



B.E.S.A SKATING CAMP

HOCKEY



POWER SKATING CAMP

AROSA 18.6. – 22.6.2025

Daily Program – Wednesday/Thursday 18./19. June 2025

Wednesday, 18.6.2025

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

Thursday, 19.6.2025

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

HOCKEY

POWER SKATING CAMP

AROSA 18.6. – 22.6.2025

Daily Program – Friday, 20. June 2025

Friday, 20.6.2025

Ab 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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POWER SKATING CAMP

AROSA 18.6. – 22.6.2025



Daily Program – Saturday, 21. June 2025

Saturday, 21.6.2025

From 06:30 Breakfast, **only** for guests with Seehof Hotel rooms

Morning - Practice

07:30 – 08:00 Theory/Warm-Up with Herbie

08:30 – 09:45 **COMPEX** -CHL/NHL On-Ice Testing

09:45 – 10:30 Skating Training with Andrey & Herbie

10:45 – 11:15 Cool Down with Herbie

12:00 – 13:00 Lunch, **only** for guests with Seehof Hotel rooms

Afternoon - Practice

14:45 – 15:15 Warm-Up with Herbie

15:45 – 16:45 Skating Training with Andrey & Herbie

16:45 – 17:00 Ice Cutting

17:00 – 17:45 Skating Training with Andrey & Herbie

18:00 – 18:30 Cool Down with Herbie

20:00 Dinner, **only** for guests with Seehof Hotel rooms

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B.E.S.A SKATING CAMP

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POWER SKATING CAMP

AROSA 18.6. – 22.6.2025

Daily Program – Sunday, 22. June 2025

Sunday, 22.6.2025

From 07:15

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

NO CHECK OUT

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

CHECK-OUT

Afternoon - Practice

15:15 – 16:15

Skating Training with Andrey & Herbie

16:15 – 16:30

Ice Cutting

16:30 – 17:15

The Closing Game

17:15

Camp-Ending

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