Czech International Hockey Camp

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ALL ABOUT US
For over twenty years has the Czech International Hockey Camp been helping players and their parents spend great hockey holidays in the Czech Republic. All of these years of experience in coaching the art of hockey excellence is what makes several hundred people annually come to the Czech Republic to experience all of what the Czech Republic has to offer.

Experienced and educated coaches and instructors with perfect knowledge of English take care of both on and off ice training sessions which are held at high intensity and speed in order to challenge and develop everybody’s body and mind. Players as well as goalies will get a taste of state of the art practices by coaches which are authorities in their field.

Our player coaches have coached top teams on both national and international levels, while our head goalie coach has been in many ways responsible for the careers of such people like Hasek, Turek, Chechmanek, Hnilicka, Saficky, Pavelec, Stepanek, Vokoun and many others.

Come and visit the BEST ice hockey camp in the world.

Besides our regular youth and adult camps our company also organizes customized events throughout the whole year. We individually structure ice hockey camps for teams with the possibility of holding friendly games against local Czech teams, we create hockey tours, organize camps on your home ice and among other things we also organize tournaments. There is nothing that we cannot do, if you can think of it we can organize it.

Welcome to the Czech International Hockey Camp

Head Coach and Amazing Director

Lukas Tramba
Head Coach

After achieving his Master’s in Sport and Physical Education at Charles University where he got the internationally recognized licence “A” in ice hockey coaching, he worked in the USA as a Coach at Heartland ice hockey camp and as Assistant Coach of Utah Golden Eagles. In the Czech Republic he has trained junior Extraleague teams and cooperated with the Nike International Hockey Camp. Since 2003 he has been the Head Coach of the Czech International Ice Hockey Camp.

David Cisar
Director

As a graduate of the Marketing and Management Masters’ Program at Charles University he has worked at several top manager positions within the sport industry. In 1999 he founded the Czech International Hockey Camp of which he is the director. His motto is: "Stars are made not born."
Reasons Why You Should Come to Our Camps

A chance to develop your individual and team ice hockey skills

01
You will experience some of the most intensive on and off ice trainings that you can imagine. With a maximum of 30 players out on the ice we guarantee a 5-1 player to coach ratio which enables each player to get the attention he or she needs. It is not going to be easy but you will feel the results through self-improvement and self-satisfaction almost immediately.

02
Our coaches use the newest and most innovate training techniques available.

03
Top sport facility in the Czech Republic where the best Czech ice hockey players and other athletes train for the upcoming season.

04
Specifically designed camps that prepare 6 – 18 year old players for the upcoming season.

05
Players will become familiar with transition game and ice hockey tactics.

06
Attention is not only given to training but recuperation and nutrition are important elements of each week of training too.

07
Annually, people from over 30 different nations in the world visit our summer camp alone. This creates a one of a kind atmosphere that shows people that all cultural or language based barriers can be easily overcome by the common love for hockey. In this environment lifelong friendships are formed and the exposure to different life perspectives and cultures will not only help you grow hockey wise, but it will also help you grow mentally and socially.

08
Meet your favorite hockey players, such as Patrik Elias, Jiri Sekac... and many other who have stopped by at our camp in the past.

09
All players are supervised 24 hours a day.

10
The official camp language is English but the majority of our coaches master several other languages such as Russian, German, French, Italian and others.

11
The Czech Republic lies in the heart of Europe and is easily accessible by plane, train or car. It is a country with an excellent ice hockey tradition boasting the most NHL hockey players from any European country.

12
While the players get to practice like professionals the parents are able to take advantage of our organized parents programs, such as: Sightseeing trips, Tennis lessons, Golf lessons, Swimming pool visits, BBQ and many others.
# Czech International Hockey Camp Program 2019

