

# INTERNATIONAL GIRLS HOCKEY CAMP 2019



Sunday, 21.07.		Monday, 22.07.	Tuesday, 23.07.	Wednesday, 24.07.	Thursday, 25.07.	Friday, 26.07.
	07:30	Wake up	Wake up	Wake up	Wake up	Wake up
	07:45	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	08:15	Departure hotel	Departure hotel	Departure hotel	Departure hotel	Departure hotel
	08:30 - 08:40	Warm up Group A	Warm up Group A	Warm up Group A	Warm up Group A	Warm up Group A
	09:30 - 10:45	On ice Group A	On ice Group A	9:30 - 10:20 On ice Group A	On ice Group A	On ice Group A
		Off ice Group B	Off ice Group B	Off ice Group B	Off ice Group B	Off ice Group B
12:00 Meeting Arena	11:00 - 12:15	On ice Group B	On ice Group B	10:30 - 11:30 On ice Group B	On ice Group B	On ice Group B
		Off ice Group A	Off ice Group A	Off ice Group A	Off ice Group A	Off ice Group A
12:30 Welcome	12:45	Departure arena	Departure arena	12:15 Departure arena	Departure arena	Departure arena
	13:00	Lunch	Lunch	Lunch	Lunch	Lunch
13:00-13:30 Warm up	13:30 - 14:40	Break	Break	Relax	Break	Break
	14:45	Departure hotel	Departure hotel		Departure hotel	Departure hotel
14:00 - 16:00 On ice	15:30 - 16:45	On ice Group A	On ice Group A		On ice Group A	On ice Group A
		Off ice Group B	Off ice Group B		Off ice Group B	Off ice Group B
16:30 Cool down	17:00 - 18:15	On ice Group B	On ice Group B		On ice Group B	On ice Group B
		Off ice Group A	Off ice Group A		Off ice Group A	Off ice Group A
17:30 Departure arena		Off ice Group A	Off ice Group A		Departure arena	
18:00 Check in	18:45	Departure arena	Departure arena			18:30
19:00 Dinner	19:00	Dinner	Dinner	Dinner	Dinner	Camp's end
20:30 Camp Info	20:00	Relax	Relax	Relax	Relax	
22:00 Lights out	22:00	Lights out	Lights out	Lights out	Lights out	