HOCKEY

"For Junior Players Aged 10 and Older"

TOP POWER SKATING CAMP

17. – 20. JUNE 2027

Ice Rink Arosa

Top Coaching Team Herbie Schädler and Andrey Romanov, Skating Coach at BESA Hockey

SISM HOCKEY

ELITE POWER SKATING ★★★★★ Since 2013 in Arosa

SWISS ICE HOCKEY

B.E.S.A. HOCKEY – Balance Efficiency Speed Agility

sport tests – Powerful Standardized Testing™

The camp fee for the 4-day Power Skating Camp is CHF 950.--
Hotel & meals are not included in the camp fee

Registration Online ernst@sismhockey.com Tel: 078-645-7000

B.E.S.A SKATING CAMP HOCKEY

POWER SKATING CAMP
AROSA 17.6 – 20.6.2027

Daily Programs – Wednesday/Thursday, June 16/17, 2027

Wednesday, 16.6.2027

From 18:00	Access to the ice rink locker room
From 20:00	Dinner only for hotel guests

Thursday, 17.6.2027

From 07:30	Breakfast only for hotel guests

Morning Training

09:30 – 10:00	Welcome / Theory / Warm-Up
10:30 – 11:30	Skating Training with Andrey & Herbie
11:30 – 11:45	Ice Resurfacing
11:45 – 12:30	Skating Training with Andrey & Herbie
12:45 – 13:15	Cool Down
13:45	Lunch only for hotel guests

Afternoon Training

15:45 – 16:15	Warm-Up
16:45 – 17:45	Skating Training with Andrey & Herbie
17:45 – 18:00	Ice Resurfacing
18:00 – 18:45	Skating Training with Andrey & Herbie
19:00 – 19:30	Cool Down
20:00	Dinner only for hotel guests

MORE INFO:
SISM HOCKEY
www.sismhockey.com
ernst@sismhockey.com

SIHF Certified Since 2016

B.E.S.A SKATING CAMP
HOCKEY

POWER SKATING CAMP
AROSA 17.6 – 20.6.2027

Daily Programs – Friday, June 18, 2027

Friday, 18.6.2027

From 07:30	Breakfast only for hotel guests

Morning Training

09:30 – 10:00	Theory / Warm-Up
10:30 – 11:30	Skating Training with Andrey & Herbie
11:30 – 11:45	Ice Resurfacing
11:45 – 12:30	Skating Training with Andrey & Herbie
12:45 – 13:15	Cool Down
13:45	Lunch only for hotel guests

Afternoon Training

15:45 – 16:15	Warm-Up
16:45 – 17:45	Skating Training with Andrey & Herbie
17:45 – 18:00	Ice Resurfacing
18:00 – 18:45	Skating Training with Andrey & Herbie
19:00 – 19:30	Cool Down
20:00	Dinner only for hotel guests

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AROSA 17.6 – 20.6.2027

Daily Programs – Saturday, June 19, 2027

Saturday, 19.6.2027

From 06:30	Breakfast only for hotel guests
Morning Training	
07:30 – 08:00	Theory / Warm-Up
08:30 – 09:45	**COMPEX** -CHL/NHL On-Ice Testing
09:45 – 10:30	Skating Training with Andrey & Herbie
10:45 – 11:15	Cool Down
11:45	Lunch only for hotel guests

Afternoon Training

13:30 – 14:00	Warm-Up
14:30 – 15:30	Skating Training with Andrey & Herbie
15:30 – 15:45	Ice Resurfacing
15:45 – 16:30	Skating Training with Andrey & Herbie
16:45 – 17:15	Cool Down
19:00	Dinner only for hotel guests

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B.E.S.A SKATING CAMP

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POWER SKATING CAMP

AROSA 17.6 – 20.6.2027

Daily Programs – Sunday, June 20, 2027

Sunday, 20.6.2027

From 06:00	Breakfast only for hotel guests

Morning Training

07:15 – 07:45	Theory / Warm-Up
08:15 – 09:15	Skating Training with Andrey & Herbie
09:15 – 09:30	Ice Resurfacing
09:30 – 10:30	Skating Training with Andrey & Herbie
10:30 – 11:00	Cool Down
11:30	Lunch only for hotel guests

Afternoon Training

14:00 – 15:00	Skating Training with Andrey & Herbie
15:00 – 15:15	Ice Resurfacing
15:15 – 16:00	Match final
16:00	End of Camp

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