

# PRO HOCKEY ACADEMY 2022 – ZEITPLAN / SCHEDULE

Sonntag, 31.07. / Sunday, July 31<sup>st</sup>

„Power - is being in control of your own life“

## PHA-I

10:00-13:30 Anmeldung (ES)  
*registration*

13:35 Kabine-Info (ES)  
*dressing room*

14:45-15:15 **Eröffnungszeremonie-Eis (ES)**  
*opening ceremony - on ice*

15:15-16:15 1.Eistraining (ES)  
*1.practice on the ice*  
**TW/goalie - SPECIAL**

(Snack-im ES)

17:00-17:30 Teambuilding (TH)

**17:45 BUS (ES)**

18:00 Abendessen (FE)  
*dinner*

19:00-19:30 Hotel-check-in (FE)

20:45 Nachtruhe (FE)  
*lights out*

**20:45 Meeting HC + I.AC + GC (ES)**

**TERMIN NUR FÜR ELTERN:**  
**16:15 Elterninfo - Café Eisstadion**

## PHA-II

10:00-14:00 Anmeldung (ES)  
*registration*

14:05 Kabine-Info (ES)  
*dressing room*

14:45-15:15 **Eröffnungszeremonie-Eis (ES)**  
*opening ceremony - on ice*

(Snack-im ES)

16:30-17:30 1.Eistraining (ES)  
*1.practice on the ice*  
**TW/goalie - SPECIAL**

18:00-18:30 Teambuilding (TH)

**18:45 BUS (ES)**

19:00 Abendessen (FE)  
*dinner*

19:45-20:30 Hotel-check-in (FE)

21:15 Nachtruhe (FE)  
*lights out*

**20:45 Meeting HC + I.AC + GC (ES)**

**TERMIN NUR FÜR ELTERN:**  
**16:15 Elterninfo - Café Eisstadion**

## PHA-III

10:00-14:00 Anmeldung (ES)  
*registration*

14:05 Kabine-Info (ES)  
*dressing room*

14:45-15:15 **Eröffnungszeremonie-Eis (ES)**  
*opening ceremony - on ice*

(Snack-im ES)

16:00-17:00 Teambuilding (TH)

17:45-18:45 1.Eistraining (ES)  
*1.practice on the ice*  
**TW/goalie - SPECIAL**

**19:30 BUS (ES)**

19:45 Abendessen (FE)  
*dinner*

**20:30 BUS (FE)**

20:45-21:15 Hotel-check-in (PE)

21:45 Nachtruhe (PE)  
*lights out*

**20:45 Meeting HC + I.AC + GC (ES)**

**TERMIN NUR FÜR ELTERN:**  
**16:15 Elterninfo - Café Eisstadion**

### Erläuterung:

ES-Eisstadion / Rink, TH-Turnhalle / Gym

SB-Schwimmbad / Swimming pool

FE-Hotel Ferdinand, PE-Hotel Pelikan,

# PRO HOCKEY ACADEMY 2022 – ZEITPLAN / SCHEDULE

Montag, 01.08. / Monday, August 1<sup>st</sup>

„Courage - is standing up for your belief“

<b>PHA-I</b>	
7:00	Aufstehen (FE) <i>wake up</i>
7:15-7:45	Frühstück (FE) <i>breakfast</i>
<b>8:15</b>	<b>BUS (FE)</b>
9:05	Team-Meeting (ES)
9:15-10:15	Eistaining (ES) <i>practice on the ice</i> <b>TW/goalie - SPECIAL</b>
11:00-11:30	Compensatory exercise (TH)
11:30-11:45	Teambuilding(TH)
<b>12:00</b>	<b>BUS (ES)</b>
12:15-12:45	Mittagessen (FE) <i>lunch</i>
13:00	Betruhe (FE) <i>rest</i>
<b>14:00</b>	<b>BUS (FE)</b>
14:15-15:00	Tournaments (TH)
15:45-16:45	Eistaining (ES) <i>practice on the ice</i> <b>TW/goalie - SPECIAL</b>
<i>(Nachmittagsnack, Obst)</i>	
17:15-17:40	<b>MOTIVATIONSMEETING (ES)</b>
<b>17:45</b>	<b>BUS (ES)</b>
18:00	Abendessen (FE) <i>Dinner</i>
<b>18:45</b>	<b>BUS (FE)</b>
19:45-20:15	<b>Powerskating</b> <b>TW/goalies- SPECIAL</b>
<i>(Abendsnack-im ES)</i>	
<b>20:45</b>	<b>BUS (ES)</b>
21:15	Nachtruhe (SK) <i>lights out</i>

