



U15 Goalie-Camp Zuchwil 30.6. - 3.07.2026

<u>Date</u>	<u>Time</u>	<u>Activity</u>	<u>Place</u>
Tue, June 30, 2026	09.00	Meeting	SZZ, Dressing room
	09.30 - 10.30	Activation	SZZ, Sporthalle
	11.15	Lunch	SZZ, Restaurant
	13.30 - 14.00	Off-Ice/Warm-up	SZZ, Outside / gym
	14.30 - 16.15	Practice	SZZ, Eishalle
	16.30	cool down	SZZ, Outside
	17.30 - 18.30	Theorie	SZZ, Meeting Room (EHCB)
	18.30	Dinner	SZZ, Restaurant
	22.00	Curfew	SZZ, Dependance
Wed, July 1, 2026	06.45	Footing	SZZ, Outside
	07.15	Breakfast	SZZ, Restaurant
	08.00 - 08.30	Off-Ice/Warm-up	SZZ, Outside
	09.00 - 10.30	Practice	SZZ, Eishalle
	10.40	Stretching	SZZ, Outside
	11.15	Lunch	SZZ, Restaurant
	13.45 - 14.15	Off-Ice/Warm up	SZZ, Outside / gym
	14.45 - 16.15	Practice	SZZ, Eishalle
	16.30	Stretching	SZZ, Outside
	18.30	Dinner	SZZ, Restaurant
	19.00 - 20.30	Theorie	SZZ, Meeting Room (EHCB)
	22.00	Curfew	SZZ, Dependance
Thur, July 2, 2026	06.45	Footing	SZZ, Outside
	07.15	Breakfast	SZZ, Restaurant
	08.00 - 08.30	Off-Ice/Warm-up	SZZ, Outside
	09.00 - 10.30	Practice	SZZ, Eishalle
	10.45	Stretching	SZZ, Outside
	11.45	Lunch	SZZ, Restaurant
	14.00 - 14.30	Off-Ice/Warm up	SZZ, Outside / gym
	15.00 - 16.30	Practice	SZZ, Eishalle
	16.45	Stretching	SZZ, Outside
	18.15	Dinner	SZZ, Restaurant
	19.00 - 20.30	Persönlichkeit	SZZ, Meeting Room (EHCB)
	22.00	Curfew	SZZ, Dependance
Frid, July 3, 2026	06.45	Footing	SZZ, Outside
	07.15	Breakfast	SZZ, Restaurant
	07.45	Check-out	SZZ, Eishalle
	08.00 - 08.30	Off-Ice/Warm up	SZZ, Outside
	09.00 - 10.30	Practice	SZZ, Eishalle
	11.00	Mental Run	SZZ, Outside
	12.15	Lunch	SZZ, Restaurant
	13.30	Debriefing	SZZ, Meeting Room
	15.00	Release	

Sportzentrum Zuchwil (SZZAG)
Amselweg 59
4528 Zuchwil SO