

Fredag v32 12/8-2022 CAMP

C-ungdom	B-ungdom	A-ungdom/Junior
08:00		
08:10		
08:20		
08:30		
08:40		
08:50		
09:00	Is pass 8:30-09:50	
09:10		
09:20		
09:30		
09:40		
09:50		
10:00		
10:10	Fys/ Oia 40 min	
10:20		
10:30	10:10-10:50	Is pass 10:00-11:20
10:40		
10:50		
11:00	Mellan mål	
11:10		
11:20		
11:30		
11:40		
11:50	Is pass 11:30-12:10	
12:00		
12:10	11:30-12:50	
12:20	Mat	
12:30		
12:40		
12:50		
13:00		
13:10		
13:20		
13:30	Mat	
13:40		
13:50		
14:00		
14:10		
14:20		
14:30		
14:40	öreläsningen med Daniel Bengtsson 14:30	
14:50		
15:00		
15:10		
15:20	Mellan mål	
15:30		
15:40		
15:50		
16:00		
16:10	öreläsningen Daniel Bengtsson 16:00-16:40	
16:20		
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19:00		
19:10		
19:20		

Lördag v32 13/8-2022 CAMP

D-ungdom	C-ungdom	B-ungdom	A-ungdom/Junior
08:00			
08:10			
08:20			
08:30			
08:40			
08:50			
09:00			
09:10			
09:20			
09:30	Is pass 9:00-9:50	Fys klubbteknik 40 min plast is	
09:40			
09:50			
10:00			
10:10			
10:20			
10:30	Fys klubbteknik 40 min plast is	Is pass 10:00-11:20	
10:40			
10:50			
11:00			
11:10	Mellan mål		
11:20			
11:30			
11:40			
11:50	Is pass 11:30-12:20	Mat 11:40-12:10	
12:00			
12:10			
12:20			
12:30	Mat		
12:40	Mat		
12:50	12:30-13:00	Is pass 12:30-13:20	Fys klubbteknik 40 min plast is
13:00			
13:10			
13:20			
13:30	Fys/ Oia 30 min	Mellan mål	Fys klubbteknik 40 min plast is
13:40	13:20-13:50		
13:50			
14:00			
14:10			
14:20			
14:30			
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15:00			
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19:20			

Söndag v32 14/8-2022 CAMP

D-ungdom	C-ungdom	B-ungdom	A-ungdom/Junior
08:00			
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09:00			
09:10			
09:20			
09:30	Is pass 9:00-9:50	Fys klubbteknik 40 min plast is	
09:40			
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10:00			
10:10			
10:20			
10:30	Fys klubbteknik 40 min plast is	Is pass 10:00-11:20	
10:40			
10:50			
11:00			
11:10	Mellan mål		
11:20			
11:30			
11:40			
11:50	Is pass 11:30-12:20	Mat 11:40-12:10	
12:00			
12:10			
12:20			
12:30	Mat		
12:40	Mat		
12:50	12:30-13:00	Is pass 12:30-13:20	Fys klubbteknik 40 min plast is
13:00			
13:10			
13:20			
13:30	Fys/ Oia 30 min	Mellan mål	Fys klubbteknik 40 min plast is
13:40	13:20-13:50		
13:50			
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