<b>PHA-II</b>	
7:30	Aufstehen (FE) <i>wake up</i>
7:45-8:15	Frühstück (FE) <i>breakfast</i>
<b>8:30</b>	<b>BUS (FE)</b>
8:50	Team-Meeting (TH)
9:00-9:30	Compensatory exercise (TH)
9:30-9:45	Teambuilding(TH)
10:30-11:30	Eistaining (ES) <i>practice on the ice</i> <b>TW/goalie - SPECIAL</b>
<b>12:15</b>	<b>BUS (ES)</b>
12:30-13:00	Mittagessen (FE) <i>lunch</i>
13:15	Betruhe (FE) <i>rest</i>
<b>14:30</b>	<b>BUS (FE)</b>
15:00-15:45	Tournaments (TH) <i>(Nachmittagsnack, Obst)</i>
16:00-16:25	<b>MOTIVATIONSMEETING (ES)</b>
17:00-18:00	Eistaining (ES) <i>practice on the ice</i> <b>TW/goalie - SPECIAL</b>
<b>18:30</b>	<b>BUS (ES)</b>
18:45	Abendessen (FE) <i>Dinner</i>
<b>19:45</b>	<b>BUS (FE)</b>
20:15-20:45	<b>Powerskating</b> <b>TW/goalies- SPECIAL</b>
<i>(Abendsnack-im ES)</i>	
<b>21:15</b>	<b>BUS (ES)</b>
22:00	Nachtruhe (FE) <i>lights out</i>

<b>PHA-III</b>	
8:15	Aufstehen (PE) <i>wake up</i>
8:30-9:15	Frühstück (PE) <i>breakfast</i>
<b>9:30</b>	<b>BUS (PE)</b>
9:50	Team-Meeting (TH)
10:00-10:30	Compensatory exercise (TH)
10:30-10:45	Teambuilding(TH)
11:45-12:45	Eistaining (ES) <i>practice on the ice</i> <b>TW/goalie - SPECIAL</b>
<b>13:15</b>	<b>BUS (ES)</b>
13:30-14:15	Mittagessen (PE) <i>lunch</i>
14:30	Betruhe (PE) <i>rest</i>
<b>15:45</b>	<b>BUS (PE)</b>
<i>(Nachmittagsnack, Obst)</i>	
16:00-16:30	<b>MOTIVATIONSMEETING (ES)</b>
16:45-17:30	Tournaments (TH)
18:15-19:15	Eistaining (ES) <i>practice on the ice</i> <b>TW/goalie - SPECIAL</b>
<b>19:35</b>	<b>BUS (ES)</b>
19:45	Abendessen (FE) <i>Dinner</i>
<b>20:30</b>	<b>BUS (FE)</b>
21:00-21:30	<b>Powerskating</b> <b>TW/goalies- SPECIAL</b>
<i>(Abendsnack-im ES)</i>	
<b>21:50</b>	<b>BUS (ES)</b>
22:30	Nachtruhe (PE) <i>lights out</i>

