



Time Out

The official newsletter of the 2009 IIHF Hockey Development Camp

July 6, 2009

Vierumäki Face of the Day



Each day, one player at the 2009 IIHF Hockey Development Camp will be featured as the Camp's Player of the Day. Today, Team Maroon's Kevin Parras from Estonia is highlighted.

"Hi, my name is Kevin and I come from Estonia. Last year I played in Germany and didn't know a word of German, but I still found a way to communicate, so I think we'll all be just fine this week."

That was how Estonia's Kevin Parras introduced himself to his maroon teammates on the first day of camp. It is clear when speaking with the small forward, that he is a natural-born leader and wise for his 15 years.

Parras left home last year to play junior hockey in Augsburg because he realized that with only five professional teams in

Estonia, it might be best to develop his skills in Germany.

So far, the decision is paying off. Kevin expects to be invited to tryout for the Estonian U18 team this summer as a 15 year-old, making him two years underage.

Kevin hopes to return to Germany next season and improve both his hockey skills and his German language, which he says is a difficult to learn. He goes to school at a

German school, but he doesn't receive grades since it is not his native language.

Here at the camp, Kevin is a perfect ambassador for Estonia. His father was part of the team manager program four years ago and told him what to expect.

"He told me what a great experience it was, and he was right. It's really special to be here, I'm enjoying the everything."

Part of the everything includes the off-ice training, which Kevin was missing to do this interview. As his teammates jogged by and yelled for him, it was clear that Kevin wanted to get back to the action. So, off he jogged to join his teammates and lead the way around the track.

Two Minutes in the Box

Today's Highlights:

After yesterday's opening ceremony, players are settling into camp and ready to get some wins on the ice and work on development off the ice.

Tuesday's Weather:

There will more clouds today, but the temperature will be the same as yesterday, about 16.



Global Game: Jolly Great Britian

In honor of Wimbledon, our island friends are highlighted today. With 14 participants as this year's camp, the Brits are the best-represented nation. Great Britain is one of the oldest members of the IIHF and even played in the top-level World Championship back in the day. Nowadays, Great Britain plays in Division I. The country has a professional league that features both natives and several North Americans.

Question of the Day

Every day, there will be a trivia question in the newsletter. Answers can be given in the entry box at the Kiosk (snack bar). Yesterday's winner is **Denis Raiter from Israel**. You can pick up your prize at the camp office.

Today's Question

Which country won the three of the five top World Championship events this season?

ARE YOU IN SHAPE?

One thing you can say about the referees at this year's development camp is they are one fit group -- the experts in Vierumäki even agree.

Today the 31 referees underwent a battery of physical fitness tests to make sure that they are in peak form. Included in the hour-long test were 15-minutes of cycling to gauge the endurance of the officials.

Next came a speed test for sit-ups, push-ups and squats to test the overall body strength. Finally, height, weight and

body fat was measured, much to the dismay of all men, who were quick to suck in their stomachs when their name was called, whether it was necessary or not.

While the referees had fun at the physical tests joking around with each other, the reason behind the testing is serious. The IIHF Medical Committee has the goal to have all game officials undergo a similar test to make sure that they are all healthy enough to go on the ice and to unmask any hidden conditions. Often, there is so much focus on player health that officials are overlooked.

At the end of the hour, the officials emerged, a little more tired, but with a better idea of their conditioning.



Don't worry, the testing wasn't that bad!

On the Ice: Meet Team Maroon

Team Players:

LAT	Punnenovs, Ivars	G
BLR	Kaldybaev, Andrei	G
CAN	Peel, Landon	D
NOR	Lesund, Erlend	D
GBR	Clements, David	D
NED	Van't Hof, Dion	D
SRB	Uzelac, Ilija	D
BUL	Nikolov, Martin	D
SUI	Bertschy, Christophe	F
AUT	Cijan, Alexander	F
EST	Parras, Kevin	F
SLO	Bernik, Anze	F
ITA	Frank, Daniel	F
LTU	Fiscev, Aimas	F
ROU	Dumitru, Dennis	F
MEX	Colas, Miguel	F
LUX	Backes, Sacha	F

GER	Setters James (mentor)
FRA	Nilly Frederic (coach)
AUS	Lindsay Steven (coach)
ISL	Gudmundsson Gunnar (coach)
FIN	Hietanen Petteri (coach)
ITA	Suen Kurt (manager)
SRB	Kovanovic Vladimir (equipment)

Team Schedule / Results:

July 5	vs. Teal	18:30
July 6	vs. Yellow	18:30
July 7	vs. Green	18:30
July 9	vs. Black	18:15
July 10	vs. White	16:15
July 11	vs. Red	16:30



PHOTO OF THE DAY: "The puck belongs to us." So says Maroon mentor coach James Setters, who took this photo of a puck with the team wristband around the edge. The Maroon team has to wear pink wristbands since maroon is such a unique color. No problem says Setters, "real men wear pink."

About the Team:

The first item of business for the Maroon team was to vote whether or not to wear their pink wristbands. Once it was settled that no matter what the color, they were proud to represent their team, it was time to focus on hockey. The team is made up mostly of players from European nations. Only a Mexican and a Canadian are from overseas. The first day, the team didn't take advantage of its lack of jetlag, barely losing its first game, 3-2. But for the Maroon coaching staff, there's more to camp than wins and losses, it's about bringing the team together for a fun week.

Game Results

Below are the game results from the previous day's games.

Team Red 4, Team White 2

The traditional opening day match-up between red and white once again went to the Red team thanks to a strong performance from its top line. Red has won all but one of the meetings between the teams at all development camps.

Team Green 4, Team Yellow 5

It was only the first day of action and already there was a game that went into a shootout. After the three, 15-minute regulation periods, the score was tied at four. In the end, Yellow came out on top of the exciting shootout.

Team Black 5, Team Blue 2

Team Blue peppered the net, but outstanding goaltending proved to be the difference for Team Blue, which was able to generate some offense later in the game and earn the win.

Team Teal 3, Team Maroon 2

The final game of the day proved to also be another close one as Teal barely edged Team Maroon with a low-scoring 3-2 win. It was the second game decided by only one goal.



You all are doing so well with your Finnish, pretty soon you'll know more than me! Today, I thought you would like to learn exactly what you're called on the ice, so you can go back home and brag to all of your friends.

Goaltender = Maalivahti
Defenseman = Puolustaja
Forward = Hyökkääjä
Coach = Valmentaja