



SKATE-N-SHOOT CAMP HOCKEY

SKATE-N-SHOOT CAMP ZUCHWIL 9.10 – 10.10.2025

Daily Program – Thursday, 9. Oktober 2025

Morning-Practice

| | |
|---------------|----------------------------|
| 09:00 – 09:30 | Welcome / Theory / Warm-up |
| 10:00 – 11:00 | Skating Training |
| 11:00 – 11:15 | Ice Resurfacing |
| 11:15 – 12:00 | Skating Training |
| 12:15 – 13:00 | Swimming / Cool Down |
| 13:15 – 13:45 | Lunch for all participants |

Active Recovery – Multi-Sport Activities

Afternoon-Practice

| | |
|---------------|----------------------|
| 14:30 – 15:30 | Shooting Training |
| 15:30 – 15:45 | Eisreinigung |
| 15:45 – 16:30 | Ice Resurfacing |
| 16:45 – 17:30 | Swimming / Cool Down |

ONLY 10 SPOTS AVAILABLE FOR THIS CAMP!

INTERNATIONAL EXPERIENCE – DON'T MISS OUT ON THIS! 🌍🔥

FÜR MEHR INFOS:
SISM HOCKEY
www.sismhockey.com
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Certified by the
Swiss Ice Hockey
Federation (SIHF)
since 2016



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SKATE-N-SHOOT CAMP ZUCHWIL 9.10 – 10.10.2025

Daily Program – Friday, 9. Oktober 2025

Morning-Practice

| | |
|---------------|----------------------------|
| 08:00 – 08:30 | Theory / Warm-up |
| 08:45 – 09:45 | Skating Training |
| 09:45 – 10:00 | Ice Resurfacing |
| 10:00 – 10:45 | Skating Training |
| 11:00 – 11:45 | Swimming / Cool Down |
| 12:00 – 12:45 | Lunch for all participants |

Active Recovery – Multi-Sport Activities

Afternoon-Practice

| | |
|---------------|-------------------|
| 13:00 – 13:30 | Theory |
| 13:45 – 14:45 | Shooting Training |
| 14:45 – 15:00 | Ice Resurfacing |
| 15:00 – 15:45 | Shooting Training |
| 15:45 | Camp Finished |

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