## Erläuterung:

ES-Eisstadion / Rink, TH-Turnhalle / Gym

SB-Schwimmbad / Swimming pool

FE-Hotel Ferdinand, PE-Hotel Pelikan

# PRO HOCKEY ACADEMY 2022 – ZEITPLAN / SCHEDULE

Dienstag, 02.08. / Tuesday, August 2<sup>nd</sup>

„A positive attitude - is seeing the light in the shadow“

<b>PHA-I</b>	
7:00	Aufstehen (FE) <i>wake up</i>
7:15-7:45	Frühstück (FE) <i>breakfast</i>
<b>8:15</b>	<b>BUS (FE)</b>
9:05	Team-Meeting (ES)
9:15-10:15	<b>Photosession</b> / Eisttraining (ES) <i>practice on the ice</i> <b>TW/goalie - SPECIAL</b>
11:00-11:30	Compensatory exercise (TH)
11:30-11:45	Teambuilding(TH)
<b>12:00</b>	<b>BUS (ES)</b>
12:15-12:45	Mittagessen (FE) <i>lunch</i>
13:00	Betruhe (FE) <i>rest</i>
<b>14:15</b>	<b>BUS (FE)</b>
	(Nachmittagsnack, Obst)
14:30-14:55	<b>MOTIVATIONSMEETING (ES)</b>
15:30-16:30	Eisttraining (ES) <i>practice on the ice</i>
	(Abendsnack-im ES)
17:00-17:45	Tournaments (TH)
18:00-18:45	Regeneration (SB)
<b>19:00</b>	<b>BUS (ES)</b>
19:15	Abendessen (FE) <i>dinner</i>
20:45	Nachtruhe (FE) <i>lights out</i>

<b>PHA-II</b>	
7:30	Aufstehen (FE) <i>wake up</i>
7:45-8:15	Frühstück (FE) <i>breakfast</i>
<b>8:30</b>	<b>BUS (FE)</b>
8:50	Team-Meeting (TH)
9:00-9:30	Compensatory exercise (TH)
9:30-9:45	Teambuilding(TH)
10:30-11:30	<b>Photosession</b> / Eisttraining (ES) <i>practice on the ice</i> <b>TW/goalie - SPECIAL</b>
<b>12:15</b>	<b>BUS (ES)</b>
12:30-13:00	Mittagessen (FE) <i>lunch</i>
13:15	Betruhe (FE) <i>rest</i>
<b>14:45</b>	<b>BUS (FE)</b>
15:00-15:45	Tournaments (TH)
	(Nachmittagsnack, Obst)
16:45-17:45	Eisttraining (ES) <i>practice on the ice</i>
	(Abendsnack-im ES)
18:15-18:40	<b>MOTIVATIONSMEETING (ES)</b>
19:00-19:45	Regeneration (SB)
<b>20:00</b>	<b>BUS (ES)</b>
20:15	Abendessen (FE) <i>dinner</i>
21:30	Nachtruhe (PE) <i>lights out</i>

<b>PHA-III</b>	
8:15	Aufstehen (PE) <i>wake up</i>
8:30-9:15	Frühstück (PE) <i>breakfast</i>
<b>9:30</b>	<b>BUS (PE)</b>
9:50	Team-Meeting (TH)
10:00-10:30	Compensatory exercise (TH)
10:30-10:45	Teambuilding(TH)
11:45-12:45	<b>Photosession</b> / Eisttraining (ES) <i>practice on the ice</i> <b>TW/goalie - SPECIAL</b>
<b>13:15</b>	<b>BUS (ES)</b>
13:30-14:00	Mittagessen (PE) <i>lunch</i>
14:15	Betruhe (PE) <i>rest</i>
<b>15:45</b>	<b>BUS (PE)</b>
16:00-16:45	Tournaments (TH)
	(Nachmittagsnack, Obst)
18:00-19:15	Eisttraining (ES) <i>practice on the ice</i>
	(Abendsnack-im ES)
19:45-20:30	<b>MOTIVATIONSMEETING (ES)</b>
<b>20:45</b>	<b>BUS (ES)</b>
21:00	Abendessen (FE) <i>dinner</i>
<b>21:30</b>	<b>BUS (FE)</b>
22:15	Nachtruhe (PE) <i>lights out</i>

## Erläuterung:

ES-Eisstadion / Rink, TH-Turnhalle / Gym

SB-Schwimmbad / Swimming pool

FE-Hotel Ferdinand, PE-Hotel Pelikan

# PRO HOCKEY ACADEMY 2022 – ZEITPLAN / SCHEDULE

Mittwoch, 03.08. / *Wednesday, August 3<sup>rd</sup>*

„Respect - is treating yourself and others with dignity“

**PHA-I**  
 7:15 Aufstehen (FE)  
*wake up*  
 7:30-8:00 Frühstück (FE)  
*breakfast*  
**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)  
*lunch*  
 11:45 Bettruhe (FE)  
*rest*  
**12:45 BUS (FE)**

## PHA TEAM CHALLENGE

**14:00**  
1. SEMIFINAL GAME **BLACK – GOLD**  
 (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)  
*dinner*

20:30 Nachtruhe (FE)  
*lights out*

**21:00 Coaches meeting (Hotel Continental)**

**PHA-II**  
 8:15 Aufstehen (FE)  
*wake up*  
 8:30-9:00 Frühstück (FE)  
*breakfast*  
**9:15 BUS(FE)**  
 9:50 Team-Meeting (ES)

