



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



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POWER SKATING CAMP

AROSA 17.6. – 21.6.2026

Daily Program – Friday 19. June 2026

Friday, 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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AROSA 17.6. – 21.6.2026



Daily Program – Saturday 20. June 2026

Saturday, 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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POWER SKATING CAMP

AROSA 17.6. – 21.6.2026

Daily Program – Sunday, 21. June 2026

Sunday, 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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