

PRO HOCKEY ACADEMY 2021 – ZEITPLAN / SCHEDULE

Mittwoch, 04.08. / Wednesday, August 4th

„Respect - is treating yourself and others with dignity“

PHA-I	
7:15	Aufstehen (FE) <i>wake up</i>
7:30-8:00	Frühstück (FE) <i>breakfast</i>
8:15	BUS(FE)
9:05	Team-Meeting (ES)
9:15-10:00	FUN GAMES (ES)
10:30	BUS(ES)
11:00-11:45	Mittagessen (FE) <i>lunch</i>
11:45	Bettruhe (FE) <i>rest</i>
12:45	BUS (FE)
PHA TEAM CHALLENGE	
14:00	1. SEMIFINAL GAME BLACK – YELLOW (Nachmittagsnack, Obst)
15:00	2. SEMIFINAL GAME RED - WHITE
16:00	3TH - PLACE GAME ??? - ???
17:00	FINAL - GAME ??? - ??? (Abendsnack – im ES)
18:30	BUS (ES)
18:45	Abendessen (FE) <i>dinner</i>
20:30	Nachtruhe (FE) <i>lights out</i>
21:00 Coaches meeting (Hotel Continental)	

PHA-II	
8:15	Aufstehen (PE) <i>wake up</i>
8:30-9:00	Frühstück (PE) <i>breakfast</i>
9:15	BUS(PE)
9:50	Team-Meeting (ES)
10:00-10:45	FUN GAMES (ES)
11:15	BUS(ES)
11:30-12:00	Mittagessen (PE) <i>Lunch</i>
12:15	Bettruhe (PE) <i>rest</i>
13:00	BUS(PE)
PHA TEAM CHALLENGE	
14:00	1. SEMIFINAL GAME BLACK – YELLOW (Nachmittagsnack, Obst)
15:00	2. SEMIFINAL GAME RED - WHITE
16:00	3TH - PLACE GAME ??? - ???
17:00	FINAL - GAME ??? - ??? (Abendsnack – im ES)
18:30-19:00	MOTIVATIONSMEETING (ES)
19:15	BUS (ES)
19:30	Abendessen (FE) <i>dinner</i>
20:15	BUS (FE)
21:00	Nachtruhe (PE) <i>lights out</i>
21:00 Coaches meeting (Hotel Continental)	

PHA-III	
8:45	Aufstehen (SH) <i>wake up</i>
9:00-9:30	Frühstück (SH) <i>breakfast</i>
9:45	BUS(SH)
10:50	Team-Meeting (ES)
11:00-11:45	FUN GAMES (ES)
12:15	BUS(ES)
12:30-13:00	Mittagessen (SH) <i>lunch</i>
13:15	BUS(SH)
PHA TEAM CHALLENGE	
14:00	1. SEMIFINAL GAME BLACK – YELLOW (Nachmittagsnack, Obst)
15:00	2. SEMIFINAL GAME RED - WHITE
16:00	3TH - PLACE GAME ??? - ???
17:00	FINAL - GAME ??? - ??? (Abendsnack – im ES)
18:15-19:00	Tournaments (TH)
19:15-19:45	MOTIVATIONSMEETING (ES)
20:00	BUS (ES)
20:15	Abendessen (FE) <i>dinner</i>
21:00	BUS (FE)
22:00	Nachtruhe (SH) <i>lights out</i>
21:00 Coaches meeting (Hotel Continental)	

Erläuterung:

ES-Eisstadion / Rink, **TH**-Turnhalle / Gym

SB-Schwimmbad / Swimming pool

FE-Hotel Ferdinand, **PE**-Hotel Pelikan, **SH**-Schlosshotel