



SKATE-N-SHOOT CAMP

HOCKEY

SKATING & SHOOT PRACTICE
TESTING & ANALYSIS

2. – 5. AUGUST 2024

SPORTZENTRUM ZUCHWIL

Amselweg 59, 4528 Zuchwil Solothurn

FOR PLAYERS 13 AND OLDER

4 DAY CAMP

INCLUDING

Daily Four Hours Skating and Shooting Lessons
WITH SUCCESSFUL HOCKEY SKATING SYSTEM

Practice with one of the most experienced
skating coaches in Swiss Ice Hockey !!



HERBI SCHÄDLER

Power Skating Coach & Off-Ice
Coach (Stretching & Cool Down)



TOM SCHÄDLER

Junior National Team Coach Germany
Stickhandling & Shooting Skills



ERNST SCHLOTTER

Camp Manager, On-Ice Testing
Coach and Sports Data Analyst

- ✓ **BALANCE**
- ✓ **EFFICIENCY**
- ✓ **SPEED**
- ✓ **AGILITY**

ONLY
CHF 800
FOR A PLAYER

ADDITIONALY YOU WILL RECEIVE

- ✓ **Unique On-Ice Test, Based CHL/NHL Method**
- ✓ **Unique Testing Analysis – Clearly Shows How Talented You Are, Strengths & Weaknesses**
- ✓ **Isotonic Drinks**
- ✓ **Camp-Jersey and T-Shirt**
- ✓ **Lunch**

STRICTLY LIMITED TO **24 PLAYERS ONLY** FOR THIS CAMP!

INTERNATIONAL EXPERIENCE, DON'T MISS OUT ON THIS!

FOR MORE INFOS:
SISM HOCKEY
www.sismhockey.com
ernst@sismhockey.com



Certified by SIHF
(Swiss Ice Hockey
Federation) since 2016



SKATE-N-SHOOT CAMP HOCKEY

SKATE-N-SHOOT CAMP ZUCHWIL 2.8 – 5.8.2024

Daily Program – Friday, August 2, 2024

Morning Practice

07:45 – 08:45	Breakfast
09:15 – 09:45	Theory
10:15 – 11:15	Skating Practice
11:15 – 11:30	Ice Cutting
11:30 – 12:30	Skating Practice
12:45 – 13:30	Swimming

Afternoon Practice

16:15 – 18:15	Shooting Practice
18:30 – 19:15	Swimming
18:30 – 19:15	Dinner

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SKATE-N-SHOOT CAMP ZUCHWIL 2.8 – 5.8.2024

Daily Program – Saturday, August 3, 2024

Morning Practice

07:45 – 08:45	Breakfast
09:15 – 09:45	Theory
10:15 – 11:15	Skating Practice
11:15 – 11:30	Ice Cutting
11:30 – 12:30	Skating Practice
12:45 – 13:30	Swimming

Afternoon Practice

16:15 – 18:15	Shooting Practice
18:30 – 19:15	Swimming
18:30 – 19:15	Dinner

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SKATE-N-SHOOT CAMP
ZUCHWIL 2.8 – 5.8.2024

Daily Program – Sunday, 4, 2024

Morning Practice

07:45 – 08:45	Breakfast
09:15 – 09:45	Theory
10:15 – 11:30	CHL/NHL On-Ice Testing
11:30 – 12:30	Skating Practice
12:45 – 13:30	Swimming

Afternoon Practice

16:15 – 18:15	Shooting Practice
18:30 – 19:15	Swimming
18:30 – 19:15	Dinner

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SKATE-N-SHOOT CAMP HOCKEY

SKATE-N-SHOOT CAMP ZUCHWIL 2.8 – 5.8.2024

Daily Program – Monday, August 5, 2024

Morning Practice

07:45 – 08:45	Breakfast
09:15 – 09:45	Theory
10:15 – 11:15	Skating Practice
11:15 – 11:30	Ice Cutting
11:30 – 12:30	Skating Practice
12:45 – 13:30	Swimming

Afternoon Practice

16:15 – 18:15	Shooting Practice
18:15	Camp Closed

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