

PRO HOCKEY ACADEMY 2019 – ZEITPLAN / SCHEDULE

Dienstag, 23.07.+30.07. / Tuesday, July 23rd+July 30th

„A positive attitude - is seeing the light in the shadow“

PHA-I	
7:00	Aufstehen (HM) <i>wake up</i>
7:15-7:45	Frühstück (HM) <i>breakfast</i>
8:00	BUS (HM)
9:05	Team-Meeting (AB)
9:15-10:15	Photosession / Eisttraining (AA) <i>practice on the ice</i> TW/goalie - SPECIAL
10:45-11:15	Stretching / Core (FZ)
11:30	Mittagessen (AR) <i>lunch</i>
12:15	BUS (AB)
12:30	Betruhe (HM) <i>rest</i>
13:45	BUS (HM) (Nachmittagsnack, Obst)
14:15-14:30	Teambuilding (KTS)
15:15-16:15	Eisttraining (ES) <i>practice on the ice</i> (Abendsnack-im ES)
17:00-17:45	Tournaments (GTH)
18:00-18:45	Regeneration (SB)
19:00	Abendessen (AR) <i>dinner</i>
19:50-20:10	Video (VR)
20:15	BUS (AB)
21:00	Nachtruhe (HM) <i>lights out</i>

PHA-II	
7:30	Aufstehen (HM) <i>wake up</i>
7:45-8:15	Frühstück (HM) <i>breakfast</i>
8:30	BUS (HM)
8:50	Team-Meeting (FZ)
9:00-9:30	Stretching / Core (FZ)
9:30-9:45	Teambuilding(FZ)
10:30-11:30	Photosession / Eisttraining (AA) <i>practice on the ice</i> TW/goalie - SPECIAL
12:15	Mittagessen (AR) <i>lunch</i>
13:00	BUS (AB)
13:15	Betruhe (HM) <i>rest</i>
14:30	BUS (HM)
15:00-15:45	Tournaments (GTH) (Nachmittagsnack, Obst)
16:30-17:30	Eisttraining (AB) <i>practice on the ice</i> (Abendsnack-im ES)
18:10-18:30	Video (VR)
18:45-19:30	Regeneration (SB)
19:45	Abendessen (AR) <i>dinner</i>
20:45	BUS (AB)
21:30	Nachtruhe (HM) <i>lights out</i>

PHA-III	
8:15	Aufstehen (HM) <i>wake up</i>
8:30-9:00	Frühstück (HM) <i>breakfast</i>
9:15	BUS (HM)
9:45	Team-Meeting (FZ)
10:00-10:30	Stretching / Core (FZ)
10:30-10:45	Teambuilding(FZ)
11:45-12:45	Photosession / Eisttraining (AA) <i>practice on the ice</i> TW/goalie - SPECIAL
13:15	Mittagessen (AR) <i>lunch</i>
14:00	BUS (AB)
14:15	Betruhe (HM) <i>rest</i>
15:45	BUS (HM) (Nachmittagsnack, Obst)
16:15-17:00	Tournaments (GTH) (Abendsnack-im ES)
17:45-18:45	Eisttraining – 2 Teams (ES)
19:00-20:00	<i>practice on the ice – 2 teams</i>
20:20-20:40	Video (VR)
20:45	Abendessen (AR) <i>dinner</i>
21:30	BUS (AB)
22:00	Nachtruhe (HM) <i>lights out</i>

Erläuterung:

AA-Arena A, AB-Arena B, GTH-grosse Turnhalle / large Gym

FZ-Fitnesszentrum Arena A, KTS-kleiner Turnsaal Arena B / small Gym

VR-Videoraum Arena B / videoroom, SB-Schwimmbad / Swimming pool AR-Arena Restaurant, HM-Hotel Marttel