

Schedule Czech National Team U20
training camp, Vierumaki + Helsinki, Finalnd
19.12. - 24.12.2015

18.12.2015	22:50	arrival to Helsinki
Friday	23:45	bus to Vierumaki (snack on the bus)
	1:00	check in the Arena in Vierumaki
	1:30	check in the hotel
	2:00	lights out
19.12.2015	9:15	wake up
Saturday	9:30	breakfast
	10:15	warm up
	11:00-12:30	ice
	13:00	lunch
	16:00	snack + meeting
	17:15	warm up
	18:00-19:30	ice
	20:15	dinner
	21:45	meeting
	22:00	lights out
20.12.2015	7:30	wake up
Sunday	7:45	breakfast
	8:15	warm up
	9:00-10:00	ice
	11:30	lunch
	12:45	bus to Lappeenranta (sandwiches on the bus)
	17:00	CAN U20-CZE U20 (Imatra)
	20:00	bus to arena + PIZZA on the bus
	22:30	dinner
	23:00	meeting
	23:30	lights out
21.12.2015	9:00	wake up
Monday	9:15	breakfast
	12:30	lunch
	14:00	warm up
	15:00-16:30	ice
	17:00	snack + regenerate
	19:00	dinner
	22:00	snack + porada
	22:30	lights out
22.12.2015	7:30	wake up
Tuesday	7:45	breakfast
	8:15	warm up
	9:00-9:30	ice
	10:00	snack

12:00 lunch + meeting
13:30 bus to Lahti
16:00 CZE U20-DEN U20 (Lahti)
19:15 bus to Vierumaki
20:00 dinner + meeting
22:00 lights out

23.12.2015
Wednesday
8:30 wake up
8:45 breakfast
9:15 check out of hotel in Vierumaki
10:00 warm up
11:00-12:30 ice
13:15 lunch
14:30 bus to Hartwall Arena, Helsinki
16:00 bus to hotel
16:15 check in the hotel in Helsinki
16:45 snack
19:00 dinner
21:30 snack + meeting
22:00 lights out

24.12.2015
Thursday
9:00 wake up
9:15 breakfast
10:00 bus to arena
10:30 warm up
11:30-12:30 ice
13:15 bus to the hotel
13:30 lunch
16:00 snack + regeneration
19:00 dinner
21:30 snack + meeting
22:00 lights out