



# HTS Hockey Camp Třinec 2019

Program / Schedule  
13.-16.7.2019



So 13. 7. 2019	Skupina	Group	Sat 2019-07-13
12:15	sraz ve Werk aréně	Meeting in	ting In Werk arena 12:15 PM
12:45 - 13:00	zapracování		Warm-up 12:45 PM-1:00 PM
13:30 – 14:15	Led 1		On-ice training 1 1:30 PM – 2:15 PM
14:15 – 14:45	odpočinek		rest 2:15 PM-2:45 PM
14:45 – 15:30	Led 2		On-ice training 2 2:45 PM – 3:30 PM
15:30– 16:00	svačina		snack 3:30 PM – 4:00 PM
16:00– 16:45	sucho, hry, protažení		Off-ice training 4:00 PM – 5:45 PM
<b>17:00</b>	<b>konec programu 13.07.2019</b>	<b>The end of program 13.7.</b>	<b>5:00 PM</b>
17:15	odjezd do hotelu		Departure for hotel 5:15 PM
17:30 – 18:00	ubytování		Hotel check-in 5:30 PM – 6:00 PM
19:00 – 20:00	večeře		Dinner 7:00 PM – 8:00 PM
20:30	večerka		Lights-out 08:30 PM

Ne 14. 7. 2019	Skupina	Group	Sun 2019-07-14
7:15	budíček		Alarm 7:15 AM
7:30 – 8:00	snídaně		Breakfast 7:30 AM – 8:00 AM
8:30	odjezd na trénink (bus)		Bus departure for training 8:30 AM
8:45 – 9:00	zapracování		Warm up 8:45 AM
9:30 – 10:45	Led 1		On-ice training1 9:30 AM – 10:45 AM
11:00– 11:30	sucho, hry		Off-ice training 11:00 AM – 11:30 AM
11:45	odjezd do hotelu (bus)		Bus departure for training 11:45 AM
12:00 – 12:30	oběd		Lunch 12:00 PM – 12:30 PM
12:30 - 14:00	odpočinek, hry		Relaxation, hry 1:00 PM – 3:00 PM
14:15	odjezd na trénink (bus)		Bus departure for training 2:15 PM
15:00 – 16:15	Led 2		On-ice training 2 3:00 PM – 4:15 PM
16:30 – 17:00	Protažení,občerstvení		Strechink,snack 4:30 PM – 5:00 PM
<b>17:00</b>	<b>konec programu 14.07.2019</b>	<b>The End of program 14.7.</b>	
17:15	odjezd do hotelu (bus)		Departure for hotel (dinner) 5:15 PM
17:30 – 18:30	volno organizované		Free time (organized) 5:30 PM – 6:30 PM
19:00 – 19:30	večeře		Dinner 7:00 PM – 7:30 PM
20:30	večerka		Lights-out 8:30: PM

Pon 15. 7. 2019	Skupina	Group	Mon 2019-07-15
7:15	budíček		Alarm 7:15 AM
7:30 – 8:00	snídaně		Breakfast 7:30 AM – 8:00 AM
8:30	odjezd na trénink (bus)		Bus departure for training 8:30 AM
8:45 – 9:00	zapracování		Warm up 8:45 AM
9:30 – 10:45	Led 1		On-ice training1 9:30 AM – 10:45 AM
11:00– 11:30	sucho, hry		Off-ice training 11:00 AM – 11:30 AM
11:45	odjezd do hotelu (bus)		Bus departure for training 11:45 AM
12:00 – 12:30	oběd		Lunch 12:00 PM – 12:30 PM
12:30 - 14:00	odpočinek, hry		Relaxation, hry 1:00 PM – 3:00 PM
14:15	odjezd na trénink (bus)		Bus departure for training 2:15 PM
15:00 – 16:15	Led 2		On-ice training 2 3:00 PM – 4:15 PM

16:30 – 17:00	Protážení, občerstvení	Strechink,snack	4:30 PM – 5:00 PM
<b>17:00</b>	<b>konec programu 15.07.2019</b>	<b>The End of program 15.7.</b>	
17:15	odjezd do hotelu (bus)	Departure for hotel (dinner)	5:15 PM
17:30 – 18:30	volno organizované	Free time (organized)	5:30 PM – 6:30 PM
19:00 – 19:30	večeře	Dinner	7:00 PM – 7:30 PM
20:30	večerka	Lights-out	8:30: PM

