



B.E.S.A SKATING CAMP

HOCKEY



POWER SKATING CAMP

AROSA 11.6. – 15.6.2025

Daily Program – Wednesday/Thursday 11./12. June 2025

Wednesday, 11.6.2025

From 18:00 Access to the dressing room
From 20:00 Dinner, **only** for guests with Seehof Hotel rooms

Thursday, 12.6.2025

From 07:30 Breakfast, **only** for guests with Seehof Hotel rooms

Morning - Practice

09:00 – 09:30 Welcome/Theory/Warm-Up with Herbie
10:00 – 11:00 Skating Training with Andrey & Herbie
11:00 – 11:15 Ice Cutting
11:15 – 12:00 Skating Training with Andrey & Herbie
12:15 – 12:45 Cool Down with Herbie
13:15 – 14:00 Lunch, **only** for guests with Seehof Hotel rooms

Afternoon - Practice

15:45 – 16:15 Warm-Up with Herbie
16:45 – 17:45 Skating Training with Andrey & Herbie
17:45 – 18:00 Ice Cutting
18:00 – 18:45 Skating Training with Andrey & Herbie
19:00 – 19:30 Cool Down with Herbie
20:00 Dinner, **only** for guests with Seehof Hotel rooms

FÜR MEHR INFOS:
SISM HOCKEY
www.sismhockey.com
ernst@sismhockey.com



Seit 2016
durch SIHF
zertifiziert



B.E.S.A SKATING CAMP

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POWER SKATING CAMP

AROSA 11.6. – 15.6.2025

Daily Program Friday 13. June 2025

Friday, 13.6.2025

From 07:30 Breakfast, **only** for guests with Seehof Hotel rooms

Morning - Practice

09:00 – 09:30	Theory/Warm-Up with Herbie
10:00 – 11:00	Skating Training with Andrey & Herbie
11:00 – 11:15	Ice Cutting
11:15 – 12:00	Skating Training with Andrey & Herbie
12:15 – 12:45	Cool Down with Herbie
13:15 – 14:00	Lunch, only for guests with Seehof Hotel rooms

Afternoon - Practice

15:45 – 16:15	Warm-Up with Herbie
16:45 – 17:45	Skating Training with Andrey & Herbie
17:45 – 18:00	Ice Cutting
18:00 – 18:45	Skating Training with Andrey & Herbie
19:00 – 19:30	Cool Down with Herbie
20:00	Dinner, only for guests with Seehof Hotel rooms

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AROSA 11.6. – 15.6.2025



Daily Program Saturday 14. June 2025

Saturday, 14.6.2025

From 06:15

Breakfast, **only** for guests with Seehof Hotel rooms

Morning - Practice

07:30 – 07:45

Warm-Up On Ice

07:45 – 09:00

COMPEX -CHL/NHL On-Ice Testing

09:00 – 09:45

Skating Training with Andrey & Herbie

10:00 – 10:30

Cool Down with Herbie

11:00 – 12:00

Lunch, **only** for guests with Seehof Hotel rooms

Afternoon - Practice

13:45 – 14:15

Warm-Up with Herbie

14:30 – 15:30

Skating Training with Andrey & Herbie

15:30 – 15:45

Ice Cutting

15:45 – 16:30

Skating Training with Andrey & Herbie

16:45 – 17:15

Cool Down with Herbie

19:00

Dinner, **only** for guests with Seehof Hotel rooms

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POWER SKATING CAMP

AROSA 11.6. – 15.6.2025

Daily Program Sunday, 15. June 2025

Sunday, 15.6.2025

From 06:45

Breakfast, **only** for guests with Seehof Hotel rooms

NO CHECK-OUT

Morning - Practice

08:00 – 08:15

Theory/Warm-Up with Herbie

08:15 – 09:15

Skating Training with Andrey & Herbie

09:15 – 09:30

Ice Cutting

09:30 – 10:15

Skating Training with Andrey & Herbie

10:30 – 11:00

Cool Down with Herbie

11:30

Lunch, **only** for guests with Seehof Hotel rooms

CHECK-OUT

Afternoon - Practice

14:30 – 15:30

Skating Training with Andrey & Herbie

15:30 – 15:45

Ice Cutting

15:45 – 16:30

The Closing Game

16:30

Camp-Ending

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