

# PRO HOCKEY ACADEMY 2020 – ZEITPLAN / SCHEDULE

Freitag, 31.07. / Friday, July 31<sup>st</sup>

„Self esteem - is feeling good about yourself“

	<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)
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>
<b>12:15</b>	<b>BUS (AB)</b>
12:30	Betruhe (HM) <i>rest</i>
<b>13:15</b>	<b>BUS (HM)</b> (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>
<b>19:30</b>	<b>BUS (AB)</b>
20:30	Nachtruhe (HM) <i>lights out</i>

	<b>PHA-II</b>
7:30	Aufstehen (HM) <i>wake up</i>
7:45-8:15	Frühstück (HM) <i>breakfast</i>
<b>8:30</b>	<b>BUS (HM)</b>
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>
<b>13:00</b>	<b>BUS (AB)</b>
13:15	Betruhe (HM) <i>rest</i>
<b>14:00</b>	<b>BUS (HM)</b>
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>
<b>20:30</b>	<b>BUS (AB)</b>
21:30	Nachtruhe (HM) <i>lights out</i>

	<b>PHA-III</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>
9:45	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>
<b>13:45</b>	<b>BUS (AB)</b>
14:00	Betruhe (HM) <i>rest</i>
<b>14:45</b>	<b>BUS (HM)</b> (Nachmittagsnack, Obst)
15:15-16:00	Tournaments (GTH) (Nachmittagsnack, Obst)
17:15-18:30	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>
<b>21:15</b>	<b>BUS (AB)</b>
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