## Camps for youth players

<table>
<thead>
<tr>
<th>Dates</th>
<th>Camp Name</th>
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<tbody>
<tr>
<td>December 26th – January 1st</td>
<td>Winter Camp 1</td>
</tr>
<tr>
<td>January 1st – January 6th</td>
<td>Winter Camp 2</td>
</tr>
<tr>
<td>April 14th – April 20th</td>
<td>Spring Camp 1</td>
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<tr>
<td>April 21st – April 27th</td>
<td>Spring Camp 2</td>
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<tr>
<td>June 30th – July 6th</td>
<td>Camp 1</td>
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<tr>
<td>July 7th – July 13th</td>
<td>Camp 2</td>
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<tr>
<td>July 14th – July 20th</td>
<td>Camp 3</td>
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<tr>
<td>July 28th – August 3rd</td>
<td>Camp 4</td>
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<tr>
<td>August 4th – August 10th</td>
<td>Camp 5</td>
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<tr>
<td>October 13th – October 19th</td>
<td>Fall Camp</td>
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## Goalie Camps

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<thead>
<tr>
<th>Dates</th>
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<tbody>
<tr>
<td>December 26th – January 1st</td>
<td>Winter Goalie Camp</td>
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<tr>
<td>April 14th – April 20th</td>
<td>Spring Goalie Camp</td>
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<tr>
<td>June 30th – July 6th</td>
<td>Camp 1</td>
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<tr>
<td>July 7th – July 13th</td>
<td>Camp 2</td>
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<td>July 14th – July 20th</td>
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<td>July 28th – August 3rd</td>
<td>Camp 4</td>
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<tr>
<td>August 4th – August 10th</td>
<td>Camp 5</td>
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<tr>
<td>October 13th – October 19th</td>
<td>Fall Camp 1</td>
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## Adult Camps

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<th>Dates</th>
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<tr>
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<td>Winter Adult Camp 1</td>
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<tr>
<td>January 1st – January 6th</td>
<td>Winter Adult Camp 2</td>
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<tr>
<td>April 14th – April 20th</td>
<td>Spring Adult Camp 1</td>
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<tr>
<td>April 21st – April 27th</td>
<td>Spring Adult Camp 2</td>
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<tr>
<td>July 28th – August 3rd</td>
<td>Summer Adult Camp 1</td>
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<tr>
<td>August 4th – August 10th</td>
<td>Summer Adult Camp 2</td>
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<tr>
<td>October 13th – October 19th</td>
<td>Fall Adult Camp 1</td>
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ON ICE TRAINING
Training on the ice includes Ludek Bukac’s IMO (Imaginary Model Opponent) method. This consists of placing obstacles on the ice in constantly changing configurations which simulate different opponent situations, pushing the player to develop his performance and technique in all possible conditions. This is quite demanding in terms of strength, skating and maneuverability. On-ice curriculum is comprised of circuit training, skill development drills (full ice drills) and small area games that includes Power-skating, Stickhandling (player has a puck on his stick the majority of the day), Puck Protection, Body Contact, Shooting, Passing, Conditioning, Agility, Game Preparation. The station training is another important component and involves work in small groups, each led by a different trainer and focusing on a specific skill or set of skills. We are teaching and training players both the offensive and defensive aspects of the game. All skills are taught and trained at top speed simulating game situations. All levels are taught at an age appropriate level.

CLASSROOM
We provide players with a game situation analysis almost every day. Players are filmed during almost every practice and later in the classroom this footage is reviewed and commented on by the coaches. Ice hockey theory, rules and tactics can be explained very easily with the help of video sessions.

MENTAL TRAINING
Personal responsibility, teambuilding, self-discipline and motivation are terms that we not only strongly believe in but that we also teach to all of our players. Placement by the Czech International Hockey Camp Staff is a key ingredient to each player’s success. Typical elements of Czech ice hockey are also implemented during ice training, including crossing, playing in the corners, open up, passing and transition of the neutral zone. Non-traditional games and contests have also proven to be a valuable part of the training process. Activities such as ice soccer or ice basketball, using a tennis ball instead of a puck and relay and obstacle course races keep the players’ attention and motivation high.

DRYLAND TRAINING
Ice hockey is a complex game and players have to be able to recognize and respond to multiple stimuli at once. After mastering the basic obstacle course or exercise circuit, trainers add further components to help develop coordination and fine motor skills. The result is that by the second week, players are able to run the obstacle course while simultaneously dribbling a basketball and kicking a soccer ball, or do squats on a balance board while following the trainer’s movement. Professionally supervised stretching enables players to reach their full potential. The goal...
is to teach the players optimal posture and movement techniques. Bad habits, once learned, can be difficult or nearly impossible to unlearn, leading to imbalanced muscle development, excess strain, and eventually to joint and muscle injury. Strength training is carefully supervised and adapted to the player’s age and physical development. This is especially important in the case of younger players in earlier growth phases. Our training programs are designed holistically, taking into account the physical demands of ice training sessions. Proper execution of each exercise, adequate rest and recovery time and the individual players physical fitness are important factors in our program development.

