



# B.E.S.A SKATING CAMP HOCKEY

## POWER SKATING CAMP AROSA 12.6. – 16.6.2026

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### Daily Program – Friday/Saturday 12./13. June 2026

#### Friday, 12.6.2026

From 18:00

Access to the dressing room

From 20:00

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

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#### Saturday, 13.6.2026

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

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#### 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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**FOR MORE INFOS:**  
SISM HOCKEY  
[www.sismhockey.com](http://www.sismhockey.com)  
[ernst@sismhockey.com](mailto:ernst@sismhockey.com)



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



# B.E.S.A SKATING CAMP

# HOCKEY

## POWER SKATING CAMP

AROSA 12.6. – 16.6.2026

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### Daily Program – Sunday, 14. June 2026

#### Sunday 14.6.2026

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

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



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## POWER SKATING CAMP

AROSA 12.6. – 16.6.2026

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### Daily Program – Monday, 15. June 2026

**Monday, 15.6.2026**

From 07:30

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

#### Morning - Practice

09:00 – 09:30

Theory/Warm-Up with Herbie

10:00 – 11:15

**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

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#### 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:**  
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[ernst@sismhockey.com](mailto:ernst@sismhockey.com)



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# B.E.S.A SKATING CAMP

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## POWER SKATING CAMP

AROSA 12.6. – 16.6.2026

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### Daily Program – Tuesday, 16. June 2026

**Tuesday, 16.6.2026**

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**

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#### Afternoon - Practice

14:00 – 15:00

Skating Training with Andrey & Herbie

15:00 – 15:15

Ice Cutting

15:15 – 16:00

The Closing Game

16:00

Camp-Ending

**FOR MORE INFOS:**  
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