

PRO HOCKEY ACADEMY 2019 – ZEITPLAN / SCHEDULE

Freitag, 26.07.+02.08. / Friday, July 26th+August 2nd

„Self esteem - is feeling good about yourself“

	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	Eistaining (AB) <i>practice on the ice</i> Qual. „hardest shot“
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>
13:15	BUS (HM)
	(Nachmittagsnack, Obst)
14:15-15:30	PHA-skill-competition (AA) (Abendsnack-im ES)
16:15-17:00	Tournaments (GTH)
17:15-18:00	Regeneration (SB)
18:05-18:25	Video (VR)
18:30	Abendessen (AR) <i>Dinner</i>
19:30	BUS (AB)
20:30	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	Eistaining (AB) <i>practice on the ice</i> Qual. „hardest shot“
12:15	Mittagessen (AR) <i>lunch</i>
13:00	BUS (AB)
13:15	Betruhe (HM) <i>rest</i>
14:00	BUS (HM)
14:15-15:00	Tournaments (GTH) (Nachmittagsnack, Obst)
15:45-17:00	PHA-skill-competition (AA) (Abendsnack-im ES)
18:00-19:00	Regeneration (SB)
19:05-19:25	Video (VR)
19:30	Abendessen (AR) <i>Dinner</i>
20:30	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	Eistaining (AB) <i>practice on the ice</i> Qual. „hardest shot“
13:10	Mittagessen (AR) <i>lunch</i>
13:45	BUS (AB)
14:00	Betruhe (HM) <i>rest</i>
14:45	BUS (HM)
	(Nachmittagsnack, Obst)
15:15-16:00	Tournaments (GTH) (Nachmittagsnack, Obst)
17:15-18:15	PHA-skill-competition(AA) (Abendsnack-im ES)
19:00-20:00	Regeneration (SB)
20:05-20:25	Video (VR)
20:30	Abendessen (AR) <i>dinner</i>
21:15	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