

AYCANE THE CAMP 2024

29.- 30. June 2024

Sporting Park, Engelbergerstrasse 11, 6390 Engelberg

AYCANE — THE CAMP Schedule

SATURDAY, June 29th 2024 DAY ONE			
Group U13	Group 15+	Parents	
06:45			
07:00	07:00-07:15	Locker Room Setup	
07:15	07:15-07:30	Welcome Meeting	
07:30	07:30-07:45	Umziehen / Get Dressed	
07:45	07:45-08:00	On Ice Training	
08:00	08:00-08:15	On Ice Training	
08:15	08:15-08:30	On Ice Training	1:00 h
08:30	08:30-08:45	On Ice Training	
08:45	08:45-09:00	Break/ Snack	
09:00	09:00-09:15	On Ice Training	
09:15	09:15-09:30	On Ice Training	1:00 h
09:30	09:30-09:45	On Ice Training	
09:45	09:45-10:00	On Ice Training	
10:00	10:00-10:15	Umziehen / Get Dressed	
10:15	10:15-10:30	Pause / Break	
10:30	10:30-10:45	Off Ice Training	
10:45	10:45-11:00	Off Ice Training	1:00 h
11:00	11:00-11:15	Off Ice Training	
11:15	11:15-11:30	Off Ice Training	
11:30	11:30-11:45	Umziehen / Get Dressed	
11:45	11:45-12:00	Umziehen / Get Dressed	
12:00	12:00-12:15	Mental Workshop	
12:15	12:15-12:30	Mental Workshop	
12:30	12:30-12:45	Mental Workshop	
12:45	12:45-13:00	Mental Workshop	
13:00	13:00-13:15	Umziehen / Get Dressed	
13:15	13:15-13:30	Mittagessen / Lunch	
13:30	13:30-13:45	Mittagessen / Lunch	
13:45	13:45-14:00	Mittagessen / Lunch	
14:00	14:00-14:15	Mittagessen / Lunch	
14:15	14:15-14:30	Umziehen / Get Dressed	
14:30	14:30-14:45	On Ice Training	
14:45	14:45-15:00	On Ice Training	
15:00	15:00-15:15	On Ice Training	
15:15	15:15-15:30	On Ice Training	
15:30	15:30-15:45	Break/ Snack	
15:45	15:45-16:00	On Ice Training	
16:00	16:00-16:15	On Ice Training	
16:15	16:15-16:30	On Ice Training	
16:30	16:30-16:45	On Ice Training	
16:45	16:45-17:00	Umziehen / Get Dressed	
17:00	17:00-17:15	Off Ice Training	
17:15	17:15-17:30	Off Ice Training	
17:30	17:30-17:45	Off Ice Training	
17:45	17:45-18:00	Off Ice Training	
18:00	18:00-18:15	Break/ Snack	
18:15	18:15-18:30	Umziehen / Get Dressed	
18:30	18:30-18:45	Umziehen / Get Dressed	
18:45	18:45-19:00	On Ice Training	
19:00	19:00-19:15	On Ice Training	
19:15	19:15-19:30	On Ice Training	
19:30	19:30-19:45	Umziehen / Get Dressed	
19:45	19:45-20:00	Umziehen / Get Dressed	
20:00	20:00-20:15		
20:15	20:15-20:30		
20:30	20:30-20:45		
20:45	20:45-21:00		

SUNDAY, JUNE 30th 2024 DAY TWO			
Group U13	Group 15+	Parents	
07:00-07:15	Umziehen / Get Dressed		
07:15-07:30	On Ice Training		
07:30-07:45	On Ice Training		
07:45-08:00	On Ice Training		
08:00-08:15	On Ice Training		
08:15-08:30	Break/ Snack		
08:30-08:45	On Ice Training		
08:45-09:00	On Ice Training		
09:00-09:15	On Ice Training		
09:15-09:30	On Ice Training		
09:30-09:45	Umziehen / Get Dressed		
09:45-10:00	Off Ice Training		
10:00-10:15	Off Ice Training		
10:15-10:30	Off Ice Training		
10:30-10:45	Off Ice Training		
10:45-11:00	Break/ Snack		
11:00-11:15	Umziehen / Get Dressed		
11:15-11:30	Umziehen / Get Dressed		
11:30-11:45	Nutrition Workshop		
11:45-12:00	Nutrition Workshop		
12:00-12:15	Nutrition Workshop		
12:15-12:30	Nutrition Workshop		
12:30-12:45	Pause / Break		
12:45-13:00	Mittagessen / Lunch		
13:00-13:15	Mittagessen / Lunch		
13:15-13:30	Mittagessen / Lunch		
13:30-13:45	Mittagessen / Lunch		
13:45-14:00	Umziehen / Get Dressed		
14:00-14:15	On Ice Training		
14:15-14:30	On Ice Training		
14:30-14:45	On Ice Training		
14:45-15:00	On Ice Training		
15:00-15:15	On Ice Training		
15:15-15:30	On Ice Training		
15:30-15:45	On Ice Training		
15:45-16:00	On Ice Training		
16:00-16:15	Umziehen / Get Dressed		
16:15-16:30	Umziehen / Get Dressed		
16:30-16:45	good by		
16:45-17:00	On Ice Training		
17:00-17:15	On Ice Training		
17:15-17:30	On Ice Training		
17:30-17:45	On Ice Training		
17:45-18:00	On Ice Training		
18:00-18:15	On Ice Training		
18:15-18:30	Umziehen / Get Dressed		
18:30-18:45	Umziehen / Get Dressed		
18:45-19:00	good by		
19:00-19:15			
19:15-19:30			

ice resurfaced

ice resurfaced