**REST PERIOD, RECOVERY TIME**

Undoubtedly exercise is a key component of health and physical fitness, nevertheless it is just as important for top athletes as well as for young players to be able to detect the thin line that there is between training and hurting one’s body. Especially, athletes should never forget that one’s health is the most important thing that one possesses and that through overtraining one can do the body more harm than good. Residual fatigue from training fades more rapidly than residual fitness, once an organism’s adaptivity is lost further training leads to overtraining.

**Quality recovery time for players of all ages**

That is why we at the CIHC feel so strongly about quality recovery time for players of all ages. Sauna, swimming pool sessions, Jacuzzi or massages are only some ways through which we have our players unwind after a hard days practice. We know that without procedures of this sort further training does not make any sense. We try to teach all of our camp participants the importance of quality relaxation periods after a day out on the ice.

**NUTRITION AND DAILY REGIME**

One of the ultimate goals of every sport is to improve one’s performance. In achieving this goal choosing the right nutrition plays just as a vital role as a well-designed training program. In order to supply the body with the needed energy to withhold such high demands on its muscle, joint and nervous system well-balanced nutrition is essential. Optimum performance requires optimum nutrition, especially during the intensive training that our camp provides. We not only plan the content but also the time and size of all five meals that our players receive on a daily basis. In addition we of course pay careful attention to adequate hydration (2-3 liters of unsweetened liquids daily), because we know that everybody who trains hard needs to drink adequately.
Goalie Camps

TRAINING METHODS
Special goalie training using modern techniques takes place under the watchful eye of Josef Hovora, an experienced coach of such personalities as Hasek, Turek, Cechmanek, Hnilicka, Salficky and many others during their youth. Throughout the whole week, goalies get comprehensive training which will help them substantially in the following seasons. Video technology is used during the training on the ice. Players are taped in a variety of situations then the videos are analyzed right on the spot or in the nearby classroom. This provides an important feedback so that the goalie can eliminate weak points.

Another tool used is the goalie band. This is a revolutionary new training tool for ice hockey goalies of all ages and skill levels. It teaches a goalie how to properly position themselves in the goal crease when facing a shooter by “gently reminding them” when they are backing up too far in the crease. By using the Goalie Band in practice situations, goalies become accustomed to setting up at the front of the crease area, thus cutting the angles and giving shooters much less of a target to shoot at.

Video technology is used during the training on the ice

ON-ICE TRAINING
Our specialized station regimen challenges you to perfect your fundamentals and then advances you to game-like situations with shooters. Along with Coach Hovora we have 4 additional goalie coaches giving you a 4:1 goalie to coach ratio to maximize your learning experience.

OFF-ICE TRAINING
Our off-ice program includes hand-eye/foot-hand drills to improve reaction time, intense agility, flexibility, balance and endurance training to increase your speed and confidence in the net.

Revolutionary new training tool for ice hockey goalies

Increase your speed and confidence in the net

CLASSROOM
In the classroom coaches will prepare players for all parts of the game. Our coaches will discuss the mental preparation which is needed to become a successful goalie. Daily video critique will be done in a smaller class size. Goalies will make notes in their weekly handbook.

To learn more about the GOALIE CAMPS: www.hockeycamp.cz/goalie-camps
Balanced daily training program including recovery activities

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<tr>
<td>WAKE UP</td>
<td>BREAKFAST</td>
<td>MORNING ICE SESSION</td>
<td>MORNING DRYLAND SESSION</td>
<td>LUNCH</td>
<td>REST PERIOD</td>
<td>SNACK</td>
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Typical Camp Schedule
In order to be able to maintain the 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.
FOOD
Players get five meals a day. Breakfast, lunch, dinner and snacks include vegetables and fruits. A healthy diet with a good mix of sugars, fats and proteins is essential for any athlete who wants to reach the top. An adequate balance of vitamins, minerals and other important components play a vital role in any perfect sports diet. We care about the meals that our players receive and we also teach them how to eat and drink in order to train efficiently.

