

PRO HOCKEY ACADEMY 2021 – ZEITPLAN / SCHEDULE

Freitag, 06.08. / Friday, August 6th

„Self esteem - is feeling good about yourself“

PHA-I	
7:15	Aufstehen (FE) <i>wake up</i>
7:30-8:00	Frühstück (FE) <i>breakfast</i>
8:15	BUS (FE)
9:05	Team-Meeting (ES)
9:15-10:15	Eistaining (ES) <i>practice on the ice</i> Qual. „hardest shot“
11:00-11:30	Stretching / Core (TH)
11:30-11:45	Teambuilding(TH)
12:00	BUS (ES)
12:15-13:00	Mittagessen (FE) <i>lunch</i>
13:30	BUS (FE)
(Nachmittagsnack, Obst)	
14:15-15:30	PHA-skill-competition
(Abendsnack-im ES)	
16:00-16:15	MOTIVATIONSMEETING (ES)
16:30-17:15	Tournaments (TH)
17:30-18:45	STADTBESICHTIGUNG SIGHTSEEING
18:45	Abendessen (FE) <i>Dinner</i>
20:30	Nachtruhe (FE) <i>lights out</i>

PHA-II	
7:30	Aufstehen (PE) <i>wake up</i>
7:45-8:15	Frühstück (PE) <i>breakfast</i>
8:30	BUS (PE)
8:50	Team-Meeting (TH)
9:00-9:30	Stretching / Core (TH)
9:30-9:45	Teambuilding(TH)
10:30-11:30	Eistaining (ES) <i>practice on the ice</i> Qual. „hardest shot“
12:15	BUS (ES)
12:30-13:00	Mittagessen (PE) <i>lunch</i>
13:00	Betruhe (PE) <i>rest</i>
14:00	BUS (PE)
14:15-15:00	Tournaments (TH)
(Nachmittagsnack, Obst)	
15:45-17:00	PHA-skill-competition
(Abendsnack-im ES)	
17:45-18:15	MOTIVATIONSMEETING (ES)
18:30-19:45	STADTBESICHTIGUNG SIGHTSEEING
19:45	Abendessen (FE) <i>Dinner</i>
20:30	BUS (FE)
21:30	Nachtruhe (PE) <i>lights out</i>

PHA-III	
8:15	Aufstehen (SH) <i>wake up</i>
8:30-9:15	Frühstück (SH) <i>breakfast</i>
8:30	BUS (SH)
9:50	Team-Meeting (TH)
10:00-10:30	Stretching / Core (TH)
10:30-10:45	Teambuilding(TH)
11:45-12:45	Eistaining (ES) <i>practice on the ice</i> Qual. „hardest shot“
13:15	BUS (ES)
13:30-14:00	Mittagessen (SH) <i>lunch</i>
14:00	Betruhe (SH) <i>rest</i>
15:00	BUS (SH)
15:15-16:00	Tournaments (TH)
(Nachmittagsnack, Obst)	
16:15-16:45	MOTIVATIONSMEETING (ES)
17:15-18:30	PHA-skill-competition
(Abendsnack-im ES)	
19:15-20:30	STADTBESICHTIGUNG SIGHTSEEING
20:30	Abendessen (FE) <i>dinner</i>
21:15	BUS (FE)
22:00	Nachtruhe (SH) <i>lights out</i>

Erläuterung:

ES-Eisstadion / Rink, TH-Turnhalle / Gym

SB-Schwimmbad / Swimming pool

FE-Hotel Ferdinand, PE-Hotel Pelikan, SH-Schlosshotel