



# SKATE-N-SHOOT CAMP

# HOCKEY

**SKATING & SHOOTING TRAINING  
TESTING & ANALYSIS**

**7. JULY – 10. JULY 2025**

**Ice Rink Arosa**

**FOR PLAYERS AGED 10 TO 12 YEARS**

**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*



**HERBI 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](http://www.sismhockey.com)  
[ernst@sismhockey.com](mailto:ernst@sismhockey.com)



Certified  
by SIHF  
since 2016



# SKATE-N-SHOOT CAMP

# HOCKEY

## SKATE-N-SHOOT TRAINING

AROSA 6.7. – 10.7.2025

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### Daily Programs – Sunday/Monday, July 6/7, 2025

#### Sunday, 6.7.2025

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, 7.7.2025

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 Herbi & Thomas

11:00 – 11:15

Ice Cutting

11:15 – 12:00

Skating training with Herbi & Thomas

12:15 – 12:45

Cool-Down with Herbi

13:15 – 14:00

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

#### Afternoon Practice

15:45 – 16:15

Warm-Up with Herbi

16:45 – 17:45

Shooting training with Herbi & Thomas

17:45 – 18:00

Ice Cutting

18:00 – 18:45

Shooting training with Herbi & 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 CAMP HOCKEY

**SKATE-N-SHOOT TRAINING**  
**AROSA 6.7. – 10.7.2025**

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## Daily Program – Tuesday, July 8, 2025

### Tuesday, 8.7.2025

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 Herbi & Thomas

11:00 – 11:15

Ice Cutting

11:15 – 12:00

Skating training with Herbi & Thomas

12:15 – 12:45

Cool-Down with Herbi

13:15 – 14:00

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

### Afternoon Practice

15:45 – 16:15

Warm-Up with Herbi

16:45 – 17:45

Shooting training with Herbi & Thomas

17:45 – 18:00

Ice Cutting

18:00 – 18:45

Shooting training with Herbi & 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 CAMP HOCKEY

## SKATE-N-SHOOT TRAINING AROSA 6.7. – 10.7.2025

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### Daily Program – Wednesday, July 9, 2025

**Wednesday, 9.7.2025**

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 Herbi & Thomas

11:00 – 11:15

Ice Cutting

11:15 – 12:00

Skating training with Herbi & Thomas

12:15 – 12:45

Cool-Down with Herbi

13:15 – 14:00

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

#### Afternoon Practice

15:45 – 16:15

Warm-Up with Herbi

16:45 – 17:45

Shooting training with Herbi & Thomas

17:45 – 18:00

Ice Cutting

18:00 – 18:45

Shooting training with Herbi & 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 CAMP HOCKEY

## SKATE-N-SHOOT TRAINING AROSA 6.7. – 10.7.2025

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### Daily Program – Thursday, July 10, 2025

Thursday, 10.7.2025

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 Herbi & Thomas

11:00 – 11:15

Ice Cutting

11:15 – 12:00

Skating training with Herbi & 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 Herbi & Thomas

15:30 – 15:45

Ice Cutting

15:45 – 16:30

Camp Finished

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