

Goalies under the magnifying glass



Mentor goalie coach Tommi Niemelä teaches goalies how to make the butterfly save.

They say that a goalie is the most important player of a hockey team. That's why it's very important to take good care of the goalies and provide them with individualized coaching. Mentor coach of the camp's goalie program, Tommi Niemelä, says that the goalie program here in Vierumäki focuses on basic saves, through movement skills. All the basic puck stopping techniques are practiced and the importance of movement is emphasized.

Niemelä is pleased that here at camp, we've got goalie coaches from both Europe and North America. Teaching styles are so varied in these continents, that the goalies here will leave the camp with great new skill-sets.

All the goalies at the camp have had an excellent attitude towards practicing and you can see that they really enjoy the game. You can also see that goalies from different countries use different techniques. North American goalies, for example, have excellent movement and on the other hand European goalies use their upper body more when saving the puck.

Niemelä finds the program very important because the amount of goalie coaching is increasing and the importance of it should be understood also in smaller hockey nations.

Two minutes in the box

Today's highlights:

CAMP GOES TO FACEBOOK!!! Become a friend of the IIHF and you will find pictures and connect with your new friends from camp.

Friday's weather forecast:

The forecast for tomorrow promises that the temperature rises again and that the chance of rain is minimal, although clouds may appear. Temperatures are around 26°C.

Quote of the day:

In Ice Hockey players don't blame the puck when they screw up – in soccer, if something goes wrong, the ball is always at fault.

(An unidentified Camp Director)

Question of the day:

Yesterday's question: What is the name of that weird creature hanging around the campus?

Answer: Finkey

Today's question:

Which teams played this year in the women's Olympic final and what was the final result?



Finnish sentences...

Ok, now all of you know some Finnish words, so let's move on to some sentences...

It's hot in here = Täällä on kuuma.

Sun is shining = Aurinko paistaa.

Let's go swimming = Mennään uimaan.

I'm having fun = Minulla on hauskaa!

We're going to win = Me tulemme voittamaan!

Prepare yourself...

- Departure schedules will be published tomorrow next to the camp office.
- Make sure you check your departure details, your departure time from Vierumäki and contact the camp staff if you have any questions or problems!

Meet Team Yellow – the BANANAS

Goalkeepers:

30 Prugova Anna	RUS
31 Pänkäläinen Erika	FIN

Defensemen:

3 Macisaac Samantha	CAN
4 Holm Marthe	NOR
5 Young Tiffany	GBR
6 Holcman Martina	SLO
7 Verwey Dominique	RSA
8 Demirkol Basak	TUR

Forwards:

10 Petersson Linn	SWE
11 Morii Mai	JPN
12 Tartaglione Agnese	ITA
13 Even Emily	NED
14 Lagerbauer Bianca	GER
15 Rihet Morgane	FRA
16 Lai Samantha	AUS
17 Fouz Julia	ESP
18 O'Reilly Clara	IRL

Staff:

MC Rollins Laura	CAN
C Piilikangas Sami	FIN
C Weiss Yasmin	AUT
C Heimisdottir Hanna Rut	ISL
C Turunen Antti	FIN
TM Moravcikova Zuzana	SVK
EM van der Meer Michel	NED



Bananas are ready to hit the face off before game against team black.

According to Yellow Team's Mentor Coach Laura Rollins, team Yellow has a really great atmosphere inside the team. Coach Rollins mentioned that they probably have the youngest coaching staff of the camp but that's not an obstacle, as everyone in the coaching staff gives their 100 % and bring new ideas in to team Yellow's game.

Rollins said that team Yellow has good sense of humor and therefore they handle all difficult situations with good humor. She also said that they are for sure the loudest team in the camp. Coach Rollins wanted to especially mention player Emily Even, from the Netherlands, who gives lots of energy to the team with her bubbly, positive attitude.

If there is something that mentor coach Rollins would like to improve, this would be that the team could turn tight games into victories. So far team yellow has won one game and lost two games by just one goal.

Team Yellow also has probably one of the funniest nicknames in the camp: they call themselves the Yellow Bananas! That is again a great example of their good sense of humor.

Bananas will play their next game tonight at 6:15 pm, against team Blue. Are they able to turn a tight game into a victory this time?? Let's all go watch the game tonight and we'll know the answer to that.

Let's Go Yellow bananas!

MC = Mentor Coach

C = Coach

TM = Team Manager

EM = Equipment Manager