



SWISS ICE HOCKEY SOMMERCAMP U-15 ZENTRALSCHWEIZ IN ENGELBERG 2017



Zeit	Montag, 24. Juli 2017	Dienstag, 25. Juli 2017	Mittwoch, 26. Juli 2017	Donnerstag, 27. Juli 2017	Freitag, 28. Juli 2017	Zeit
	Team Nord	Team Nord	Team Nord	Team Nord	Team Nord	
06:00						06:00
06:15						06:15
06:30						06:30
06:45						06:45
07:00			Essen 06:45 - 07:15		Essen 06:45 - 07:15	07:00
07:15						07:15
07:30					Zimmer/Unterkunft räumen	07:30
07:45			warm-up 07:30 - 08:30			07:45
08:00					Warm-Up 07:45 - 08:30	08:00
08:15						08:15
08:30	Besammlng 08:30	Essen 08:15 - 08:45		Essen 08:15 - 08:45		08:30
08:45						08:45
09:00	Materialabgabe 08:45 - 09:30	Theorie 09:00 - 09:45	Eistraining 08:30 - 10:30	Theorie 09:00 - 09:45	Eistraining 08:30 - 10:00	09:00
09:15						09:15
09:30						09:30
09:45	warm-up 09:30 - 10:30	warm-up 09:45 - 10:45		warm-up 09:45 - 10:45	cool down 10:00 - 10:45	09:45
10:00						10:00
10:15						10:15
10:30	Eistraining 10:30 - 12:00	Eistraining 10:45 - 12:45	cool down 10:30 - 11:15	Eistraining 10:45 - 12:45	cool down 10:00 - 10:45	10:30
10:45						10:45
11:00			cool down 10:30 - 11:15		Essen 10:45 - 11:15	11:00
11:15			Essen 11:15 - 11:45			11:15
11:30						11:30
11:45						11:45
12:00	cool down 12:00 - 12:45				<i>Einzelgespräche</i>	12:00
12:15						12:15
12:30						12:30
12:45	Essen 12:45 - 13:15	cool down 12:45 - 13:30		cool down 12:45 - 13:30		12:45
13:00						13:00
13:15						13:15
13:30	<i>Programm gemäss Trainer</i>	Essen 13:30 - 14:00	<i>Einzelgespräche</i>	Essen 13:30 - 14:00		13:30
13:45						13:45
14:00	Thorie Ernährung 14:15 - 14:45				warm-up 13:45 - 14:45	14:00
14:15						14:15
14:30		Theorie 14:15 - 15:45				14:30
14:45	warm-up 14:45 - 15:45					14:45
15:00						15:00
15:15					Einlaufen 14:45 - 15:00	15:15
15:30						15:30
15:45						15:45
16:00	Eistraining 15:45 - 17:15		ZV 15:45 - 16:15		Süd - Nord 15:00 - 17:15	16:00
16:15		warm-up 16:15 - 17:15	warm-up 16:15 - 17:15			16:15
16:30						16:30
16:45						16:45
17:00	cool down 17:15 - 18:00	Einlaufen 17:15 - 17:30	Einlaufen 17:15 - 17:30	warm-up 17:00 - 18:00	cool down 17:15 - 18:00	17:00
17:15						17:15
17:30						17:30
17:45						17:45
18:00					Material 18:00 - 18:15	18:00
18:15						18:15
18:30	Essen 18:15 - 18:45	Nord - Süd 17:30 - 19:45	Spieltraining 17:30 - 19:45	Eistraining 18:00 - 19:30	Essen 18:15 - 18:45	18:30
18:45						18:45
19:00					ENDE 18:45 Uhr	19:00
19:15	Theorie 19:00 - 20:00					19:15
19:30						19:30
19:45		cool down 19:45 - 20:30	cool down 19:45 - 20:30	cool down 19:30 - 20:15		19:45
20:00						20:00
20:15						20:15
20:30		Essen 20:30 - 21:00	Essen 20:30 - 21:00	Essen 20:15 - 20:45		20:30
20:45						20:45
21:00						21:00
21:15						21:15
21:30			Einzelgespräche	Einzelgespräche		21:30
21:45						21:45
22:00						22:00
22:15						22:15
22:30						22:30
22:45						22:45