



Summer Hockey Camp Gruppe A



Wochenplan 18. - 22. Juli 2022

| Zeit | Montag 18.07.2022 | Dienstag 19.07.2022 | Mittwoch 20.07.2022 | Donnerstag 21.07.2022 | Freitag 22.07.2022 | Zeit |
|-------|------------------------------|------------------------|------------------------|--------------------------|----------------------------|-------|
| 6.30 | | MORGENESSEN | MORGENESSEN | MORGENESSEN | Check-out Unterkunft | 6.30 |
| 6.45 | | 06:30 - 07:00 | 06:30 - 07:00 | 06:30 - 07:00 | MORGENESSEN | 6.45 |
| 7.00 | | | | | 06:45 - 07:15 | 7.00 |
| 7.15 | BESAMMLUNG 07:15 | | | | | 7.15 |
| 7.30 | | | | | | 7.30 |
| 7.45 | | | | | | 7.45 |
| 8.00 | | EISTRAINING | EISTRAINING | EISTRAINING | EISTRAINING | 8.00 |
| 8.15 | EISTRAINING 08:15 - 09:30 | 07:45 - 09:00 | 07:45 - 09:00 | 07:45 - 09:00 | 08:00 - 09:00 | 8.15 |
| 8.30 | | | | | | 8.30 |
| 8.45 | | | | | | 8.45 |
| 9.00 | | | | | | |
| 9.15 | | | | | | 9.15 |
| 9.30 | | | | | ENTLASSUNG CA. 09:30 | 9.30 |
| 9.45 | | | | | | 9.45 |
| 10.00 | OFF-ICE | OFF-ICE | OFF-ICE | OFF-ICE | | 10.00 |
| 10.15 | 10:00 - 11:00 | 10:00 - 11:00 | 10:00 - 11:00 | 10:00 - 11:00 | | 10.15 |
| 10.30 | | | | | | 10.30 |
| 10.45 | | | | | | 10.45 |
| 11.00 | | | | | | 11.00 |
| 11.15 | | | | | | 11.15 |
| 11.30 | MITTAGESSEN | MITTAGESSEN | MITTAGESSEN | MITTAGESSEN | | 11.30 |
| 11.45 | 11:30 - 12:00 | 11:30 - 12:00 | 11:30 - 12:00 | 11:30 - 12:00 | Head Coach | 11.45 |
| 12.00 | | | | | Anderas Keller | 12.00 |
| 13.30 | | | | | Assistent | 13.30 |
| 13.45 | EISTRAINING | EISTRAINING | EISTRAINING | EISTRAINING | Steve Klopfenstein | 13.45 |
| 14.00 | 13:30 - 14:45 | 13:30 - 14:45 | 13:30 - 14:45 | 13:30 - 14:45 | Jürg Dällenbach | 14.00 |
| 14.15 | | | | | | 14.15 |
| 14.30 | | | | | Goalie Trainer | 14.30 |
| 14.45 | | | | | Stefan Zeller | 14.45 |
| 15.00 | | | | | | 15.00 |
| 15.15 | FREIZEIT | FREIZEIT | FREIZEIT | FREIZEIT | Off-Ice | 15.15 |
| 15.30 | 15.00 - 16.00 | 15.00 - 16.00 | 15.00 - 16.00 | 15.00 - 16.00 | Doris Glauser | 15.30 |
| 15.45 | | | | | | 15.45 |
| 16.00 | | | | | Sanität | 16.00 |
| 16.15 | OFF-ICE | OFF-ICE | OFF-ICE | OFF-ICE | Gody Meier | 16.15 |
| 16.30 | 16:15 - 17:00 | 16:15 - 17:00 | 16:15 - 17:00 | 16:15 - 17:00 | | 16.30 |
| 16.45 | | | | | | 16.45 |
| 17.00 | | | | | | 17.00 |
| 17.15 | | | | | | 17.15 |
| 17.30 | NACHTESSEN | NACHTESSEN | NACHTESSEN | NACHTESSEN | | 17.30 |
| 17.45 | 17:30 - 18:00 | 17:30 - 18:00 | 17:30 - 18:00 | 17:30 - 18:00 | | 17.45 |
| 18.00 | ENTLASSUNG 18:00 | ENTLASSUNG 18:00 | ENTLASSUNG 18:00 | ENTLASSUNG 18:00 | Es gibt Früchte und Riegel | 18.00 |
| 18.15 | | | | | | 18.15 |
| 22.30 | NACHTRUHE 22:30 | NACHTRUHE 22:30 | NACHTRUHE 22:30 | NACHTRUHE 22:30 | | 22.30 |