HOCKEY

"For Pros and Those Who Want to Become One"

TOP POWER SKATING

GOING PRO CAMP

12. – 15. JUNE 2027

Arosa Ice Rink

Top Coaching Team – Herbie SchädlerB.E.S.A. Hockey
Andrey Romanov – B.E.S.A. Hockey Skating Coach

SISM HOCKEY

ELITE POWER SKATING
Seit 2011 in Arosa
Arosa

SWISS ICE HOCKEY

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

sport tests
Powerful Standardized Testing™

The price for the 4-day Power Skating Camp is CHF 950.– per player.
Hotel accommodation and meals are not included in the camp fee

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

B.E.S.A SKATING CAMP HOCKEY

POWER SKATING CAMP
AROSA 12.6 – 15.6.2027

Daily Programs – Friday/Saturday, June 11/12, 2027

Friday, 11.6.2027

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

Saturday, 12.6.2027

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
13:30	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 12.6 – 15.6.2027

Daily Programs – Sunday, June 13, 2027

Sunday, 13.6.2027

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
13:30	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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POWER SKATING CAMP

AROSA 12.6 – 15.6.2027

Daily Programs – Monday, June 14, 2027

Monday 14.6.2027

From 07:30	Breakfast only for hotel guests

Morning Training

09:00 – 09:30	Theory / Warm-Up
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
13:15	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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POWER SKATING CAMP

AROSA 12.6 – 15.6.2027

Daily Programs – Tuesday, June 15, 2027

Tuesday, 15.6.2027

From 06:30	Breakfast only for hotel guests

Morning Training

08:15 – 08:45	Theory / Warm-Up
09:15 – 10:15	Skating Training with Andrey & Herbie
10:15 – 10:30	Ice Resurfacing
10:30 – 11:15	Skating Training with Andrey & Herbie
11:30 – 12:00	Cool Down
12:30	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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