



## Schedule Czech National Team U

Event: Training camp CZE U20

Place: Vierumaki, FIN + V. Popovice, CZE

Date: 21.-28.7.2016



Date	Time	Action
<b>21.07.2016</b>	<b>15:30</b>	<b>arrival to ZS Velké Popovice</b>
<b>Thursday</b>	15:45	check in to the hotel
	16:30	meeting
	16:45	warm up
	<b>17:30-19:00</b>	<b>ice</b>
	20:00	dinner + meeting
	22:30	lights out
Date	Time	Action
<b>22.07.2016</b>	8:30	breakfast
<b>Friday</b>	9:15	check out of the hotel
	10:00	bus to the airport
	<b>12:30</b>	<b>departure from Praha</b>
	<b>15:35</b>	<b>arrival to Helsinki</b>
	16:15	bus to Vierumaki ( <b>SNACK ON THE BUS</b> )
	17:30	check in the Arena in Vierumaki
	18:00	warm up
	<b>19:00-20:30</b>	<b>ice</b>
	21:15	dinner + check in the hotel
	22:30	lights out
<b>23.07.2016</b>	8:30	wake up
<b>Saturday</b>	9:00	breakfast
	9:45	gym
	<b>11:00-13:00</b>	<b>ice</b>
	13:30	lunch
	16:30	snack + meeting
	18:30	warm up
	<b>19:30-21:00</b>	<b>ice</b>
	21:20	dinner
	22:00	lights out
<b>24.07.2016</b>	8:30	wake up
<b>Sunday</b>	9:00	breakfast
	9:45	gym
	<b>11:00-12:30</b>	<b>ice</b>
	13:30	lunch
	16:30	snack + meeting
	18:30	warm up
	<b>19:30-21:00</b>	<b>ice</b>
	21:20	dinner
	22:00	lights out

<b>25.07.2016</b> <b>Monday</b>	8:00	wake up
	8:15	breakfast
	9:00	warm up
	<b>10:00-11:30</b>	<b>ice</b>
	12:00	lunch
	15:00	snack
	<b>16:00-18:00</b>	<b>off ice</b>
	19:00	dinner + meeting
	21:00	snack
	22:00	lights out
<b>26.07.2016</b> <b>Tuesday</b>	7:30	wake up
	7:45	breakfast
	8:15	warm up
	<b>9:00-10:00</b>	<b>ice</b>
	11:30	lunch
	14:30	snack + meeting
	<b>17:30-21:00</b>	<b>FIN U20 - CZE U20</b>
	21:30	dinner
	22:00	lights out
<b>27.07.2016</b> <b>Wednesday</b>	7:30	wake up
	7:45	breakfast
	8:15	warm up
	<b>9:00-10:00</b>	<b>ice</b>
	11:30	lunch
	14:30	snack + meeting
	<b>17:30-21:00</b>	<b>FIN U20 - CZE U20</b>
	21:30	dinner
	22:00	lights out
<b>28.07.2016</b> <b>Thursday</b>	7:00	wake up
	7:15	breakfast
	7:45	warm up
	<b>8:30-10:00</b>	<b>ice</b>
	11:30	lunch
	13:15	bus to Helsinki
	<b>16:20</b>	<b>departure from Helsinki</b>
	<b>17:35</b>	<b>arrival to Prague</b>

**Ice shift starts always 10min past the full hour or 10min past the half hour.  
The zambonie cleans the ice from the full hour to 10min past!**