<b>Út 16. 7. 2019</b>	<b>Skupina</b>	<b>Group</b>	<b>Thu 2019-07-16</b>
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7:15	budíček	Alarm	7:15 AM
7:30 – 8:00	snídaně	Breakfast	7:30 AM – 8:00 AM
8:30	odjezd na trénink (bus)	Bus departure for training	8:30 AM
8:45 – 9:00	zpracování	Warm up	8:45 AM
9:30 – 10:45	Led 1	On-ice training1	9:30 AM – 10:45 AM
11:00– 11:30	sucho, hry	Off-ice training	11:00 AM – 11:30 AM
11:45	odjezd do hotelu (bus)	Bus departure for training	11:45 AM
12:00 – 12:30	oběd	Lunch	12:00 PM – 12:30 PM
12:30 - 14:00	odpočinek, hry	Relaxation, hry	1:00 PM – 3:00 PM
14:15	odjezd na trénink (bus)	Bus departure for training	2:15 PM
15:00 – 16:15	Led 2	On-ice training 2	3:00 PM – 4:15 PM
16:30 – 17:00	Protážení, občerstvení	Strechink,snack	4:30 PM – 5:00 PM
<b>17:00</b>	<b>konec kempu 16.7.</b>	<b>The End camp</b>	
17:15	odjezd do hotelu (bus)	Departure for hotel (dinner)	5:15 PM
17:30 – 18:30	volno organizované	Free time (organized)	5:30 PM – 6:30 PM
19:00 – 19:30	večeře	Dinner	7:00 PM – 7:30 PM
20:30	večerka	Lights-out	8:30: PM

<b>PLATÍ PRO ÚČASTNIKY KEMPU 13.-21.7.2019</b>	<b>Skupina</b>	<b>VALID FOR PARTICIPANTS OF CAMP 13.-21.2019</b>	<b>Wen 2019-07-17</b>
<b>St 17. 7. 2019</b>		<b>Group</b>	

7:15	budíček	Alarm	7:15 AM
7:30 – 8:00	snídaně	Breakfast	7:30 AM – 8:00 AM
8:30	odjezd na trénink (bus)	Bus departure for training	8:30 AM
8:45 – 9:00	zpracování	Warm up	8:45 AM
9:30 – 10:45	Led 1	On-ice training 1	9:30 AM – 10:45 AM
11:00– 11:30	sucho, hry	Off-ice training	11:00 AM – 11:30 AM
11:45	odjezd do hotelu	Bus departure for training	11:45 AM
12:00 – 12:30	oběd	Lunch	12:00 PM – 12:30 PM
12:30 - 13:30	odpočinek	Relaxation	12:30 PM – 1:30 PM
13:30	odjezd na trénink (bus)	Bus departure for training	18:30 PM
14:15 – 15:30	Led 2	On-ice training 2	2:15 PM – 3:30 PM
16:00 – 18:00	koupaliště	Swiming pool	4:00-6:00 PM
<b>18:00</b>	<b>konec programu 1 17.07.2019</b>	<b>The End of program 17.7.</b>	



# HTS Hockey Camp Třinec 2017

Program – skupina B / Schedule – Group B



<b>Ne 16. 7. 2017</b>		<b>Skupina B</b>	<b>Group B</b>	<b>Sun 2018-7-15</b>
14:00 – 15:00	ubytování		Hotel check -in	2:00 – 3:00 PM
15:15	sraz ve Werk areně		Meeting n Werk aréna	3:15 PM
15:15 – 15:30	zpracování		Warm-up	3:15 PM – 3:30 PM
16:00 – 17:00	led		On-ice training	4:00 PM – 5:00 PM
17:30 – 18:00	sucho		Off-ice training	5:30 PM – 6:00 PM
18:30	odjezd do hotelu		Departure for hotel (dinner)	6:30 PM
19:00 – 19:30	večeře		Diner	5:30 PM – 6:00 PM
20:45	večerka		Lights-out	8:45 PM

