

CZECH INTERNATIONAL HOCKEY CAMP



**TRAINING CAMPS  
2008**

# Location

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## NYMBURK

- 25 miles East of Prague
- Home to a large sport centre purpose built for Czech national teams



## FACILITIES

- Ice rink, gym, and restaurant in one building, hotel in an immediate proximity of the rink
- Swimming pool, Jacuzzi, sauna in a nearby sport centre – transport provided for evening regeneration

## ACCOMMODATION

- \*\* HOTEL, double to quad rooms, en suite

## TRANSPORT

- By air: fly to Prague (serviced by e.g. easyJet, ThompsonFly, GermanWings ...)
- By train: international trains to Prague from Berlin, Munich, Nuremberg ...
- Transport from Prague organized by CIHC

# Location

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## BENATKY NAD JIZEROU

- 20 miles North East of Prague
- Benefits from a new ice rink and rink hotel



### FACILITIES

- Hotel, ice rink, football pitch and swimming pool all on site

### ACCOMMODATION

- \*\* HOTEL, double to quad rooms, en suite

### TRANSPORT

- By air: fly to Prague (serviced by e.g. easyJet, ThompsonFly, GermanWings ...)
- By train: international trains to Prague from Berlin, Munich, Nuremberg ...
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# Camp schedule

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## WEEK

Sunday	Arrival
Monday – Friday	Training
Saturday	Departure

2 friendly games with local teams of similar level and ability

A day trip to Prague can be arranged during the week

## DAY

8:00	Breakfast
9:30 – 11:00	On-ice training
11:30 – 12:30	Off-ice training
13:00	Lunch
13:00 – 15:00	Rest period
15:00 – 16:15	Off-ice training
17:00 – 18:30	On-ice training
19:00	Dinner
20:15 – 21:15	Regeneration (swimming pool, sauna, Jacuzzi)

# Training

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## **LUKAS TRAMBA**

### **Head Coach**

#### **QUALIFICATIONS**

- Charles University Prague, Masters and PhD in Physical Education and Sport (specialized in ice hockey coaching)
- Internationally recognized ice hockey coaching licence "A"

#### **ON-ICE TRAINING**

- Individual skills (forward and backward skating, starting and stopping, 360 turns, shooting, passing, puck control, safe body checking)
- Team skills (game situations, typical elements of Czech hockey – timing, transition in the neutral zone, rotation in the corners, controlled scrimmages)

#### **OFF-ICE TRAINING**

- Development of strength, agility, stamina, quickness, flexibility and coordination

# Mini Tour schedule

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## WEEK

Wednesday	Arrival
Thursday – Saturday	Games
Sunday	Departure

## DAY

8:00	Breakfast
10:00 – 11:30	Game 1
12:30 – 13:30	Lunch
15:00 – 16:30	Game 2
18:30 – 19:00	Dinner
20:30 – 21:30	Regeneration (swimming pool, sauna, Jacuzzi)

# Dates and prices

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## DATES

We organise camps all year round on demand from individual teams

## PRICES

**CAMP** € 510 per person

**MINI TOUR** € 340 per person

**Marketa Weiglova**

**[marketa@hockeycamp.cz](mailto:marketa@hockeycamp.cz)**

**+ 44 (0)7910 492276**



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