SUPERVISION
We guarantee 24 hours of supervision every day. Each group will be assigned its own counselor whose focus will be on the players throughout the whole week. This instructor is also responsible to provide basic health care for the players of his group.

FREE TIME
Except for during rest periods there is almost no free time for the youth category players. On Wednesdays we organize a half-day trip to Prague, which serves as a great distraction and kids get to forget about ice hockey training for a while. This also helps us to minimize the risk of the kids getting injured during practice due to fatigue. We show them the beautiful center of Prague, historic Charles Bridge, Prague Castle, the old Astronomical Clock at the Old Town Square.

Organized recreational and cultural program for players and parents

Variety of balanced nutritious meals

24 hour supervision by staff of professional counselors
Parents Time at the Camp

PARENTS AT CAMP
Parents can use all of the sport facilities in the sport center - tennis courts, fitness, swimming pool, sauna, Jacuzzi and massages. Parents and family members can bring their skates and visit the optional ice sessions with their children in the evenings.

TRIPS FOR PARENTS
We offer optional tours to interesting places in the Czech Republic. These tours are made with air-conditioned buses accompanied by English speaking guides.

Whether it is Prague, Kutna Hora, Krivoklat Castle or any other place in the Czech Republic or in its close neighbouring countries that you would like to see, we make it possible. The trips usually include: transportation by airconditioned buses, English speaking guides, entrance fees and refreshments on the bus.

THE CZECH REPUBLIC: IN THE HEART OF EUROPE
Thanks to its location at the crossroads of various cultures in the heart of Europe, the Czech Republic has countless cultural and historical sites of interest. It is a country of great historical and cultural importance. Czech historical monuments and entire towns have been included to the UNESCO World Heritage List. Of course when discussing tourism in the Czech Republic, one cannot overlook the overwhelmingly popular tourist destination of Prague. The city is generally considered to be one of the most beautiful world capitals with an exquisitely preserved historical center.
Other Czech International Hockey Camp Activities and More...
WINTER YOUTH CAMPS FOR PLAYERS AND GOALIES
This program just as our summer youth camp program is designed for players and goalies up to the age of 18 who have their goal set to developing their ice hockey skill to a 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 other players in their team. This program is recommended to players dedicated to ice hockey excellence.

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 professionals. If ice hockey is what you love then this is the camp for you.

TEAM CAMPS
If your team is in need of individual attention and you are looking to get coached by our crew of professional coaches, then this is the camp for you. At any time of the year you can come and visit us and we will create the program you need and want. Various teams, such as the Kuwait, Turkish or Qatar national teams, but also individual clubs from Switzerland, England, Germany and many other countries have taken advantage of this program in the past. Up your level with team specific practices aimed and increasing the overall level of any team interested.

GIRLS/WOMEN CAMPS
Camps are designed strictly for girls and women of all ages and skill groups. All campers will be grouped accordingly on-ice training sessions. Girls/Women camps will follow the same schedule as the Youth Categories or Adult camps.

TOURNAMENTS
Annually we organize both tournaments for youth as well as adult players. These tournaments give you the opportunity to measure your strength on an international scale. Teams from all over the world have taken part in these tournaments before and many of them keep returning back to defend their titles. Take part in pre-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.

CAMPS ON HOME ICE
If your club or association would like for us to organize a camp in your town or your city at your rink, then we are ready to do so. We will put together a team of our most qualified coaches and together we will create the hockey event your rink has been waiting for. Experience Czech hockey tradition at the rink of your choice!
How did our campers feel about the camp in 2018? What did they like? Were they satisfied? The answers to these questions can help you to decide whether you come to the Czech International Hockey Camp or not. That’s why we provide you with the following survey.

How did you like the camp’s training methods?
Out of more than 100 players who responded to our survey during the summer camps of 2018, more than 85% described the On Ice Training Methods as excellent. Nobody described On Ice Trainings worse than normal. Less than 3% expressed their criticism towards Dryland and Regeneration. Only Dryland Training was described as bad, but this was only in one single case.

