



# SKILLS CHALLENGE, Group 1, 8 - 15 july (12/7 free)

**CCM ALL OUT.**

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p><b>SKILLS Challenge 2023</b> Check-in at Tyrshov</p> <p>Meeting time at 07.30 every morning.</p> <p><b>ATTENTION!</b> <b>WEDNESDAY OFF!</b></p>	<b>07.30 STARTTIME</b>	<b>07.30 STARTTIME</b>	<b>07.30 STARTTIME</b>		<b>07.30 STARTTIME</b>	<b>07.30 STARTTIME</b>	<b>07.30 STARTTIME</b>	
	<b>08.00 ICE PRACTICE</b> 75 min	<b>08.00 ICE PRACTICE</b> 75 min	<b>08.00 ICE PRACTICE</b> 75 min		<b>08.00 ICE PRACTICE</b> 75 min	<b>08.00 ICE PRACTICE</b> 75 min	<b>08.00 ICE PRACTICE</b> 75 min	
	FRUIT	FRUIT	FRUIT		FRUIT	FRUIT	FRUIT	
	<b>09.45 OFFICE XFIT</b> 45 min/Test	<b>09.45 OFFICE XFIT</b> 45 min	<b>09.45 OFFICE XFIT</b> 45 min		<b>09.45 OFFICE XFIT</b> 45 min	<b>09.45 OFFICE XFIT</b> 45 min	<b>09.45 OFFICE XFIT</b> 45 min/Test	
	<b>11.00 ICE PRACTICE</b> 75 min	<b>11.15 LUNCH</b>	<b>11.15 LUNCH</b>		<b>11.15 LUNCH</b>	<b>11.15 LUNCH</b>	<b>11.00 LUNCH</b>	
	<b>12.45 LUNCH</b>	<b>12.30 ICE PRACTICE</b> 75 min	<b>12.30 ICE PRACTICE</b> 75 min		<b>12.30 ICE PRACTICE</b> 75 min	<b>12.30 ICE PRACTICE</b> 75 min	<b>12.30 GAMES</b> 60 min	
	<b>13.00 -13.30 INCHECK</b>							
		<b>13.45 THEORY</b> 30 min	<b>14.15 THEORY</b> 30 min	<b>14.15 THEORY</b> 30 min		<b>14.15 THEORY</b> 30 min	<b>14.15 THEORY</b> 30 min	<b>13.30 CLEANING</b> 30 min
	<b>14.00-14.30 MEETING</b>	SNACK	SNACK	SNACK		SNACK	SNACK	
		<b>15:00 OFFICE XFIT</b>	<b>15:00 OFFICE XFIT</b>	<b>15:00 OFFICE XFIT</b>		<b>15:00 OFFICE XFIT</b>	<b>15:00 OFFICE XFIT</b>	<b>14.00 END OF CAMP</b>
<b>15.00-15.45 ICE PRACTICE</b> 45 min	60 MIN	45 MIN	45 MIN		45 MIN	45 MIN		
<b>16.30 END OF DAY</b>	<b>16.30 DINNER</b>	<b>16.45 DINNER</b>	<b>16.45 DINNER</b>		<b>16.45 DINNER</b>	<b>16.45 DINNER</b>		
<b>CCM ALL OUT.</b>		<b>18:15 ICE PRACTICE</b> 60 min	<b>18:15 ICE PRACTICE</b> 60 min		<b>18:15 ICE PRACTICE</b> 60 min	<b>18:15 ICE PRACTICE</b> 60 min		
	<b>16.30 END OF DAY</b>	<b>19.00 END OF DAY</b>	<b>19.00 END OF DAY</b>		<b>19.00 END OF DAY</b>	<b>19.00 END OF DAY</b>		