

# PRAGUE TRAINING CAMP

Total: ?? PAX		Guide:	Date: 31.7. - 6.8.2023
Date	Time	Itinerary	Hotel
July 31 Monday	TBA	<b>Arrival to Prague airport</b> Transfer to the hotel Arrive and check in to the hotel	Hotel Hilton Prague Pobřežní 1 Prague, Czech Republic Tel: 00420-224 841 111
		Free time to relax	
	18:45	Walk to the restaurant	
	19:00	<b>Dinner at the restaurant nearby the hotel - team only</b> Evening free	Pivovarský Dům - Beer House Křižíkova 17
August 1 Tuesday	8:30	Breakfast at the hotel	Hotel Hilton Prague
	9:00	Depart for Prague Castle	Prague, Czech Republic
	<b>9:30-12:00</b>	<b>Guided tour of Prague</b>	
	12:00	Lunch on own	
		Free time to sightsee and shop	
	14:00	Depart for the arena	
	14:30	At the arena	
	14:30-15:00	Locker room	
	<b>15:00-16:30</b>	<b>On ice session (1,5h)</b>	Letnany Arena
	16:30-17:00	Locker room	
<b>17:00-18:00</b>	<b>Off ice training</b>		
18:00-18:30	<b>Dinner at the restaurant - team only</b>	Ice Arena Restaurant	
	18:30	Depart for the hotel Evening free	
August 2 Wednesday	7:45	Breakfast at the hotel	Hotel Hilton Prague
	8:15	Depart for the arena	Prague, Czech Republic
	8:30-9:00	Locker room	
	<b>9:00-10:00</b>	<b>On ice session (1h)</b>	Letnany Arena
	10:00-10:30	Locker room	
	10:30-11:30	<b>Off ice training</b>	
	11:30-12:00	<b>Lunch at the restaurant - team only</b>	Ice Arena Restaurant
	12:00-12:30	Locker room	
	<b>12:30-13:30</b>	<b>On ice session (1h)</b>	Letnany Arena
	13:30-14:00	Locker room	
14:00	Depart for Terezin		
<b>15:00</b>	<b>Guided tour of Terezin Concentration Camp</b>		
	16:30	Depart for Prague Dinner on own Evening free	
August 3 Thursday	7:00	Breakfast at the hotel	Hotel Hilton Prague
	7:30	Depart for the camp facility in Pribram	Prague, Czech Republic
	8:30-9:00	Locker room	
	<b>9:00-10:00</b>	<b>On ice session</b>	HDC Facility Pribram
	10:00-10:30	Locker room	
	<b>10:30-11:30</b>	<b>Off ice training - GYM/SHA/HST*</b>	
	11:30-12:30	<b>Lunch at the restaurant - team only</b>	Arena restaurant
	12:30-13:00	Locker room	
	<b>13:00-14:00</b>	<b>On ice session</b>	HDC Facility Pribram
	14:00-14:30	Locker room	
<b>14:30-15:30</b>	<b>Off ice training - GYM/SHA/HST*</b>		
	15:30	Depart for Prague	
	16:30	Arrive to Prague Dinner on own Evening free	
August 4 Friday	7:00	Breakfast at the hotel	Hotel Hilton Prague
	7:30	Depart for the camp facility in Pribram	Prague, Czech Republic
	8:30-9:00	Locker room	
	<b>9:00-10:00</b>	<b>On ice session</b>	HDC Facility Pribram
	10:00-10:30	Locker room	
	<b>10:30-11:30</b>	<b>Off ice training - GYM/SHA/HST*</b>	
11:30-12:30	<b>Lunch at the restaurant - team only</b>	Arena restaurant	

	12:30-13:00	Locker room	
	<b>13:00-14:00</b>	<b>On ice session</b>	HDC Facility Pribram
	14:00-14:30	Locker room	
	<b>14:30-15:30</b>	<b>Off ice training - GYM/SHA/HST*</b>	
	15:30	Depart for Prague	
	16:30	Arrive to Prague	
		Dinner on own	
		Evening free	
August 5	7:45	Breakfast at the hotel	Hotel Hilton Prague
Saturday	8:15	Depart for the arena	Prague, Czech Republic
	8:30-9:00	Locker room	
	<b>9:00-10:00</b>	<b>On ice session (1h)</b>	Letnany Arena
	10:00-10:30	Locker room	
	10:30-11:30	<b>Off ice training</b>	
	11:30-12:00	Lunch at the restaurant - team only	Ice Arena Restaurant
	12:00-12:30	Locker room	
	<b>12:30-14:00</b>	<b>On ice session (1,5h)</b>	Letnany Arena
	14:00-14:30	Locker room	
	14:30-15:30	<b>Off ice training</b>	
	15:45	Depart for the hotel	
		Free afternoon to freshen up	
	17:30	Depart for boat cruise	
	18:00-20:00	<b>Boat cruise on Vltava River with buffet dinner</b>	
	20:00	Depart for the hotel	
		Evening free	
August 6	8:30	Breakfast at the hotel	Hotel Hilton Prague
Sunday	9:00	Check out of the hotel	Prague, Czech Republic
		Departure	
	<b>*SHA</b>	shooting zone, shooting accuracy, stickhandling, drills, agility	
	<b>*HST</b>	skatemill session, skating technique, game skills, acceleration, stability, peripheral vision	
	<b>Note</b>	<b>Times may differ and are subject to change</b>	