<b>Po 16. 7. 2018</b>		<b>Skupina B</b>	<b>Group B</b>	<b>Mon 2018-07-16</b>
6:45	Budíček-svačina		Alarm-snack	6:45 AM
7:00	odjezd na trénink (bus)		Bus departure for training	7:00 AM
7:30 – 8:30	led		On-ice training	7:30 AM – 8:30 AM
8:45	odjezd do hotelu (na snídani)		Departure for hotel (breakfast)	8:45 AM
9:00 – 9:30	snídaně		Breakfast	9:00 AM – 9:30 AM
10:00	odjezd na trénink		Departure for training	10:00 AM
10:15 – 11:00	sucho		Off-ice training	10:15 – 11:00 AM
11:15	odjezd do hotelu (na oběd)		Departure for hotel (lunch)	11:30 AM
11:15 – 12:00	odpočinek		Relaxation	11:15 AM-12:00 AM
12:00 – 12:30	oběd		Lunch	12:00 PM -12:30 PM
13:15	odjezd na trénink (bus)		Bus departure for training	1:15 PM
14:00 – 15:00	led		On-ice training	2:00 PM – 3:00 PM
15:15 – 18:00	bazén, hry, fotbal, závod		Swimming pool, game, football	3:15 PM – 6:00 PM
18:00	odjezd do hotelu (na večeři)		Departure for hotel (dinner)	6:00 PM
18:30 – 19:00	večeře		Dinner	6:30 PM – 7:00 PM
20:00	večerka		Lights-out	8:00 PM

<b>Út 17. 7. 2018</b>		<b>Skupina B</b>	<b>Group B</b>	<b>The 2018-07-17</b>
7:15	budíček		Alarm	7:15 AM
7:30 – 8:00	snídaně		Breakfast	7:30 AM – 8:00 AM
8:00	odjezd na trénink (bus)		Bus departure for training	8:00 AM
8:45 – 9:45	led		On-ice training	8:45 AM – 9:45 AM
10:00 – 10:30	sucho		Off-ice training	10:00 AM – 10:30 AM
10:45	odjezd do hotelu (bus)		Bus departure for training	10:45 AM
11:00 – 12:00	odpočinek		Relaxation	11:00 AM – 12:00 PM
12:00 – 13:00	oběd		Lunch	12:00 PM – 1:00 PM
13:00 - 15:00	odpočinek		Relaxation	1:00 PM – 3:00 PM
15:15	odjezd na trénink (bus)		Bus departure for training	3:15 PM
15:30 -16:00	prav.ledního hokeje, video apod.		Ice hockey rules, video etc.	3:30- 4:00 AM
16:30 – 17:30	led		On-ice training	4.30 PM – 5:30 PM
17:30 – 17:45	občerstvení		snack	5:30 PM – 5:45 PM
17:45 – 18:45	led (herní trénink)		On-ice training	5:45 AM – 6:45 PM
19:15	odjezd do hotelu (bus)		Departure for hotel (dinner)	7:15 PM
19:30 – 20:00	večeře		Dinner	7:30 PM – 8:00 PM

20:00 – 20:30	volno	Free time	8:00 PM – 8:30 PM
20:30	večerka	Lights-out	8:30: PM

<b>Stř 18. 7. 2018</b>	<b>Skupina B</b>	<b>Group B</b>	<b>Wen 2018-07-18</b>
6:45	Budíček-svačina	Alarm-snack	6:45 AM
7:00	odjezd na trénink (bus)	Bus departure for training	7:00 AM
<b>7:30 – 8:30</b>	<b>led</b>	<b>On-ice training</b>	<b>7:30 AM – 8:30 AM</b>
8:45	odjezd do hotelu (na snídani)	Departure for hotel (breakfast)	8:45 AM
9:00 – 9:30	snídaně	Breakfast	9:00 AM – 9:30 AM
10:00	odjezd na trénink	Departure for training	10:00 AM
<b>10:15 – 11:00</b>	<b>sucho</b>	<b>Off-ice training</b>	<b>10:15 – 11:00 AM</b>
11:15	odjezd do hotelu (na oběd)	Departure for hotel (lunch)	11:30 AM
11:15 – 12:00	odpočinek	Relaxation	11:15 AM-12:00 AM
12:00 – 12:30	oběd	Lunch	12:00 PM -12:30 PM
13:15	odjezd na trénink (bus)	Bus departure for training	1:15 PM
<b>14:00 – 15:00</b>	<b>led</b>	<b>On-ice training</b>	<b>2:00 PM – 3:00 PM</b>
15:15 – 18:00	bazén, hry, fotbal, závod	Swimming pool, game, football	3:15 PM – 6:00 PM
18:00	odjezd do hotelu (na večeři)	Departure for hotel (dinner)	6:00 PM
18:30 – 19:00	večeře	Dinner	6:30 PM – 7:00 PM
20:00	večerka	Lights-out	8:00 PM
18:00	odjezd do hotelu (na večeři)	Departure for hotel (dinner)	6:00 PM
18:30 – 19:00	večeře	Dinner	6:30 PM – 7:00 PM
20:00	večerka	Lights-out	8:00 PM

