2016 High Performance Camp
Vierumäki, Finland
July 9-16, 2016
Wednesday July 13th, 2016

FAIR PLAY AND RESPECT

Time	Meals	RED	WHITE	GREY	BLUE	GREEN	YELLOW	GOALIES
7:00	07:00							
7:30	Breakfast		07:30 Distraction Control			07:30 Distraction Control		07:30 Distraction Control
8:00			08:30 Auditorium	08:00 Off-Ice SKILLS Weight Room		08:30 Auditorium	08:00 Off-Ice SKILLS and Weight Room	08:30 Auditorium
8:30		08:45 Speed-Agility-Quickness						
9:00	09:30		09:30 Off-Ice SKILLS Weight Room	09:30	09:00 Speed-Agility-Quickness	09:30 Off-Ice SKILLS and Weight Room	09:30	09:30 Goalie Session
9:30		10:00						
10:00		10:15 Tech/ Tac Session Lk 12 &13	11:00	10:00 Speed-Agility-Quickness	10:15 Tech/ Tac Session Lk 15	11:00	10:00 Speed-Agility-Quickness	A
10:30	11:00	11:15		11:15	11:15		11:15	11:00 Cooldown & Weight session
11:00	Lunch	11:30 Distraction Control	11:30 Speed-Agility-Quickness	11:30 Distraction Control	11:30 Distraction Control	11:30 Speed-Agility-Quickness	11:30 Distraction Control	
11:30		12:30 Auditorium	12:45	12:30 Auditorium	12:30 Auditorium	12:45	12:30 Auditorium	12:15
12:00		12:45 Off-Ice SKILLS and Weight Room		13:00 Tech/ Tac Session Lk 15	12:45 Off-Ice SKILLS and Weight Room			13:15 Tech/Tac Session
12:30			13:30 Tech/ Tac Session Ilkka 23	14:00		13:30 Tech/ Tac Session Ilkka 24	13:30 Tech/ Tac Session Ilkka 25	14:30
13:00	14:00	14:15	14:30	14:00 Sauna + Swimming	14:15	14:30	14:30	
13:30				15:00			14:30 Flow Park	Goalies with own teams for sauna swimming and Flow Park
14:00		S T	15:00	A F	F !	15:00		
14:30			Sauna + Swimming		15:30 Flow Park	Flow Park	16:00	
15:00			16:00	16:00		16:30	16:00 Sauna + Swimming	
15:30	16:00		16:30 Flow Park	Flow Park	17:00		17:00	
16:00	Dinner	17:00 Flow Park		17:30		17:00 Sauna + Swimming		
16:30			18:00		18:00 Sauna + Swimming	18:00		
17:00		18:30			19:00			
17:30		19:00 Sauna + Swimming						
18:00		20:00						
18:30	21:00							
19:00								
19:30								
20:00	LIGHTS OUT	22:30 LIGHTS OUT	22:30 LIGHTS OUT	22:30 LIGHTS OUT	22:30 LIGHTS OUT	22:30 LIGHTS OUT	22:30 LIGHTS OUT	22:30 LIGHTS OUT
20:30								
21:00								
21:30								
22:00								
22:30								