



SKILLS CHALLENGE, Group 2, 6 - 13 july (10/7 free)

CCM ALL OUT.

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 OFFICE XFIT Pass 1, 45 min/ MS	08.00 OFFICE XFIT Pass 5, 45 min/MS	08.00 OFFICE XFIT Pass 11, 45 min/MS		08.00 OFFICE XFIT Pass 21, 45 min/MS	08.00 OFFICE XFIT Pass 27, 45 min/MS	08.00 OFFICE XFIT Pass 33, 45 min/MS
	FRUIT	FRUIT	FRUIT		FRUIT	FRUIT	FRUIT
	09.30 ICE PRACTICE Pass 4, 75 min Skate Bas/DW	09.30 ICE PRACTICE Pass 9, 75 min Skate Body/DW	09.30 ICE PRACTICE Pass 18, 75 min Speed/DW		09.30 ICE PRACTICE Pass 33, 75 min Forward Skate/DW	09.30 ICE PRACTICE Pass 42, 75 min Back Skate/DW	09.30 ICE PRACTICE Pass 51, 75 min Combi/DW
	11.15 THEORY Pass 1, 30 min	11.15 THEORY Pass 4, 30 min	11.15 THEORY Pass 7, 30 min		11.15 THEORY Pass 10, 30 min	11.15 THEORY Pass 13, 30 min	11.00 LUNCH 33
	11.30 LUNCH 1						
		11.45 LUNCH 6	11.45 LUNCH 12		11.45 LUNCH 22	11.45 LUNCH 28	12.30 GAMES Pass 53, 60 min 3 - 3 playing
	12.30 ICE PRACTICE Pass 6, 75 min Puck Control, ML						
13.30-14.00 INCHECK Tyrshov/Tyringe	12.45 OFFICE XFIT Pass 8, 45 min/MS	12.45 OFFICE XFIT Pass 14, 45 min/MS		12.45 OFFICE XFIT Pass 24, 45 min/MS	12.45 OFFICE XFIT Pass 30, 45 min/MS	13.30 CLEANING 30 min	
	SNACK	SNACK	SNACK		SNACK	SNACK	
14.00-15.00 OPEN MEETING	14.15 OFFICE XFIT Pass 3, 45 min/MS	14.00 ICE PRACTICE Pass 12, 75 min Combo Skills, ML	14.00 ICE PRACTICE Pass 21, 75 min Combo Skills, ML		14.00 ICE PRACTICE Pass 36, 75 min Combo Skills, ML	14.00 ICE PRACTICE Pass 45, 75 min Combo Skills, ML	14.00 END OF CAMP
15.45-16.30 ICE PRACTICE Pass 2, 45 min Skate Bas/DW/ML	15.45 DINNER 3						
17.00 END OF DAY		16.00 DINNER 8	16.00 DINNER 14		16.00 DINNER 24	16.00 DINNER 30	
CCM ALL OUT.		17:00 ICE PRACTICE Pass 14, 75 min Combo Skills, ML/DW	17:00 ICE PRACTICE Pass 23, 75 min Combo Skills, ML/DW		17:00 ICE PRACTICE Pass 38, 75 min Combo Skills, ML/DW	17:00 ICE PRACTICE Pass 47, 75 min Combo Skills, ML/DW	
	16.30 END OF DAY	18.30 END OF DAY	18.30 END OF DAY		18.30 END OF DAY	18.30 END OF DAY	