

WEEK PROGRAM (10.07. – 15.07.2026)

DUCKS

FRIDAY

14:45	MEETING IN LOCKER ROOM
15:45 – 16:45	ICE PRACTICE
17:00	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

SATURDAY

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

SUNDAY

8:00	wake up call
8:15	Breakfest
9:00	MEETING IN LOCKER ROOM
9:30 – 10:30	ICE PRACTICE
10:45 – 11:30	practice, playground, dry - land
11:45 – 12:15	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 – 17:45	locker room cleaning
18:00	END OF THE DAY
18:30	dinner for accommodates kids
21:30	Lights - out

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DUCKS

MONDAY

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
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 – 15:00	Rest period ...
13:15 – 14:15	skills – individual practice
15:15	MEETING IN LOCKER ROOM
15:30 – 16:30	practice, playground, dry - land
17:00 – 18:00	ICE PRACTICE
18:30	END OF THE DAY
19:15	dinner for accomodates kids
21:30	Lights - out

If you don't go to the swimming pool:

MONDAY

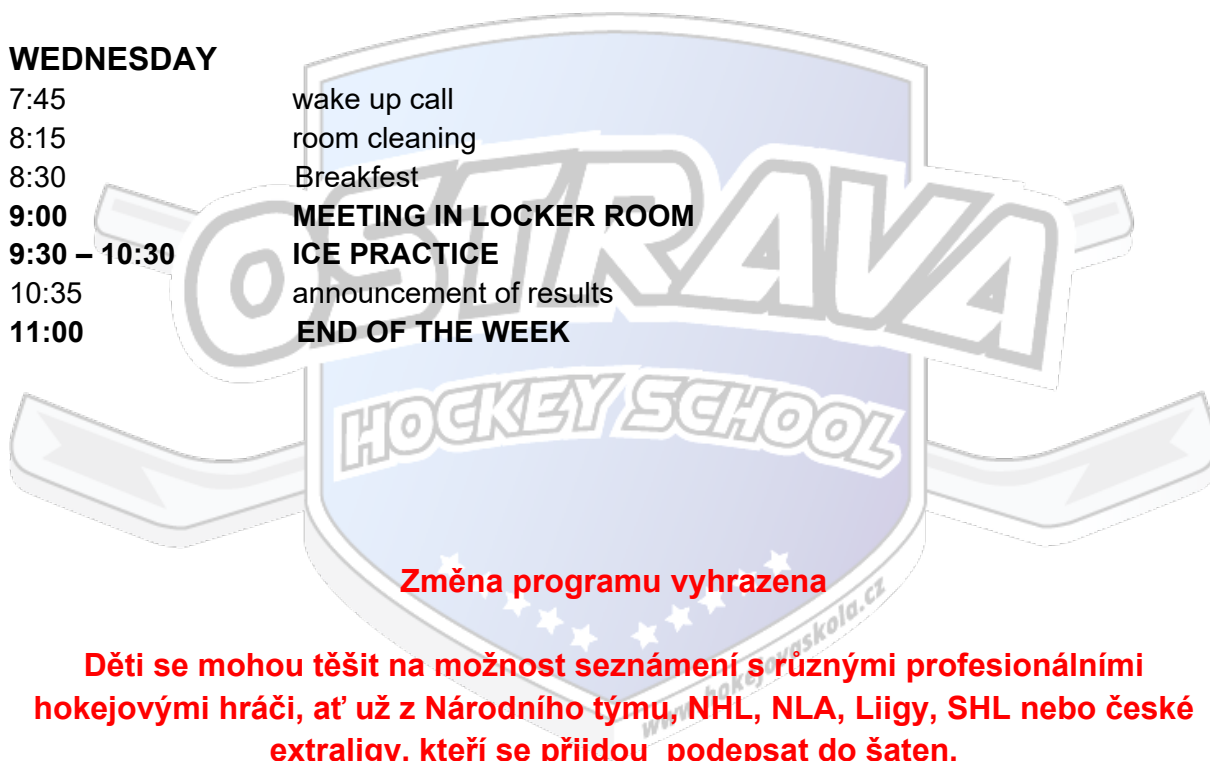
8:30	wake up call
8:50	Breakfest
9:30	MEETING IN LOCKER ROOM
9:45 – 10:15	practice, playground, dry - land
10:45 – 11:45	ICE PRACTICE
12:15 – 12:45	Lunch
13:00 – 15:00	Rest period ...
13:15 – 14:15	skills - individual practice
15:15	MEETING IN LOCKER ROOM
15:30 – 16:30	practice, playground, dry - land
17:00 – 18:00	ICE PRACTICE
18:15	END OF THE DAY
18:15 – 19:00	rehabilitation – wellnes for accomodates kids
19:15	dinner for accomodates kids
21:30	Lights - out

TUESDAY

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
16:00 – 17:00	rehabilitation - wellness
17:30	END OF THE DAY
18:45	McDonalds for accomodates kids
21:30	Lights - out

WEDNESDAY

7:45	wake up call
8:15	room cleaning
8:30	Breakfest
9:00	MEETING IN LOCKER ROOM
9:30 – 10:30	ICE PRACTICE
10:35	announcement of results
11:00	END OF THE WEEK



Děti se mohou těšit na možnost seznámení s různými profesionálními hokejovými hráči, ať už z Národního týmu, 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