

# PRO HOCKEY ACADEMY 2019 – ZEITPLAN / SCHEDULE

Mittwoch, 24.07.+31.07. / Wednesday, July 24<sup>th</sup> + July 31<sup>st</sup>

„Respect - is treating yourself and others with dignity“

<b>PHA-I</b>	
7:00	Aufstehen (HM) <i>wake up</i>
7:15-7:45	Frühstück (HM) <i>breakfast</i>
<b>8:00</b>	<b>BUS (HM)</b>
9:05	Team-Meeting (AB)
<b>9:15-10:00</b>	<b>FUN GAMES (AB)</b>
10:30	Mittagessen (AR) <i>lunch</i>
<b>11:15</b>	<b>BUS (AB)</b>
11:30	Betruhe (HM) <i>rest</i>
<b>12:15</b>	<b>BUS (HM)</b>
<b>PHA TEAM CHALLENGE (AA)</b>	
<b>13:00</b>	<b>1. SEMIFINAL GAME BLACK – YELLOW</b> (Nachmittagsnack, Obst)
<b>14:00</b>	<b>2. SEMIFINAL GAME RED - WHITE</b>
<b>15:00</b>	<b>3TH - PLACE GAME ??? - ???</b> (Abendsnack – im ES)
<b>16:00</b>	<b>FINAL - GAME ??? - ???</b>
17:45	Abendessen (AR) <i>dinner</i>
18:30-18:50	Video (VR)
<b>19:00</b>	<b>BUS (AB)</b>
20:00	Nachtruhe (HM) <i>lights out</i>
<b>20:30</b>	<b>Coaches Meeting (AR)</b>

<b>PHA-II</b>	
8:15	Aufstehen (HM) <i>wake up</i>
8:30-9:00	Frühstück (HM) <i>breakfast</i>
<b>9:15</b>	<b>BUS(HM)</b>
9:50	Team-Meeting (AB)
<b>10:00-10:45</b>	<b>FUN GAMES (AB)</b>
11:15	Mittagessen (AR) <i>lunch</i>
<b>PHA TEAM CHALLENGE (AA)</b>	
<b>13:00</b>	<b>1. SEMIFINAL GAME BLACK – YELLOW</b> (Nachmittagsnack, Obst)
<b>14:00</b>	<b>2. SEMIFINAL GAME RED - WHITE</b>
<b>15:00</b>	<b>3TH - PLACE GAME ??? - ???</b> (Abendsnack – im ES)
<b>16:00</b>	<b>FINAL - GAME ??? - ???</b>
18:05-18:25	Video (VR)
18:30	Abendessen (AR) <i>dinner</i>
<b>19:30</b>	<b>BUS (AB)</b>
21:00	Nachtruhe (HM) <i>lights out</i>
<b>20:30</b>	<b>Coaches Meeting (AR)</b>

<b>PHA-III</b>	
8:45	Aufstehen (HM) <i>wake up</i>
9:00-9:30	Frühstück (HM) <i>breakfast</i>
<b>9:45</b>	<b>BUS(HM)</b>
10:50	Team-Meeting (AA)
<b>11:00-11:45</b>	<b>FUN GAMES (AB)</b>
12:00	Mittagessen (AR) <i>lunch</i>
<b>PHA TEAM CHALLENGE (AA)</b>	
<b>13:00</b>	<b>1. SEMIFINAL GAME BLACK – YELLOW</b> (Nachmittagsnack, Obst)
<b>14:00</b>	<b>2. SEMIFINAL GAME RED - WHITE</b>
<b>15:00</b>	<b>3TH - PLACE GAME ??? - ???</b> (Abendsnack – im ES)
<b>16:00</b>	<b>FINAL - GAME ??? - ???</b>
17:45-18:45	Regeneration (SB)
19:00-19:25	Video (VR)
19:30	Abendessen (AR) <i>dinner</i>
<b>20:15</b>	<b>BUS (AB)</b>
21:30	Nachtruhe (HM) <i>lights out</i>
<b>20:30</b>	<b>Coaches Meeting (AR)</b>

## 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