**10:00-10:45 FUN GAMES (ES)**

**11:15 BUS(ES)**

11:30-12:00 Mittagessen (FE)  
*Lunch*  
 12:15 Bettruhe (FE)  
*rest*  
**13:00 BUS(FE)**

## PHA TEAM CHALLENGE

**14:00**  
1. SEMIFINAL GAME **BLACK – GOLD**  
 (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)  
*dinner*

21:00 Nachtruhe (FE)  
*lights out*

**21:00 Coaches meeting (Hotel Continental)**

**PHA-III**  
 8:45 Aufstehen (PE)  
*wake up*  
 9:00-9:30 Frühstück (PE)  
*breakfast*  
**9:45 BUS(PE)**  
 10:50 Team-Meeting (ES)

**11:00-11:45 FUN GAMES (ES)**

**12:15 BUS(ES)**

12:30-13:00 Mittagessen (PE)  
*lunch*

**13:15 BUS(PE)**

## PHA TEAM CHALLENGE

**14:00**  
1. SEMIFINAL GAME **BLACK – GOLD**  
 (Nachmittagsnack, Obst)

**15:00**  
2. SEMIFINAL GAME **RED - WHITE**

**16:00**  
3TH - PLACE GAME **??? - ???**

**17:00**  
FINAL - GAME **??? - ???**

(Abendsnack – im ES)

18:45-19:45 Regeneration (SB)  
**20:00 BUS (ES)**  
 20:15 Abendessen (FE)  
*dinner*

**21:00 BUS (FE)**  
 22:00 Nachtruhe (PE)  
*lights out*

**21:00 Coaches meeting (Hotel Continental)**

### Erläuterung:

ES-Eisstadion / Rink, TH-Turnhalle / Gym

SB-Schwimmbad / Swimming pool

FE-Hotel Ferdinand, PE-Hotel Pelikan

# PRO HOCKEY ACADEMY 2022 – ZEITPLAN / SCHEDULE

Donnerstag, 04.08. / Thursday, August 4<sup>th</sup>

„Achievment - is being the best you can be“

<b>PHA-I</b>	
7:00	Aufstehen (FE) <i>wake up</i>
7:15-7:45	Frühstück (FE) <i>breakfast</i>
<b>8:15</b>	<b>BUS (FE)</b>
9:05	Team-Meeting (ES)
9:15-10:15	Eistaining (ES) <i>practice on the ice</i> <b>TW/goalie - SPECIAL</b>
11:00-11:30	Compensatory exercise (TH)
11:30-11:45	Teambuilding(TH)
<b>12:00</b>	<b>BUS (ES)</b>
12:15-12:45	Mittagessen (FE) <i>lunch</i>
13:00	Betruhe (FE) <i>rest</i>
<b>14:00</b>	<b>BUS (FE)</b>
14:15-15:00	Tournaments (TH)
15:45-16:45	Eistaining (ES) <i>practice on the ice</i> <b>TW/goalie - SPECIAL</b>
<i>(Nachmittagsnack, Obst)</i>	
17:15-17:40	<b>MOTIVATIONSMEETING (ES)</b>
<b>17:45</b>	<b>BUS (ES)</b>
18:00	Abendessen (FE) <i>Dinner</i>
<b>18:45</b>	<b>BUS (FE)</b>
19:45-20:15	<b>Stickhandling</b> <b>TW/goalies- SPECIAL</b>
<i>(Abendsnack-im ES)</i>	
<b>20:45</b>	<b>BUS (ES)</b>
21:15	Nachtruhe (FE) <i>lights out</i>

