



B.E.S.A SKATING CAMP HOCKEY

POWER SKATING CAMP AROSA 17.6. – 21.6.2026

Daily Program – Wednesday/Thursday 17./18. June 2026

Wednesday, 17.6.2026

From 18:00

Access to the dressing room

From 20:00

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

Thursday, 18.6.2026

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*



B.E.S.A SKATING CAMP

HOCKEY

POWER SKATING CAMP

AROSA 17.6. – 21.6.2026

Daily Program – Sunday 19. June 2026

Sunday, 19.6.2026

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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B.E.S.A SKATING CAMP

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POWER SKATING CAMP

AROSA 17.6. – 21.6.2026

Daily Program – Monday 20. June 2026

Monday, 20.6.2026

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

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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B.E.S.A SKATING CAMP

HOCKEY

POWER SKATING CAMP

AROSA 17.6. – 21.6.2026

Daily Program – Tuesday 21. June 2026

Tuesday, 21.6.2026

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

12:30

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

CHECK-OUT

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

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