



Besa Tsintsadze and SISM Hockey presents:

Power skating program in Arosa, Switzerland

Camp program, place, dates and goals:

- Arosa, 1850 meters over sea level
- July 13-23, 2011 (arrival date July 12th, departure date July 24th)
- Power skating, power, agility, balance, speed
- Get the pros ready for upcoming season
- 11 days, 4 hours on ice/day, 4 hours off-ice/day

Coaches:

- Besa Tsintsadze
- Swiss A strength coach – Herbert Schädler
- SISM team

Accommodation & meals:

- 4 star hotel Waldhof National
- Breakfast, lunch, dinner, snacks at rink

Sports center:

- Arosa sports complex
- Great on ice and off-ice facilities

Camp price and conditions:

- 3250 CHF (Suisse Francs) for 11 days at the with one of the best power skating instructor Besa Tsintsadze (work outs, accommodation, meals, transportation)
- 350 CHF (Suisse Francs) per day if participating less than 11 days.
- Travel and visa costs not included

Contact: SISM Hockey, Erlenweg 15, Zurich-Kloten 8302 Switzerland
Telephone +41-44-881-2020; Cell +41-78-645-7000
Email info@sismhockey.com

Camp schedule & program:

Daily camp program:

group 1-before lunch		instructors:
8:15-8:45	warm-up	Herbert
9:00-10:00	ice	Besa
10:30-11:30	off-ice	Herbert
12:00	lunch	
	rest	
group 1-after lunch		instructors:
14:15-14:45	warm-up	Herbert
15:00-16:00	ice	Besa
16:15-17:15	off-ice	Herbert
	dinner, rest	

group 2-before lunch		instructors:
9:30-10:00	warm-up	Herbert
10:15-11:15	ice	Besa
11:45-12:45	off-ice	Herbert
13:00	lunch	
	rest	
group 2-after lunch		instructors:
15:30-16:00	warm-up	Herbert
16:15-17:15	ice	Besa
17:30-18:30	off-ice	Herbert
	dinner, rest	

This is a daily program Monday to Friday, Saturday is a game day

Saturday program:

group 1-before lunch		instructors:
8:15-8:45	warm-up	Herbert
9:00-10:00	ice	Besa
10:30-11:30	off-ice	Herbert
12:00	lunch	
	rest	
15:30-17:00	GAME	

group 2-before lunch		instructors:
9:30-10:00	warm-up	Herbert
10:15-11:15	ice	Besa
11:45-12:45	off-ice	Herbert
13:00	lunch	
	rest	
15:30-17:00	GAME	

Internet websites and videos:

www.sismhockey.com – organizer home page

<http://besahockey.com/> - Hockey Revolution home page

<http://www.youtube.com/watch?v=EbcQ8jkznFI&NR=1> – Besa trains in Russia

http://www.youtube.com/watch?v=niAm7wJlJrc&feature=player_embedded – Besa Hockey Training

Please feel free to contact us for further information ASAP at the contact details bellow

For Russian – Sergey Raevsky +375 29 6763787

For English and Deutch – Ernst Schlotter +41 786 457 000

You can register at hockey@sismhockey.com or by calling us!!!

DEADLINE FOR REGISTRATION: until May 1, 2011



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