



B.E.S.A SKATING CAMP

HOCKEY

POWER SKATING CAMP

AROSA 10.6. – 14.6.2026

Daily Program – Wednesday/Thursday 10./11. June 2026

Wednesday, 10.6.2026

From 18:00

Access to the dressing room

From 20:00

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

Thursday, 11.6.2026

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

FOR MORE INFOS:
SISM HOCKEY
www.sismhockey.com
ernst@sismhockey.com



*Certified by the
Swiss Ice Hockey
Federation (SIHF)
since 2016*



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AROSA 10.6. – 14.6.2026

Daily Program Friday 12. June 2026

Friday, 12.6.2026

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 10.6. – 14.6.2026

Daily Program Saturday 13. June 2026

Saturday, 13.6.2026

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 10.6. – 14.6.2026

Daily Program Sunday, 14. June 2026

Sunday, 14.6.2026

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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