



B.E.S.A SKATING CAMP

HOCKEY

POWER SKATING CAMP

AROSA 13.6. – 17.6.2025

Daily Program – Friday/Saturday 13./14. June 2025

Friday, 13.7.2025

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

Saturday, 14.6.2025

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 13.6. – 17.6.2025

Daily Program – Sunday, 15. June 2025

Sunday 15.6.2025

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

Morning - Practice

09:30 – 10:00	Theory/Warm-Up with Herbie
10:30 – 11:30	Skating Training with Andrey & Herbie
11:30 – 11:45	Ice Cutting
11:45 – 12:30	Skating Training with Andrey & Herbie
12:45 – 13:15	Cool Down with Herbie
13:30 – 14:30	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 13.6. – 17.6.2025



Daily Program – Monday, 16. June 2025

Monday, 16.6.2025

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

Morning - Practice

09:00 – 09:30 Theory/Warm-Up with Herbie

10:00 – 11:15 **COMPEX** -CHL/NHL On-Ice Testing

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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POWER SKATING CAMP

AROSA 13.6. – 17.6.2025

Daily Program – Tuesday, 17. June 2025

Tuesday, 17.6.2025

From 07:15

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

NO CHECK OUT

Morning - Practice

08:15 – 08:45

Theory/Warm-Up with Herbie

09:15 – 10:15

Skating Training with Andrey & Herbie

10:15 – 10:30

Ice Cutting

10:30 – 11:15

Skating Training with Andrey & Herbie

11:30 – 12:00

Cool Down with Herbie

12:00

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

CHECK-OUT

Afternoon - Practice

14:00 – 15:00

15:00 – 15:15

Skating Training with Andrey & Herbie

15:15 – 16:00

Ice Cutting

16:00

The Closing Game

Camp-Ending

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