



SKATE-N-SHOOT CAMP

HOCKEY

SKATING & SHOOT PRACTICE
TESTING & ANALYSIS

20. – 23. JULY 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

Swiss Hockey Federation Power
Skating & Development Coach



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 20.7 – 23.7.2024

Daily Program – Saturday, July 20, 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 20.7 – 23.7.2024

Daily Program – Sunday, July 21, 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 20.7 – 23.7.2024

Daily Program – Monday, July 22, 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
ZUCHWIL 20.7 – 23.7.2024

Daily Program – Tuesday, July 23, 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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