In total, how did you like the camp?
In 2018 92% of the attending players described the camp as excellent and very good and only 7% chose the answer “normal” and a mere 1% had some complaints. Out of more than 100 players responding the question form nobody described their satisfaction with the answer “bad”.

Will you come back next year?
Out of more than 100 players responding 88% expressed their wish to come back next year. During all of the camp only four players said that they would not return to the camp again.
Testimonials

What did the parents say about our camps in 2018?

Great relationship between coaches and campers both on and off the ice

“Great coaches. Kids loved the camp. We can see a drastic improvement on boys skating and stick handling abilities. Skills regiment was much more demanding then similar programs offered in the United States.”

Andrew Gabriel, USA

“Nice little town. People from everywhere. Where are the Austrian Hockey players? Can’t find them! The kids improved their play. See you next year!”

Angela Breugel, Austria

“Our impression is that it’s a very professional hockey camp. Everybody is doing their job very professionally from the ice coaches to the dryland coach.”

Jean Marc Rigolle, Switzerland

“The kids are motivated and have a lot of fun. The exercises are excellent. Nice town. Great days for the kids on/off ice. Camps in August would be great to stay in shape for the next season.”

Ms Lozon, USA
# Training Facility

## Sport Centre Nymburk: Worldclass Spot in the Czech Republic

The Nymburk Sport Center ranks among the Czech Republic’s top class facilities and is often used by both international and Czech leading sports teams, including Czech ice hockey teams. The center provides indoor and outdoor training opportunities for nearly 20 different sports and is also fully equipped with state of the art recuperation and rehabilitation facilities and services.

## Sports Center Facilities

- Central arena with wooden floor and spectator capacity of 1000 people.
- 2 multipurpose arenas with modern TARAFLEX flooring. All is suitable for handball, basketball, volleyball, football, tennis, floorball, indoor soccer, floor hockey, hockeyball, korfball, judo, taekwondo, karate, wrestling, table tennis, badminton, etc.

### Fitness Center:

Small weightroom, Schnell machines and free weights. Large condition training room, Green machines and free weights. Training room with Technogym machines, spinning bikes.

### Relaxation and Recuperation

Facilities: Swimming pool (25 x 10 x 1.5m), 4 lanes, 2 saunas and 2 tanning beds. Jacuzzi for approximately 15 people. Whirlpool for approximately 6 people. Hydromassage tub and 3 hydromassage footbaths.

### Track and Field Facilities

Fully equipped track and field stadium with a 400m tartan track. Indoor: Covered 135m tartan tunnel, 4 tracks, facilities for long jump, pole vault and shot put.

### Tennis Facilities

5 clay courts, 2 grass courts, 3 asphalt courts, training wall, clubhouse

### Soccer Facilities

3 grass fields, 1 hi-tech artificial turf field, movable goals for regulation or small field play

### Volleyball Facilities

3 clay courts, 2 sand courts, 2 grass courts

### Other Services Available by Prior Agreement

- 24 hour hotel reception desk with souvenir, snack and drink sales
- Wifi network in select rooms and lobby including stationary computers with Internet access
- Sports equipment rental (bicycles, tennis rackets, balls, etc.)
- Lobby Bar with hot and cold drinks
- Recreation center with pool/billiard table, darts, foosball and table tennis
- Minigolf course (summer only)

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**Fitness center, outdoor playing fields, swimming pool, massage, sauna and solarium all in one**
Players and family members will stay in one of the best sports complexes in the Czech Republic, located right at the banks of the river Elbe. This complex offers a big dining room, swimming pool, sauna, Jacuzzi, gym, fitness room, tennis courts, soccer fields, outdoor and indoor running track as well as a mini golf course. The sport center is located about a 10 minute walk from the city center and about a 20 minute walk from the ice rink. Both of these locations are serviced by a regular shuttle bus all throughout the day and are therefore easily accessed all the time. The sport center features a whole wing of 2015 renovated rooms which offer probably the biggest comfort one can get anywhere in Nymburk.

This hotel is situated about 50 meters next to the ice rink and is mostly used by our older players. This hotel is located about a 5 minute walk from the city center and is connected with the sports center as well as the city center by a regular shuttle bus service. Players staying here are able to either use the gym or outside soccer field adjacent to the hotel or they can additionally also use the facilities that the sport center has to offer.
Stars are made not born