ELITE CHALLENGE, 5-11 july (4 days camp 8-11 July)

CCM ALL OUT.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY GR.1	WEDNESDAY GR 2	THURSDAY	FRIDAY	SATURDAY
	07.30 **STARTTIME**	07.30 **STARTTIME**	07.30 **STARTTIME**	07.30 **STARTTIME**	07.30 **STARTTIME**	07.30 **STARTTIME**	07.30 **STARTTIME**
ELITE CHALLENGE 2026 **CHECK IN TIME - Tyrshov** **13.00** **We start other days 07.30.** **Let´s go week...**	08.00 THEORY WU 3 30 min/Team	08.00 THEORY WU6 30 min/Team	08.00 ICE PRACTICE Pass 26,75 min Speed/DW	08.00 OFFICE XFIT Pass 17, 45 min/MS	08.00 THEORY WU 9 30 min/Team	08.00 THEORY WU12 30 min/Team	08.00 THEORY WU 15 30 min/Team
	09.00 OFFICE XFIT Pass 6, 45 min/MS	09.00 OFFICE XFIT Pass 12, 45 min/MS	09.45 OFFICE XFIT Pass 18, 45 min/MS	09.30 ICE PRACTICE Pass 27,75 min Speed/DW	09.00 OFFICE XFIT Pass 22, 45 min/MS	09.00 OFFICE XFIT Pass 28, 45 min/MS	09.00 OFFICE XFIT Pass 34, 45 min/MS
	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT	
	11.00 ICE PRACTICE Pass 10,75 min Skate Body/DW	11.00 ICE PRACTICE Pass 19,75 min Skate Body/DW	11.00 ICE PRACTICE Pass 28,75 min Puck Control, ML	11.30 **LUNCH** 17	11.00 ICE PRACTICE Pass 34,75 min Forward Skate/DW	11.00 ICE PRACTICE Pass 43,75 min Back Skate/DW	11.00 ICE PRACTICE Pass 52,75 min Kombi/DW
	13.00 **LUNCH** 7	13.00 **LUNCH** 13	13.00 **LUNCH** 18	12.30 ICE PRACTICE Pass 29,75 min Puck Control, ML	13.00 **LUNCH** 23	13.00 **LUNCH** 29	13.00 **LUNCH** 34 CLEANING
	14.15 OFFICE XFIT Pass 9, 30 min/DW	14.15 OFFICE XFIT Pass 15, 30 min/MS	14.00 ICE PRACTICE Pass 30,75 min Agility, ML/DW	14.15 OFFICE XFIT Pass 19, 45 min/MS	14.15 OFFICE XFIT Pass 25, 30 min/MS	14.15 OFFICE XFIT Pass 31, 30 min/MS	14.00 END OF CAMP
13.00-13.30 INCHECK Group 1-2/Tyrshov	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	
	15.30 ICE PRACTICE Pass 13, 75 min Puck Control, ML	15.30 ICE PRACTICE Pass 22, 75 min Puck Control, ML	15.45 OFFICE XFIT Pass 20, 45 min/MS	15.30 ICE PRACTICE Pass 31,75 min Agility, ML/DW	15.30 ICE PRACTICE Pass 37, 75 min Puck Control, ML	15.30 ICE PRACTICE Pass 46, 75 min Puck Control, ML	**Have good season** **Thanko for week** **We hope see you 2027** ***Team Swetec***
13.30-14.00 OPEN MEETING							
14.30-15.30 ICE PRACTICE Pass 7, 60 min DW/ML	17.30 **DINNER** 10	17.30 **DINNER** 16	16.45 **DINNER** 19	17.30 **DINNER** 20	17.30 **DINNER** 26	17.30 **DINNER** 32	
16.00 END OF DAY							
YELLOW - 4 DAY CAMP	19.30 ICE PRACTICE Pass 16, 75 min Combo Skills, DW/ML	19.30 ICE PRACTICE Pass 25, 75 min Combo Skills, ML/DW			19.30 ICE PRACTICE Pass 40, 75 min Combo Skills, ML/DW	19.30 ICE PRACTICE Pass 49, 75 min Combo Skills, ML/DW	
	21.00 END OF DAY	21.00 END OF DAY	17.30 END OF DAY	18.15 END OF DAY	21.00 END OF DAY	21.00 END OF DAY	

2026-06-02