



# PRO CAMP

SOSNOWIEC  
29.06-04.07.2025

SUMMER  
CAMPS  
2025

# #1

# GROUP A

## SUNDAY

<b>1</b>	11-00 - 12-30 locker rooms open	12-45-13-15 start of the camp	13-30 inside meeting	14-00 lunch	14-30 hotel arrival	14-45 accommodation	16-15-17-00 off ice	18-00-19-15 ice training	19-45 dinner	20-30 summary	21-30 quiet hours
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## MONDAY

<b>2</b>	08-15 breakfast	09-15 departure	9-45-10-30 stick technique	11-15-12-30 ice training 	13-00 lunch	13-45-15-15 rest	15-15-16-00 mental 	16-10 departure	16-30-17-15 spikeball	18-00-19-15 ice training II 	19-45 dinner	20-30 summary	20-40 relaxation	21-30 quiet hours
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## TUESDAY

<b>3</b>	08-15 breakfast	09-15 departure	9-45-10-30 gym basics workshops	11-15-12-30 ice training 	13-00 lunch	13-45-15-15 rest	15-15-16-00 mental 	16-10 departure	16-30-17-15 off ice	18-00-19-15 ice training II 	19-45 dinner	20-15-20-45 summary + draft	21-30 quiet hours
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## WEDNESDAY

<b>4</b>	08-15 breakfast	09-15 departure	9-45-10-30 football tournament	11-15-12-30 ice training 	13-00 lunch	13-45-15-15 rest	15-15-16-00 mental 	16-10 departure	16-30-17-15 video theory	17-45-19-00 Ziëtaara Cup Tournament 	19-15 dinner	20-00-20-45 Aquapark Nemo	21-00 summary	21-45 quiet hours
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## THURSDAY

<b>5</b>	08-15 breakfast	09-15 departure	9-45-10-30 stick technique	11-15-12-30 ice training 	13-00 lunch	13-45-15-15 rest	15-15-16-00 mental 	16-00 departure	16-30-17-15 football tournament	18-00-19-15 ice training II	19-30 dinner	20-15-21-00 quiz night	21-00 summary	21-45 quiet hours
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## FRIDAY

<b>6</b>	07-15 breakfast	08-00 check out and departure	08-45-9-45 ice training 	10-15-11-15 bumperball	11-30 lunch	12-00-12-45 mental 	13-30-14-45 farewell match 	15-00 grill + pick up of the players
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#1

GROUP B

## SUNDAY

<b>1</b>	11:00 - 12:30 locker rooms open	12:45-13:15 start of the camp	13:30 lunch	14:00-14:30 inside meeting	14:45-15:30 off ice	16:30-17:45 ice training 	18:15 dinner	19:00 hotel arrival	19:15 accommodation	19:45 summary	21:00 quiet hours
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## MONDAY

<b>2</b>	07:15 breakfast	07:45 departure	8:15-9:00 stick technique	9:45-11:00 ice training 	11:30-12:15 spikeball	12:20 lunch	13:00-14:30 rest	14:30-15:15 mental 	15:40 departure	16:30-17:45 ice training II 	18:30 dinner	19:15 summary	19:45 relaxation	21:00 quiet hours
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## TUESDAY

<b>3</b>	07:15 breakfast	07:45 departure	8:15-9:00 off ice	9:45-11:00 ice training 	11:15-12:00 workshop basics warm-ups	12:15 lunch	13:00-14:30 rest	14:30-15:15 mental 	15:40 departure	16:30-17:45 ice training II 	18:15 dinner	19:30-20:00 summary + draft	21:00 quiet hours
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## WEDNESDAY

<b>4</b>	07:15 breakfast	07:45 departure	8:15-9:00 football tournament	9:45-11:00 ice training 	11:30-12:15 video theory	12:20 lunch	13:00-14:30 rest	14:30-15:15 mental 	15:15 departure	16:15-17:30 Ziëtarà Cup Tournament 	18:00 dinner	18:45-19:30 Aquapark Nemo	20:00 summary	21:30 quiet hours
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## THURSDAY

<b>5</b>	07:15 breakfast	07:45 departure	8:15-9:00 stick technique	9:45-10:45 ice training 	11:30-12:15 football tournament	12:30 lunch	13:15-14:30 rest	14:30-15:15 mental 	15:40 departure	16:30-17:45 ice training II 	18:15 dinner	19:15-20:00 quiz night	20:00 summary	21:00 quiet hours
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## FRIDAY

<b>6</b>	08:00 breakfast	09:00 check out and departure	10:00-11:00 ice training 	11:30-12:30 bumperball	12:45 lunch	13:15-14:00 mental 	15:00-16:15 match 	16:30 grill + pick up of the players
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#1 GROUP C

## SUNDAY

<b>1</b>	11:00-12:30 locker rooms open	12:45-13:15 start of the camp	13:15 lunch	13:45-14:15 inside meeting	15:00-16:15 ice training 	17:00-17:45 off ice	18:00 dinner	18:30 hotel arrival	18:45 accommodation	19:15 summary	21:00 quiet hours
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## MONDAY

<b>2</b>	06:40 breakfast	07:10 departure	8:15-9:30 ice training 	10:00-11:15 spikeball + games and fun	11:30 lunch	12:15-13:15 rest	13:15-14:00 mental 	14:10 departure	15:00-16:15 ice training II 	16:45-17:30 stick technique	17:45 dinner	18:30 summary	18:45-19:15 team selection	19:15-19:45 relaxation	21:00 quiet hours
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## TUESDAY

<b>3</b>	06:40 breakfast	07:10 departure	8:15-9:30 ice training 	10:30-11:15 off ice	11:30 lunch	12:15-13:15 rest	13:15-14:00 mental 	14:10 departure	15:00-16:15 skills competition	16:45-17:30 football tournament	17:45 dinner	19:00-19:45 quiz night	19:45 summary	21:00 quiet hours
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## WEDNESDAY

<b>4</b>	06:40 breakfast	07:10 departure	8:15-9:30 ice training 	10:30-11:15 football tournament	11:30 lunch	12:15-13:15 rest	13:15-14:00 mental 	14:00 departure	14:45-16:00 Ziëtarä Cup Tournament	16:30-17:15 video / theory	17:30 dinner	18:15-19:00 Aquapark Nemo	19:30 summary	21:30 quiet hours
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## THURSDAY

<b>5</b>	06:40 breakfast	07:10 departure	8:15-9:30 ice training 	10:30-11:15 stick technique	11:30 lunch	12:15-13:15 rest	13:15-14:00 mental 	14:10 departure	15:00-16:15 ZHL tournament 	16:45-17:30 warm-ups basics	17:45 dinner	18:30-19:15 summary	21:00 quiet hours
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## FRIDAY

<b>6</b>	09:00 breakfast	10:00 check out and departure	11:15-12:15 ice training 	13:00 lunch	14:00-14:45 mental 	15:00-15:45 bumperball	16:30-17:45 match 	18:00 grill + pick up of the players
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# GROUP C

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