



SKATE-N-SHOOT CAMP

HOCKEY

**SKATING & SHOOTING TRAINING
TESTING & ANALYSIS**

30. JUNE – 3. JULY 2025

Ice Rink Arosa

FOR PLAYERS 13 YEARS AND OLDER

A FOUR-DAY CAMP INCLUDING:

Four Hours of Skating & Shooting Daily
WITH THE SUCCESSFUL HOCKEY SKATING SYSTEM

Train with the most experienced skating coach in the German-speaking world



HERBIE SCHÄDLER

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



THOMAS SCHÄDLER

National Team Coach Germany Shooting & Stickhandling Coach



ERNST SCHLOTTER

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

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

**ONLY
Fr. 850
PER PLAYER**

ADDITIONALLY, YOU WILL RECEIVE:

- ✓ Unique On-Ice Test based on CHL/NHL Method
- ✓ Unique Testing Analysis – clearly shows how talented you are, as well as your strength & weaknesses
- ✓ Isotonic Drinks
- ✓ Camp Jersey and T-Shirt

ONLY 23 SPOTS AVAILABLE 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
since 2016



SKATE-N-SHOOT CAMP

HOCKEY

SKATE-N-SHOOT TRAINING
AROSA 29.6. – 3.7.2025

Daily Programs – Sunday/Monday, June 29/30, 2025

Sunday, 29.6.2025

From 18:00

Access to the locker room in the ice rink

From 20:00

Dinner (**only** for participants staying at the Seehof hotel).

Monday, 30.6.2025

From 07:30

Breakfast (**only** for participants staying at the Seehof hotel)

Morning Practice

09:00 – 09:30

Greeting, theory session, and warm-up

10:00 – 11:00

Skating training with Herbie & Thomas

11:00 – 11:15

Ice Cutting

11:15 – 12:00

Skating training with Herbie & Thomas

12:15 – 12:45

Cool-Down with Herbie

13:15 – 14:00

Lunch (**only** for participants staying at the hotel)

Afternoon Practice

15:45 – 16:15

Warm-Up with Herbie

16:45 – 17:45

Shooting training with Herbie & Thomas

17:45 – 18:00

Ice Cutting

18:00 – 18:45

Shooting training with Herbie & Thomas

19:00 – 19:30

Cool-Down with Herbie

20:00

Dinner (**only** for participants staying at the Seehof hotel)

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SKATE-N-SHOOT TRAINING
AROSA 29.6. – 3.7.2025

Daily Program – Tuesday, July 1, 2025

Tuesday, 1.7.2025

From 07:30

Breakfast (only for participants staying at the Seehof hotel)

Morning Practice

09:00 – 09:30

Theory session, and warm-up

10:00 – 11:00

Skating training with Herbie & Thomas

11:00 – 11:15

Ice Cutting

11:15 – 12:00

Skating training with Herbie & Thomas

12:15 – 12:45

Cool-Down with Herbie

13:15 – 14:00

Lunch (**only** for participants staying at the hotel)

Afternoon Practice

15:45 – 16:15

Warm-Up with Herbie

16:45 – 17:45

Shooting training with Herbie & Thomas

17:45 – 18:00

Ice Cutting

18:00 – 18:45

Shooting training with Herbie & Thomas

19:00 – 19:30

Cool-Down with Herbi

20:00

Dinner (**only** for participants staying at the Seehof hotel)

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SKATE-N-SHOOT TRAINING
AROSA 29.6. – 3.7.2025

Daily Program – Wednesday, July 2, 2025

Wednesday, 2.7.2025

From 07:30

Breakfast (only for participants staying at the Seehof hotel)

Morning Practice

09:00 – 09:30

Theory session, and warm-up

10:00 – 11:00

“COMPEX” CHL/NHL On-Ice Testing

11:00 – 11:15

Ice Cutting

11:15 – 12:00

Skating training with Herbie & Thomas

12:15 – 12:45

Cool-Down with Herbie

13:15 – 14:00

Lunch (**only** for participants staying at the hotel)

Afternoon Practice

15:45 – 16:15

Warm-Up with Herbie

16:45 – 17:45

Shooting training with Herbie & Thomas

17:45 – 18:00

Ice Cutting

18:00 – 18:45

Shooting training with Herbie & Thomas

19:00 – 19:30

Cool-Down with Herbie

20:00

Dinner (**only** for participants staying at the Seehof hotel)

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SKATE-N-SHOOT CAMP HOCKEY

SKATE-N-SHOOT TRAINING AROSA 29.6. – 3.7.2025

Daily Program – Thursday, July 3, 2025

Thursday, 3.7.2025

From 07:30

Breakfast (only for participants staying at the Seehof hotel)

Morning Practice

09:00 – 09:30

Theory session, and warm-up

10:00 – 11:00

Skating training with Herbie & Thomas

11:00 – 11:15

Ice Cutting

11:15 – 12:00

Skating training with Herbie & Thomas

12:15 – 12:45

Cool-Down with Herbi

13:15 – 14:00

Lunch (**only** for participants staying at the hotel)

Afternoon Practice

14:30 – 15:30

Shooting training with Herbie & Thomas

15:30 – 15:45

Ice Cutting

15:45 – 16:30

Camp Finished

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