



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

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### 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

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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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## Daily Program – Saturday 20. June 2026

**Saturday, 20.6.2026**

From 06:30 Breakfast, **only** for guests with Seehof Hotel rooms

### Morning - Practice

08:15 – 08:30 Warm-Up on the Ice

08:30 – 10:30 **COMPEX** -CHL/NHL On-Ice Testing

10:45 – 11:15 Cool Down with Herbie

12:00 – 13:00 Lunch, **only** for guests with Seehof Hotel rooms

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### Afternoon - Practice

14:45 – 15:15 Warm-Up with Herbie

15:45 – 16:45 Skating Training with Andrey & Herbie

16:45 – 17:00 Ice Cutting

17:00 – 17:45 Skating Training with Andrey & Herbie

18:00 – 18:30 Cool Down with Herbie

19:00 Dinner, **only** for guests with Seehof Hotel rooms

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## POWER SKATING CAMP

### AROSA 17.6. – 21.6.2026

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### 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**

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

12:00 Lunch, **only** for guests with Seehof Hotel rooms  
**CHECK-OUT**

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**Afternoon - Practice**

15:15 – 16:15 Skating Training with Andrey & Herbie

16:15 – 16:30 Ice Cutting

16.30 – 17:15 The Closing Game

17:15 Camp-Ending

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