

PRO HOCKEY ACADEMY 2020 – ZEITPLAN / SCHEDULE

Mittwoch, 29.07. / Wednesday, July 29th

„Respect - is treating yourself and others with dignity“

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

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

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

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