<b>PHA-II</b>	
7:30	Aufstehen (FE) <i>wake up</i>
7:45-8:15	Frühstück (FE) <i>breakfast</i>
<b>8:30</b>	<b>BUS (FE)</b>
8:50	Team-Meeting (TH)
9:00-9:30	Compensatory exercise (TH)
9:30-9:45	Teambuilding(TH)
10:30-11:30	Eistaining (ES) <i>practice on the ice</i> <b>TW/goalie - SPECIAL</b>
<b>12:15</b>	<b>BUS (ES)</b>
12:30-13:00	Mittagessen (FE) <i>lunch</i>
13:15	Betruhe (FE) <i>rest</i>
<b>14:30</b>	<b>BUS (FE)</b>
15:00-15:45	Tournaments (TH) <i>(Nachmittagsnack, Obst)</i>
16:10-16:30	<b>MOTIVATIONSMEETING (ES)</b>
17:00-18:00	Eistaining (ES) <i>practice on the ice</i> <b>TW/goalie - SPECIAL</b>
<b>18:30</b>	<b>BUS (ES)</b>
18:45	Abendessen (FE) <i>Dinner</i>
<b>19:45</b>	<b>BUS (FE)</b>
20:15-20:45	<b>Stickhandling</b> <b>TW/goalies- SPECIAL</b>
<i>(Abendsnack-im ES)</i>	
<b>21:15</b>	<b>BUS (ES)</b>
22:00	Nachtruhe (FE) <i>lights out</i>

<b>PHA-III</b>	
8:15	Aufstehen (PE) <i>wake up</i>
8:30-9:15	Frühstück (PE) <i>breakfast</i>
<b>9:30</b>	<b>BUS (PE)</b>
9:50	Team-Meeting (TH)
10:00-10:30	Compensatory exercise (TH)
10:30-10:45	Teambuilding(TH)
11:45-12:45	Eistaining (ES) <i>practice on the ice</i> <b>TW/goalie - SPECIAL</b>
<b>13:15</b>	<b>BUS (ES)</b>
13:30-14:15	Mittagessen (PE) <i>lunch</i>
14:30	Betruhe (PE) <i>rest</i>
<b>15:30</b>	<b>BUS (PE)</b>
<i>(Nachmittagsnack, Obst)</i>	
15:50-16:10	<b>MOTIVATIONSMEETING (ES)</b>
16:30-17:30	Tournaments (TH)
18:15-19:15	Eistaining (ES) <i>practice on the ice</i> <b>TW/goalie - SPECIAL</b>
<b>19:35</b>	<b>BUS (ES)</b>
19:45	Abendessen (FE) <i>Dinner</i>
<b>20:30</b>	<b>BUS (FE)</b>
21:00-21:30	<b>Stickhandling</b> <b>TW/goalies- SPECIAL</b>
<i>(Abendsnack-im ES)</i>	
<b>21:50</b>	<b>BUS (ES)</b>
22:30	Nachtruhe (PE) <i>lights out</i>

## Erläuterung:

ES-Eisstadion / Rink, TH-Turnhalle / Gym

SB-Schwimmbad / Swimming pool

FE-Hotel Ferdinand, PE-Hotel Pelikan

# PRO HOCKEY ACADEMY 2022 – ZEITPLAN / SCHEDULE

Freitag, 05.08. / Friday, August 5<sup>th</sup>

„Self esteem - is feeling good about yourself“

<b>PHA-I</b>	
7:00	Aufstehen (FE) <i>wake up</i>
7:15-7:45	Frühstück (FE) <i>breakfast</i>
<b>8:15</b>	<b>BUS (FE)</b>
9:05	Team-Meeting (ES)
9:15-10:15	Eistaining (ES) <i>practice on the ice</i> Qual. „hardest shot“
11:00-11:30	Compensatory exercise (TH)
11:30-11:45	Teambuilding(TH)
<b>12:00</b>	<b>BUS (ES)</b>
12:15-13:00	Mittagessen (FE) <i>lunch</i>
<b>13:30</b>	<b>BUS (FE)</b>
(Nachmittagsnack, Obst)	
14:15-15:30	PHA-skill-competition
(Abendsnack-im ES)	
16:00-16:15	MOTIVATIONSMEETING (ES)
16:30-17:15	Tournaments (TH)
17:30-18:15	Regeneration (SB)
<b>18:30</b>	<b>BUS (ES)</b>
18:45	Abendessen (FE) <i>Dinner</i>
20:30	Nachtruhe (FE) <i>lights out</i>