<b>Čt 19. 7. 2018</b>	<b>Skupina B</b>	<b>Group B</b>	<b>The 2018-07-19</b>
7:15	budíček	Alarm	7:15 AM
7:30 – 8:00	snídaně	Breakfast	7:30 AM – 8:00 AM
8:00	odjezd na trénink (bus)	Bus departure for training	8:00 AM
<b>8:45 – 9:45</b>	<b>led</b>	<b>On-ice training</b>	<b>8:45 AM – 9:45 AM</b>
<b>10:00 – 10:30</b>	<b>sucho</b>	<b>Off-ice training</b>	<b>10:00 AM – 10:30 AM</b>
10:45	odjezd do hotelu (bus)	Bus departure for training	10:45 AM
11:00 – 12:00	odpočinek	Relaxation	11:00 AM – 12:00 PM
12:00 – 13:00	oběd	Lunch	12:00 PM – 1:00 PM
13:00 - 15:00	odpočinek	Relaxation	1:00 PM – 3:00 PM
15:15	odjezd na trénink (bus)	Bus departure for training	3:15 PM
15:30 -16:00	prav. Ledního hokeje, video apod.	Ice hockey rules, video etc.	3:30- 4:00 AM
<b>16:30 – 17:30</b>	<b>led</b>	<b>On-ice training</b>	<b>4.30 PM – 5:30 PM</b>
17:30 – 17:45	občerstvení	snack	5:30 PM – 5:45 PM
<b>17:45 – 18:45</b>	<b>led (herny trénink)</b>	<b>On-ice training</b>	<b>5:45 AM – 6:45 PM</b>
19:15	odjezd do hotelu (bus)	Departure for hotel (dinner)	7:15 PM
19:30 – 20:00	večeře	Dinner	7:30 PM – 8:00 PM
20:00 – 20:30	volno	Free time	8:00 PM – 8:30 PM
20:30	večerka	Lights-out	8:30: PM

<b>Pá 20. 7. 2018</b>	<b>Skupina B</b>	<b>Group B</b>	<b>Fri 2018-07-20</b>
6:45	Budíček-svačina	Alarm-snack	6:45 AM
7:00	odjezd na trénink (bus)	Bus departure for training	7:00 AM
<b>7:30 – 8:30</b>	<b>led</b>	<b>On-ice training</b>	<b>7:30 AM – 8:30 AM</b>
8:45	odjezd do hotelu (na snídani)	Departure for hotel (breakfast)	8:45 AM
9:00 – 9:30	snídaně	Breakfast	9:00 AM – 9:30 AM
10:00	odjezd na trénink	Departure for training	10:00 AM

10:15 – 11:00	sucho	Off-ice training	10:15 – 11:00 AM
11:15	odjezd do hotelu (na oběd)	Departure for hotel (lunch)	11:30 AM
11:15 – 12:00	odpočinek	Relaxation	11:15 AM-12:00 AM
12:00 – 12:30	oběd	Lunch	12:00 PM -12:30 PM
13:15	odjezd na trénink (bus)	Bus departure for training	1:15 PM
14:00 – 15:00	led	On-ice training	2:00 PM – 3:00 PM
15:15 – 18:00	bazén, hry, fotbal, závod	Swimming pool, game, football	3:15 PM – 6:00 PM
18:00	odjezd do hotelu (na večeři)	Departure for hotel (dinner)	6:00 PM
18:30 – 19:00	večeře	Dinner	6:30 PM – 7:00 PM
20:00	večerka	Lights-out	8:00 PM
18:00	odjezd do hotelu (na večeři)	Departure for hotel (dinner)	6:00 PM
18:30 – 19:00	večeře	Dinner	6:30 PM – 7:00 PM
20:00	večerka	Lights-out	8:00 PM

So 21. 7. 2018	Skupina B	Group B	Sat 2018-07-21
7:15	Budíček-svačina	Alarm-snack	7:15 AM
7:00	odjezd na trénink (bus)	Bus departure for training	7:00 AM
8:45 – 9:45	led	On-ice training	8:45 AM – 9:45 AM
10:15 – 10:45	balení věcí, rozloučení s hráči	Packing and leave-taking	9:30 AM – 10:00 AM
10:45 – 11:00	rozhovor s rodiči, vyhodnocení	Discussion with parents, evaluation	10:15 AM – 10:45 AM
11:30 – 12:00	oběd	Lunch	11:30 AM – 12:30 PM
<b>12:00 konec týdenního kempu</b>		<b>The End hockey summer camp</b>	<b>12:00 PM -12:30 PM</b>