



# Team Switzerland

## U18 Women's National Team

### Summer Camp in Cham

#### July 17 - 19, 2024

<u>Date</u>	<u>Time</u>	<u>Activity</u>	<u>Place</u>	
Wed,	Jul 17, 2024	12.30	Kick Off Staff	OYM - Athleten Lounge EG
		13.30	Kick Off Meeting	OYM - Auditorium
		afterwards	Material & Clothing	OYM
		14.30 - 15.30	Skills (Gruppe 1)	OYM - Skillszone
		14.30 - 15.30	Off-Ice (Gruppe 2)	OYM - Turnhalle/Kraftraum
		16.00 - 17.30	Ice Practice	OYM
		17.45 - 18.15	Cooldown	OYM - Turnhalle
		18.30	Dinner	OYM
		19.30 - 20.00	SpiSpo - Meeting	OYM - Auditorium
		afterwards	Team Meeting	OYM - Athleten Lounge EG
		22.00	Sleeping-Time	OYM
afterwards	Coaches Meeting	OYM - Athleten Lounge EG		
Thu,	Jul 18, 2024	ab 08.00	Breakfast	OYM
		08.30 - 09.00	Portrait Fotos	OYM
		09.10	Warm Up	OYM - Turnhalle
		10.00 - 11.30	Ice Practice	OYM
		11.45 - 12.15	Cooldown	OYM - Turnhalle
		12.30	Lunch	OYM
		14.00 - 15.00	Coaches open doors	OYM - Athleten Lounge EG
		15.30 - 16.00	Theories (Zykl.)	OYM - Auditorium
		16.30 - 17.30	Skills (Gruppe 2)	OYM - Skillszone
		16.30 - 17.30	Off-Ice (Gruppe 1)	OYM - Turnhalle/Kraftraum
		18.00 - 19.30	Ice Practice	OYM
		19.45 - 20.15	Cooldown	OYM - Turnhalle
		20.30	Dinner	OYM
		22.00	Sleeping-Time	OYM
afterwards	Coaches Meeting	OYM - Athleten Lounge EG		
Fri,	Jul 19, 2024	ab 08.00	Breakfast	OYM
		09.10	Off Ice	OYM - Turnhalle
		10.00 - 11.30	Ice Practice	OYM
		11.45 - 12.15	Cooldown	OYM - Turnhalle
		12.30	Lunch	OYM
		13.00 - 14.00	Theories (SIHF Media)	OYM - Auditorium
		14.15	Release	OYM - Auditorium