



HTS Hockey Camp Třinec 2019

Program / Schedule
13.-16.7.2019



So 13. 7. 2019	Skupina	Group	Sat 2019-07-13
12:15	sraz ve Werk aréně	Meeting in	ting In Werk arena 12:15 PM
12:45 - 13:00	zpracování		Warm-up 12:45 PM-1:00 PM
13:30 – 14:15	Led 1		On-ice training 1 1:30 PM – 2:15 PM
14:15 – 14:45	odpočinek		rest 2:15 PM-2:45 PM
14:45 – 15:30	Led 2		On-ice training 2 2:45 PM – 3:30 PM
15:30– 16:00	svačina		snack 3:30 PM – 4:00 PM
16:00– 16:45	sucho, hry, protažení		Off-ice training 4:00 PM – 5:45 PM
17:00	konec programu 1 13.07.2019	The end of program 13.7.	5:00 PM
17:15	odjezd do hotelu		Departure for hotel 5:15 PM
17:30 – 18:00	ubytování		Hotel check-in 5:30 PM – 6:00 PM
19:00 – 20:00	večere		Dinner 7:00 PM – 8:00 PM
20:30	večerka		Lights-out 08:30 PM

Ne 14. 7. 2019	Skupina	Group	Sun 2019-07-14
7:15	budíček		Alarm 7:15 AM
7:30 – 8:00	snídaně		Breakfast 7:30 AM – 8:00 AM
8:30	odjezd na trénink (bus)		Bus departure for training 8:30 AM
8:45 – 9:00	zpracování		Warm up 8:45 AM
9:30 – 10:45	Led 1		On-ice training1 9:30 AM – 10:45 AM
11:00– 11:30	sucho, hry		Off-ice training 11:00 AM – 11:30 AM
11:45	odjezd do hotelu (bus)		Bus departure for training 11:45 AM
12:00 – 12:30	oběd		Lunch 12:00 PM – 12:30 PM
12:30 - 14:00	odpočinek, hry		Relaxation, hry 1:00 PM – 3:00 PM
14:15	odjezd na trénink (bus)		Bus departure for training 2:15 PM
15:00 – 16:15	Led 2		On-ice training 2 3:00 PM – 4:15 PM
16:30 – 17:00	Protažení,občerstvení		Strechink,snack 4:30 PM – 5:00 PM
17:00	konec programu 1 14.07.2019	The End of program 14.7.	
17:15	odjezd do hotelu (bus		Departure for hotel (dinner) 5:15 PM
17:30 – 18:30	volno organizované		Free time (organized) 5:30 PM – 6:30 PM
19:00 – 19:30	večeře		Dinner 7:00 PM – 7:30 PM
20:30	večerka		Lights-out 8:30: PM

Pon 15. 7. 2019	Skupina	Group	Mon 2019-07-15
7:15	budíček		Alarm 7:15 AM
7:30 – 8:00	snídaně		Breakfast 7:30 AM – 8:00 AM
8:30	odjezd na trénink (bus)		Bus departure for training 8:30 AM
8:45 – 9:00	zpracování		Warm up 8:45 AM
9:30 – 10:45	Led 1		On-ice training1 9:30 AM – 10:45 AM
11:00– 11:30	sucho, hry		Off-ice training 11:00 AM – 11:30 AM
11:45	odjezd do hotelu (bus)		Bus departure for training 11:45 AM
12:00 – 12:30	oběd		Lunch 12:00 PM – 12:30 PM
12:30 - 14:00	odpočinek, hry		Relaxation, hry 1:00 PM – 3:00 PM
14:15	odjezd na trénink (bus)		Bus departure for training 2:15 PM
15:00 – 16:15	Led 2		On-ice training 2 3:00 PM – 4:15 PM

16:30 – 17:00	Protážení, občerstvení	Strechink, snack	4:30 PM – 5:00 PM
17:00	konec programu 1 15.07.2019	The End of program 15.7.	
17:15	odjezd do hotelu (bus	Departure for hotel (dinner)	5:15 PM
17:30 – 18:30	volno organizované	Free time (organized)	5:30 PM – 6:30 PM
19:00 – 19:30	večeře	Dinner	7:00 PM – 7:30 PM
20:30	večerka	Lights-out	8:30: PM

Út 16. 7. 2019	Skupina	Group	Thu 2019-07-16
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7:15	budíček	Alarm	7:15 AM
7:30 – 8:00	snídaně	Breakfast	7:30 AM – 8:00 AM
8:30	odjezd na trénink (bus)	Bus departure for training	8:30 AM
8:45 – 9:00	zpracování	Warm up	8:45 AM
9:30 – 10:45	Led 1	On-ice training1	9:30 AM – 10:45 AM
11:00– 11:30	sucho, hry	Off-ice training	11:00 AM – 11:30 AM
11:45	odjezd do hotelu (bus)	Bus departure for training	11:45 AM
12:00 – 12:30	oběd	Lunch	12:00 PM – 12:30 PM
12:30 - 14:00	odpočinek, hry	Relaxation, hry	1:00 PM – 3:00 PM
14:15	odjezd na trénink (bus)	Bus departure for training	2:15 PM
15:00 – 16:15	Led 2	On-ice training 2	3:00 PM – 4:15 PM
16:30 – 17:00	Protážení, občerstvení	Strechink, snack	4:30 PM – 5:00 PM
17:00	konec kempu 16.7.	The End camp	
17:15	odjezd do hotelu (bus	Departure for hotel (dinner)	5:15 PM
17:30 – 18:30	volno organizované	Free time (organized)	5:30 PM – 6:30 PM
19:00 – 19:30	večeře	Dinner	7:00 PM – 7:30 PM
20:30	večerka	Lights-out	8:30: PM

PLATÍ PRO ÚČASTNÍKY KEMPU 13.-21.7.2019	Skupina	VALID FOR PARTICIPENTS OF CAMP 13.-21.2019	Wen 2019-07-17
St 17. 7. 2019		Group	

7:15	budíček	Alarm	7:15 AM
7:30 – 8:00	snídaně	Breakfast	7:30 AM – 8:00 AM
8:30	odjezd na trénink (bus)	Bus departure for training	8:30 AM
8:45 – 9:00	zpracování	Warm up	8:45 AM
9:30 – 10:45	Led 1	On-ice training 1	9:30 AM – 10:45 AM
11:00– 11:30	sucho, hry	Off-ice training	11:00 AM – 11:30 AM
11:45	odjezd do hotelu	Bus departure for training	11:45 AM
12:00 – 12:30	oběd	Lunch	12:00 PM – 12:30 PM
12:30 - 13:30	odpočinek	Relaxation	12:30 PM – 1:30 PM
13:30	odjezd na trénink (bus)	Bus departure for training	18:30 PM
14:15 – 15:30	Led 2	On-ice training 2	2:15 PM – 3:30 PM
16:00 – 18:00	koupaliště	Swiming pool	4:00-6:00 PM
18:00	konec programu 1 17.07.2019	The End of program 17.7.	