

# OFF ICE PRACTICES & OFF ICE Pre-competition period / Verseny előtti időszak 2023-2024

UNI Győri ETO Hockey Club / KIRA - Kiemelt regionalis alközpont

Szakmai igazgató: Igor Tóth ©



#14

mikrociklus

OFFICIAL VERSION : 20230731-től - 20230806-ig

Operational changes in the program are reserved!

ACTIVITIES

|  |                 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16                | 17                | 18                | 19       | 20       | 21 | 22 | 23 |  |
|--|-----------------|---|---|---|---|----|----|----|----|----|----|-------------------|-------------------|-------------------|----------|----------|----|----|----|--|
| <b>20230731</b><br>Hétfő<br>Monday       | "SkillsBundzík" |   |   |   |   |    |    |    |    |    |    |                   |                   |                   |          |          |    |    |    |  |
|  | SkateMILL       |   |   |   |   |    |    |    |    |    |    |                   |                   |                   |          |          |    |    |    |  |
|  | Füves terület   |   |   |   |   |    |    |    |    |    |    |                   |                   |                   |          |          |    |    |    |  |
|  | WALDORFISK.     |   |   |   |   |    |    |    |    |    |    |                   |                   |                   |          |          |    |    |    |  |
|  | SÁTOR OFF ICE   |   |   |   |   |    |    |    |    |    |    |                   |                   |                   |          |          |    |    |    |  |
| GYM KONDI                                |                 |   |   |   |   |    |    |    |    |    |    |                   |                   |                   |          |          |    |    |    |  |
| <b>20230801</b><br>Kedd<br>Tuesday       | "SkillsBundzík" |   |   |   |   |    |    |    |    |    |    |                   |                   |                   |          |          |    |    |    |  |
|  | SkateMILL       |   |   |   |   |    |    |    |    |    |    |                   | SkateMill<br>U 08 |                   |          |          |    |    |    |  |
|  | Füves terület   |   |   |   |   |    |    |    |    |    |    |                   | U 08              | U 10              | U 14     |          |    |    |    |  |
|  | WALDORFISK.     |   |   |   |   |    |    |    |    |    |    |                   | U 16 Lukács       | U 18 Lukács       |          |          |    |    |    |  |
|  | SÁTOR OFF ICE   |   |   |   |   |    |    |    |    |    |    |                   | Műkori            | U 12              | U 21     | Műkori   |    |    |    |  |
| GYM KONDI                                |                 |   |   |   |   |    |    |    |    |    |    | Műkori            | Műkori            |                   | U 21+"A" |          |    |    |    |  |
| <b>20230802</b><br>Szerda<br>Wednesday   | "SkillsBundzík" |   |   |   |   |    |    |    |    |    |    |                   |                   |                   |          |          |    |    |    |  |
|  | SkateMILL       |   |   |   |   |    |    |    |    |    |    | Skatemill<br>U18  |                   |                   |          |          |    |    |    |  |
|  | Füves terület   |   |   |   |   |    |    |    |    |    |    |                   |                   | U 08              | U 21+"A" |          |    |    |    |  |
|  | WALDORFISK.     |   |   |   |   |    |    |    |    |    |    |                   | U 12              | U 12              | U 14     |          |    |    |    |  |
|  | SÁTOR OFF ICE   |   |   |   |   |    |    |    |    |    |    |                   | U 18              |                   | U 16     |          |    |    |    |  |
| GYM KONDI                                |                 |   |   |   |   |    |    |    |    |    |    | U 18              |                   | U 16              |          | U 21+"A" |    |    |    |  |
| <b>20230803</b><br>Csütörtök<br>Thursday | "SkillsBundzík" |   |   |   |   |    |    |    |    |    |    |                   |                   |                   |          |          |    |    |    |  |
|  | SkateMILL       |   |   |   |   |    |    |    |    |    |    | Skatemill<br>U 14 |                   |                   |          |          |    |    |    |  |
