

# CZECH INTERNATIONAL HOCKEY CAMP



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# ALL ABOUT US

The CIHC has been helping players and their families spend amazing hockey holidays in the Czech Republic for more than 20 years. Since 1999, several thousand players from all around the world have visited us to experience Czech ice hockey coaching at its finest. Others have chosen to invite us to their home rink where we have tried to recreate the atmosphere present at our camps back home.

While focusing on state-of-art practices we pay great attention to spreading the spirit of many Czech legends that have left their footprints in ice hockey history and hearts of many. All these players came from exactly the type of training that we try to pass on to players coming to practice with us. Now is your time to shine.

Experienced and skilled professionals with perfect knowledge of English take care of players both on and off the ice. The training sessions are held at high intensity in order to challenge and develop the body and mind. The coaches have played and coached in the top teams on both national and international level.

Our camps run throughout the whole year and are suited for literally anyone. Besides the regular youth and adult camps our company also organizes customized events that fit our customers' needs. We organize hockey camps for teams with an option of playing friendly games against local teams, hockey tours, and camps on your home ice.

**We make your hockey dreams come true.**



# 2020 CAMPS

We offer 11 different week-long camps where players from the age of 6 get to experience what it feels like to live and train like professionals. Our experienced coaching staff is ready to bring the players one step closer to becoming a professional.

- Maximum number of 30 players on the ice,
- 5:1 players to coaches ratio,
- 2x 75-90 minutes on ice, 2x 60 minutes off ice per day,
- Ice time adapted to each age group, max. of 25 hours per week.

You can sign up to one of these options:

**YOUTH CAMPS**

**ADULT CAMPS**

**GOALIE CAMPS**

**GIRL CAMPS**

Also, there is a new option for this year - the **INDIVIDUAL CAMPS** for kids between ages 9 - 13, which take place during each of the Summer Youth Camps. It gives the player chance to train in 2:1 player to coach ratio which allows to focus on each player's strength and weaknesses even more.



## **SPRING CAMPS**

APRIL 5TH - APRIL 11TH

APRIL 12TH - APRIL 18TH

Youth, Goalies, Adults

Youth, Adults

## **SUMMER CAMPS**

JULY 12TH - JULY 18TH

JULY 19TH - JULY 25TH

JULY 26TH - AUGUST 1ST

AUGUST 2ND - AUGUST 8TH

AUGUST 9TH - AUGUST 15TH

Youth, Girls

Youth

Youth, Goalies, Adults

Youth, Goalies, Adults

Youth, Goalies, Adults

## **FALL CAMPS**

OCTOBER 11TH - OCTOBER 17TH

OCTOBER 18TH - OCTOBER 24TH

NOVEMBER 22ND - NOVEMBER 28TH

Youth, Adults

Youth, Goalies, Adults

Youth, Adults

## **WINTER CAMPS**

DECEMBER 27TH - JANUARY 2ND

Youth, Goalies, Adults

# TYPICAL CAMP SCHEDULE

## BALANCED DAILY TRAINING PROGRAM INCLUDING RECOVERY ACTIVITIES

In order to maintain high productivity of our players a good balance between training, recovery time and quality nutrition is needed. All of our campers are treated like professionals, both on and off the ice.





Wake up / Breakfast

Morning On-ice Session

Morning Off-ice Session

Lunch / Rest / Snacks

Video Analysis and Chalk Talk

Afternoon On-ice Session

Afternoon Off-ice Session

Dinner / Recovery Activities

Open Ice Session

Lights Out



# OUR CAMPS AND

## WINTER CAMPS

This program, just as our summer camps, is designed for players and goalies from the age of 6 who have their goal set to developing their ice hockey skills to the maximum. Individuals attending this camp will be physically and mentally fit to tackle the second part of their season, with an extra edge over all the other players in their team. This program is recommended to players dedicated to ice hockey excellence.

### MORE INFORMATION

[hockeycamp.cz/camps/winter-camp](http://hockeycamp.cz/camps/winter-camp)

## ADULT CAMPS

Players over the age of 18 of all skill levels are welcome to join our annual adult program. The only thing you need is a passion for the game and we will take care of the rest. Experience what it is like to practice in an international environment under the supervision of highly skilled professionals. If ice hockey is what you love, then this is the camp for you.

### MORE INFORMATION

[hockeycamp.cz/camps/adult-camp](http://hockeycamp.cz/camps/adult-camp)

# OTHER EVENTS

## TEAM CAMPS

Is your team in need of special attention and you want to get coached by our professional coaches? Come visit us at any time of the year and we will create a program tailored specifically to your needs and wants. National teams from Kuwait, Turkey or Qatar, but also individual clubs from Switzerland, England, Germany and many other countries have taken advantage of our programs in the past. Take your game to the next level with team-specific practices and increase the overall skills of your team.

### MORE INFORMATION

[hockeycamp.cz/other-services/team-camp](http://hockeycamp.cz/other-services/team-camp)

## GIRL CAMPS

Camps designed specifically for girls and women of all ages and skills. Long gone are the days when ice hockey was only for boys, girls can dominate this beautiful sport as well and we want to help with that. That is why we decided to host the all-girls hockey camp this summer, too. Girls/Women Camps will follow the same schedule as the Youth or Adult camps, only fitted to girls' specific needs.

### MORE INFORMATION

[hockeycamp.cz/other-services/team-camp](http://hockeycamp.cz/other-services/team-camp)

## TOURNAMENTS

We organize tournaments for both youth and adult players each year. These tournaments give you the unique opportunity to measure your team's qualities on an international scale. Teams from all over the world have taken part in tournaments like this before and many of them keep returning back to defend their titles. Take part in professionally organized tournaments and experience what playing on a truly international scale is all about. Make sure to keep checking our website about the newest dates available.

### MORE INFORMATION

[hockeycamp.cz/other-services/tournaments](http://hockeycamp.cz/other-services/tournaments)

## CAMPS ON HOME ICE

We also offer professional camps and hockey clinics away from the Czech Republic. Do you feel like your club or association would benefit from expert guidance and top-class training? We are ready to organize a camp in your city as well. We always put together a team of our most qualified coaches and create the event your team has been waiting for. Experience Czech hockey traditions at a hockey rink of your choice!

### MORE INFORMATION

[hockeycamp.cz/other-services/camps-on-home-ice](http://hockeycamp.cz/other-services/camps-on-home-ice)





**STARS ARE MADE  
NOT BORN**

