




SKILLS CHALLENGE, Group 1, 6 - 13 july (10/7 free)



SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p>SKILLS Challenge 2024 Check-in at Tyrshov</p> <p>Meeting time at 07.30 every morning.</p> <p>ATTENTION! WEDNESDAY OFF!</p>	07.30 STARTTIME	07.30 STARTTIME	07.30 STARTTIME		07.30 STARTTIME	07.30 STARTTIME	07.30 STARTTIME	
	08.00 ICE PRACTICE Pass 3, 75 min Skate Bas/DW	08.00 ICE PRACTICE Pass 8, 75 min Skate Body/DW	08.00 ICE PRACTICE Pass 17, 75 min Speed/DW		08.00 ICE PRACTICE Pass 32, 75 min Forward Skate/DW	08.00 ICE PRACTICE Pass 41, 75 min Back Skate/DW	08.00 ICE PRACTICE Pass 50, 75 min Combi/DW	
	FRUIT	FRUIT	FRUIT		FRUIT	FRUIT	FRUIT	
	09.45 OFFICE XFIT Pass 2, 45 min, MS	09.45 OFFICE XFIT Pass 7, 45 min/MS	09.45 OFFICE XFIT Pass 13, 45 min/MS		09.45 OFFICE XFIT Pass 23, 45 min/MS	09.45 OFFICE XFIT Pass 29, 45 min/MS	09.45 OFFICE XFIT Pass 35, 45 min/MS	
	11.00 ICE PRACTICE Pass 5, 75 min Puck Control, DW	11.15 LUNCH 5	11.15 LUNCH 11		11.15 LUNCH 21	11.15 LUNCH 27	11.15 LUNCH 33	
	12.45 LUNCH 2	12.30 ICE PRACTICE Pass 11, 75 min Puck Control, DW	12.30 ICE PRACTICE Pass 20, 75 min Puck Control, ML		12.30 ICE PRACTICE Pass 35, 75 min Puck Control, ML	12.30 ICE PRACTICE Pass 44, 75 min Puck Control, ML	12.30 GAMES Pass 53, 60 min 3 - 3 playing	
	13.00 -13.30 INCHECK Tyrshov/Tyringe	13.45 THEORY Pass 2, 30 min	14.15 THEORY Pass 5, 30 min	14.15 THEORY Pass 8, 30 min		14.15 THEORY Pass 11, 30 min	14.15 THEORY Pass 14, 30 min	13.30 CLEANING 30 min
	14.00-14.30 OPEN MEETING	SNACK	SNACK	SNACK		SNACK	SNACK	14.00 END OF CAMP
	15.00-15.45 ICE PRACTICE Pass 1, 45 min Skate Bas/DW/ML	15:00 OFFICE XFIT MS	15:00 OFFICE XFIT DW/MS	15:00 OFFICE XFIT DW		15:00 OFFICE XFIT DW	15:00 OFFICE XFIT DW	
	16.30 END OF DAY	16.30 DINNER 4	16.45 DINNER 9	16.45 DINNER 15		16.45 DINNER 25	16.45 DINNER 31	
		18:15 ICE PRACTICE Pass 15, 60 min Combo Skills, ML/DW	18:15 ICE PRACTICE Pass 24, 60 min Combo Skills, ML/DW		18:15 ICE PRACTICE Pass 39, 60 min Combo Skills, ML/DW	18:15 ICE PRACTICE Pass 48, 60 min Combo Skills, ML/DW		
	16.30 END OF DAY	19.30 END OF DAY	19.30 END OF DAY		19.30 END OF DAY	19.30 END OF DAY		