

2014 Hockey Development Camp

5th – 12th July, 2014

Vierumäki, Finland

Important Camp Information

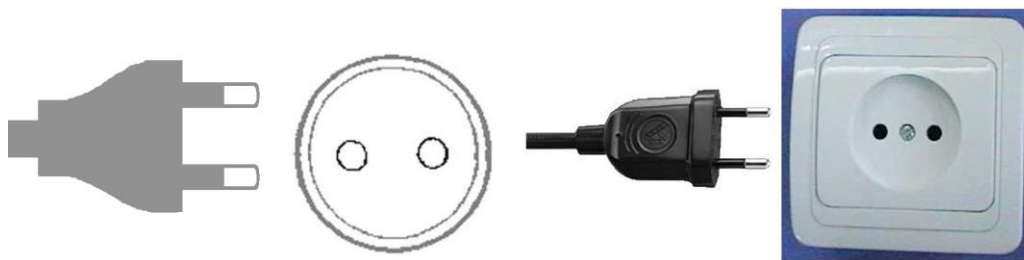


Dear Friends

As you are preparing for the 2014 Hockey Development Camp, in Vierumäki, Finland, we would like to supply you with this update to advise you of some important information.

Finland

- Finland uses the Euro for currency. Please be advised that there isn't a Cash Machine (ATM) on the site. So participants are advised to change their money before arriving
- The electrical plug configuration in Finland is:



The weather in in July:

- Finland has a reputation as a land of ice and snow, but summers can be warm and sunny, with daytime temperatures reaching 25-30°C (77-86°F)
- The sun never truly sets in July, so bring with you sleeping glasses if you feel like that you will need them.
- Campers can get away with lightweight clothing in the daytime, but bring waterproof clothes in case of rain!

Vierumäki

- Is one of the Finnish Sports institutes 120km north of Helsinki
- It is located in more than 10 000 hectares of forest with 1 university, 2 rink rinks, 3 golf courses and 3,000 places for accommodation
- For more information below is there website in English:
<http://www.vierumaki.fi/lang/>
- During the camp all participants will be given three meals a day and snacks
- The food is western cuisine that is cooked and prepared on-site

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Items to Bring

We also want to remind all camp participants of the equipment that they must bring to camp in addition to their personal items (i.e. personal hygiene items, clothes, camera, medication etc.). Below you will find a list describing the equipment needed to participate effectively in your group:

Players

- All their normal ice hockey equipment (including sticks)
- Clothes to do off-ice training in (running shoes, shorts, t-shirt, etc.)
- The IIHF will have Team jersey's and socks for the players to use at the camp
- Swim wear

REMEMBER to bring your Throat Guard! Players will not be allowed on the ice without them.

Team Coaches

- Skates
- Gloves
- Helmets
- Coaching board, stopwatch and whistle
- Clothes to do off-ice training in (running shoes, shorts, t-shirt, etc.)
- Swim wear

Learn to Play Seminar Participants

- Skates
- Gloves
- Helmets
- Sticks
- Clothes to do off-ice training in (running shoes, shorts, t-shirt, etc.)
- IIHF LTP Program Manual (Hard Copy)
- Swim wear

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Arrival:

When your participants arrive at Helsinki-Vantaa International Airport on the 5th of July, they will be met by one of our camp leaders who will make sure they've received all their baggage and will escort them to the bus that will take them to Vierumäki. The drive from Helsinki-Vantaa International Airport to Vierumäki is 120 kilometres and will take approximately 2 hours. When they arrive to Vierumäki, they will be taken to the ice rink, where players will unload their equipment into their assigned dressing rooms. The bus will then continue through to the registration hall where participants will receive their camp accreditation, and room key. They will be escorted to their room by one of our camp leaders.

The registration hall will be open all day long so if anyone has any questions about the Vierumäki area; rooms etc. they can always ask the camp staff in the registration hall.

Camp Beginning:

The camp programs will start on Saturday evening:

- All Team Staff - 18.00 (6:00pm) in the Auditorium in the Gym Bubble
- Players - 19.30 (7:30pm) in front of the Gym Bubble