



## Programm 15. März 2026 TEAM RED

<u>Date</u>		<u>Time</u>	<u>Activity</u>	<u>Place</u>
Sun,	March 15	09.00	Meeting Point	OYM, Lockerroom
		09.30 - 10.00	Off Ice Practice	OYM, Turnhalle
		10.30 - 11.00	Theorie	OYM, Lockerroom
		11.00 - 12.00	Lunch pause	
		12.30	Warm up Off Ice	OYM, Turnhalle
		13.15	Warm up On Ice	OYM, Ice Rink
		13.30	<b>RED - WHITE</b>	<b>OYM, Ice Rink</b>
		Ca. 16.00	Release	



## Programm 15. März 2026 TEAM WHITE

<u>Date</u>		<u>Time</u>	<u>Activity</u>	<u>Place</u>
Sun,	March 15	09.00	Meeting Point	OYM, Lockerroom
		09.30 - 10.00	Theorie	OYM, Lockerroom
		10.30 - 11.00	Off Ice Practice	OYM, sports hall
		11.00 - 12.00	Lunch pause	
		12.30	Warm up Off Ice	OYM, sports hall
		13.15	Warm up On Ice	OYM, Ice Rink
		13.30	RED - WHITE	OYM; Ice Rink
		Ca. 16.00	Release	