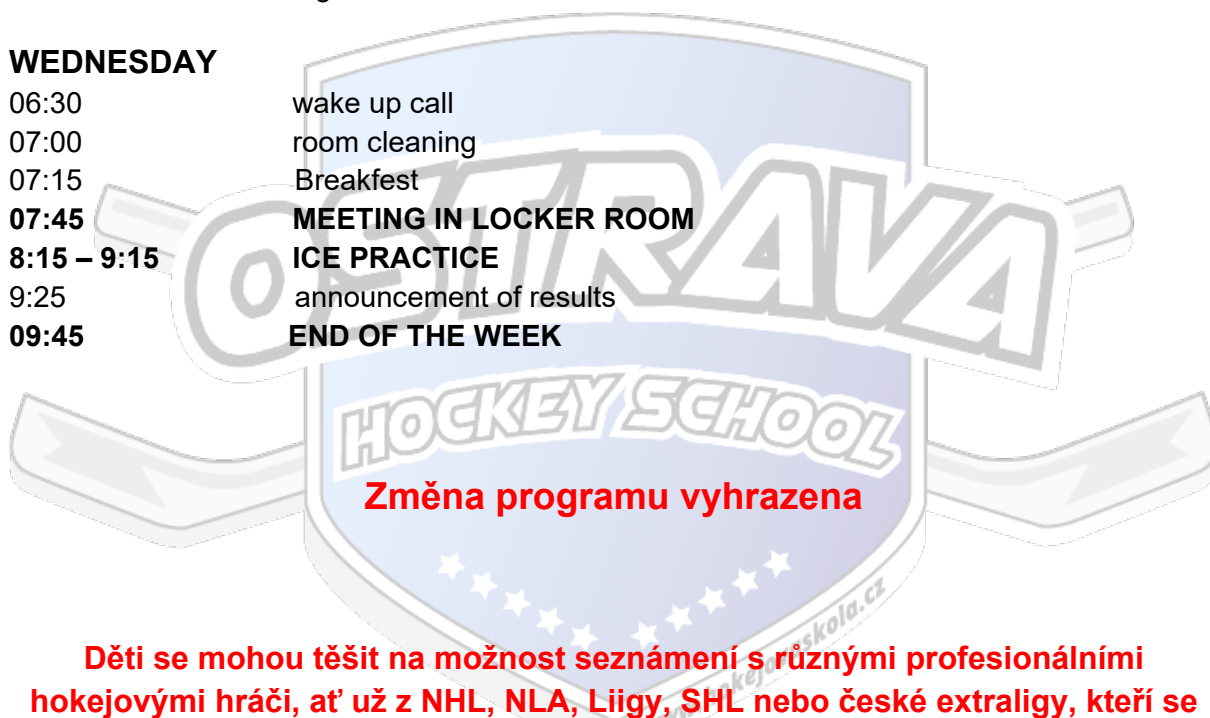


TUESDAY

8:15	wake up call
8:30	Breakfest
9:00	MEETING IN LOCKER ROOM
9:30 – 10:30	ICE PRACTICE
10:45 – 11:15	practice, playground, dry - land
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 - wellnes
18:15	END OF THE DAY
18:45	McDonalds for accomodates kids
21:30	Lights - out

WEDNESDAY

06:30	wake up call
07:00	room cleaning
07:15	Breakfest
07:45	MEETING IN LOCKER ROOM
8:15 – 9:15	ICE PRACTICE
9:25	announcement of results
09:45	END OF THE WEEK



Změna programu vyhrazena

Děti se mohou těšit na možnost seznámení s různými profesionálními hokejovými hráči, ať už z NHL, NLA, Liigy, SHL nebo české extraligy, kteří se přijdou podepsat do šaten.

DĚKUJEME VŠEM ZA TENTO TÝDEN A PŘEJEME HEZKÝ ZBYTEK PRÁZDNIN!

Sledujte naše sociální sítě.

Můžete nás ohodnotit na našem webu.

www.hokejovaskola.cz