|  | Füves terület   |   |   |   |   |    |    |    |    |    |    |                   | U 14              | U 12              |          |          |    |    |    |  |
|  | WALDORFISK.     |   |   |   |   |    |    |    |    |    |    |                   |                   | U 10              | U 08     |          |    |    |    |  |
|  | SÁTOR OFF ICE   |   |   |   |   |    |    |    |    |    |    |                   |                   | Lukács Isk.       | U 21+"A" |          |    |    |    |  |
| GYM KONDI                                |                 |   |   |   |   |    |    |    |    |    |    |                   |                   | Lukács Isk.       | U 21+"A" |          |    |    |    |  |
| <b>20230804</b><br>Péntek<br>Friday      | "SkillsBundzík" |   |   |   |   |    |    |    |    |    |    |                   |                   |                   |          |          |    |    |    |  |
|  | SkateMILL       |   |   |   |   |    |    |    |    |    |    |                   |                   | Skatemill<br>U 10 |          |          |    |    |    |  |
|  | Füves terület   |   |   |   |   |    |    |    |    |    |    |                   | U 12              |                   | U 14     |          |    |    |    |  |
|  | WALDORFISK.     |   |   |   |   |    |    |    |    |    |    |                   |                   |                   |          |          |    |    |    |  |
|  | SÁTOR OFF ICE   |   |   |   |   |    |    |    |    |    |    | U 16              | U 18              |                   |          | U 21+"A" |    |    |    |  |
| GYM KONDI                                |                 |   |   |   |   |    |    |    |    |    |    |                   | U10/görk.         |                   | U 21+"A" |          |    |    |    |  |
| <b>20230805</b><br>Szombat<br>Saturday   | "SkillsBundzík" |   |   |   |   |    |    |    |    |    |    |                   |                   |                   |          |          |    |    |    |  |
|  | SkateMILL       |   |   |   |   |    |    |    |    |    |    |                   |                   |                   |          |          |    |    |    |  |
|  | Füves terület   |   |   |   |   |    |    |    |    |    |    |                   |                   |                   |          |          |    |    |    |  |
|  | WALDORFISK.     |   |   |   |   |    |    |    |    |    |    |                   |                   |                   |          |          |    |    |    |  |
|  | SÁTOR OFF ICE   |   |   |   |   |    |    |    |    |    |    |                   |                   |                   |          |          |    |    |    |  |
| GYM KONDI                                |                 |   |   |   |   |    |    |    |    |    |    |                   |                   |                   |          |          |    |    |    |  |
| <b>20230806</b><br>Vasárnap<br>Sunday    | "SkillsBundzík" |   |   |   |   |    |    |    |    |    |    |                   |                   |                   |          |          |    |    |    |  |
|  | SkateMILL       |   |   |   |   |    |    |    |    |    |    |                   |                   |                   |          |          |    |    |    |  |
|  | Füves terület   |   |   |   |   |    |    |    |    |    |    |                   |                   |                   |          |          |    |    |    |  |
|  | WALDORFISK.     |   |   |   |   |    |    |    |    |    |    |                   |                   |                   |          |          |    |    |    |  |
|  | SÁTOR OFF ICE   |   |   |   |   |    |    |    |    |    |    |                   |                   |                   |          |          |    |    |    |  |
| GYM KONDI                                |                 |   |   |   |   |    |    |    |    |    |    |                   |                   |                   |          |          |    |    |    |  |

VIP ETO HC  
16-17 VIP Műkori  
17-18 VIP Műkori  
18-19 VIP Műkori  
19-20 VIP Műkori  
Jegyzet:  
Rossz idő esetén...

VIP ETO HC  
Jegyzet:  
Rossz idő esetén  
Műkori a VIP  
helyiségben  
tartózkodik.

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Rossz idő esetén  
Műkori a VIP  
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VIP ETO HC

VIP ETO HC

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