<b>PHA-II</b>	
7:30	Aufstehen (FE) <i>wake up</i>
7:45-8:15	Frühstück (FE) <i>breakfast</i>
<b>8:30</b>	<b>BUS (FE)</b>
8:50	Team-Meeting (TH)
9:00-9:30	Compensatory exercise (TH)
9:30-9:45	Teambuilding(TH)
10:30-11:30	Eistaining (ES) <i>practice on the ice</i> Qual. „hardest shot“
<b>12:15</b>	<b>BUS (ES)</b>
12:30-13:00	Mittagessen (FE) <i>lunch</i>
13:00	Betruhe (FE) <i>rest</i>
<b>14:00</b>	<b>BUS (FE)</b>
14:15-15:00	Tournaments (TH)
(Nachmittagsnack, Obst)	
15:45-17:00	PHA-skill-competition
(Abendsnack-im ES)	
17:45-18:00	MOTIVATIONSMEETING (ES)
18:15-19:00	Regeneration (SB)
<b>19:15</b>	<b>BUS (ES)</b>
19:30	Abendessen (FE) <i>Dinner</i>
21:00	Nachtruhe (FE) <i>lights out</i>

<b>PHA-III</b>	
8:15	Aufstehen (PE) <i>wake up</i>
8:30-9:15	Frühstück (PE) <i>breakfast</i>
<b>9:30</b>	<b>BUS (PE)</b>
9:50	Team-Meeting (TH)
10:00-10:30	Compensatory exercise (TH)
10:30-10:45	Teambuilding(TH)
11:45-12:45	Eistaining (ES) <i>practice on the ice</i> Qual. „hardest shot“
<b>13:15</b>	<b>BUS (ES)</b>
13:30-14:00	Mittagessen (PE) <i>lunch</i>
14:00	Betruhe (PE) <i>rest</i>
<b>15:00</b>	<b>BUS (PE)</b>
15:15-16:00	Tournaments (TH)
(Nachmittagsnack, Obst)	
16:15-16:45	MOTIVATIONSMEETING (ES)
17:15-18:30	PHA-skill-competition
(Abendsnack-im ES)	
19:00-19:45	Regeneration (SB)
<b>20:00</b>	<b>BUS (ES)</b>
20:15	Abendessen (FE) <i>dinner</i>
<b>21:00</b>	<b>BUS (FE)</b>
22:00	Nachtruhe (PE) <i>lights out</i>

## Erläuterung:

ES-Eisstadion / Rink, TH-Turnhalle / Gym

SB-Schwimmbad / Swimming pool

FE-Hotel Ferdinand, PE-Hotel Pelikan

# PRO HOCKEY ACADEMY 2022 – ZEITPLAN / SCHEDULE

Samstag, 06.08. / Saturday, August 6<sup>th</sup>

„Succes - is a state of mind“

## PHA-I

6:45 Aufstehen (FE)  
*Wake up*  
7:00-7:30 Frühstück (FE)  
*breakfast*  
**7:45** **BUS (FE)**

8:35 Team-Meeting (ES)

8:45-9:45 **PHA-CUP (ES)**

12:15 **Siegerehrung (ES)**  
*closing ceremony*

**GOOD BYE  
AND SEE YOU AT  
29<sup>th</sup> ANNIVERSARY  
OF THE P.H.A.  
IN THE SUMMER 2023**

## PHA-II

7:45 Aufstehen (FE)  
*Wake up*  
8:15-8:45 Frühstück (FE)  
*breakfast*  
**9:00** **BUS (FE)**

9:50 Team-Meeting (ES)

10:00-11:00 **PHA-CUP (ES)**

12:15 **Siegerehrung (ES)**  
*closing ceremony*

**GOOD BYE  
AND SEE YOU AT  
29<sup>th</sup> ANNIVERSARY  
OF THE P.H.A.  
IN THE SUMMER 2023**

## PHA-III

8:30 Aufstehen (PE)  
*Wake up*  
9:00-9:30 Frühstück (PE)  
*breakfast*  
**9:45** **BUS (PE)**

11:05 Team-Meeting (ES)

11:15-12:15 **PHA-CUP (ES)**

12:15 **Siegerehrung (ES)**  
*closing ceremony*

**GOOD BYE  
AND SEE YOU AT  
29<sup>th</sup> ANNIVERSARY  
OF THE P.H.A.  
IN THE SUMMER 2023**

Erläuterung:

ES-Eisstadion / Rink, TH-Turnhalle / Gym

SB-Schwimmbad / Swimming pool

FE-Hotel Ferdinand, PE-Hotel Pelikan