

## The Puck stops here!



They are called the “last line of defense” or the “backbone of a hockey team.” So it is no wonder the goalies have been given their own specialized set of coaches. This is the first time a goalie coaching component has been included in the development camp. And according to Head Goalie Coach Instructor NIZZE LANDÉN (SWE), it has worked very well and he hopes this specialized training is included in future camps.

During the week, the programme planned out for the goalies has focused on the basic technical skills and more importantly, developing good habits. On a typical day, the goaltender will not only practice with his team but he will also have on-ice sessions dedicated just for them. This may also include a game later on in the evening.

Everything single one of these practices are recorded and edited by the dedicated goalie coaches to put into video. During video sessions, every detail about the goalie is analyzed and feedback provided. These coaches will even get down on the floor to show the proper technique. Now that's dedication!

## Two minutes in the box

### Today's highlights:

After a little R&R in Linnanmäki and Helsinki, we are back to work. Today, participants trying to qualify for the Winter Youth Olympic Games Skills Challenge have joined the development camp in preparation for their qualification event this Saturday.

### Thursday's weather forecast:

Day five: The sun continues to shine on the campers in Vierumäki. It was a balmy 27 degrees.

### Quote of the day:

“How would you like a job where when you made a mistake, a big red light goes on and 18,000 people boo?”-Jacques Plante

### Question of the day:

In every Vierumäki times, we will have a question of a day.

### **Today's question:**

Which NHL team has held a camp in Vierumäki?

*(Answer in tomorrow's Vierumäki times)* Answer to yesterday's question:

Kevin Lowe

## **Finnish ABC's!!!**

**Where are you from? Names for countries in Finnish.**

**Sweden=Ruotsi Germany=Saksa**

**France=Ranska Russia=Venäjä**

## **Facts about Lahti, Finland**

Population: 101, 686

Rank: 8<sup>th</sup> in Finland.

Notes:

Home of the Lahti Pelicans (SM-Liiga).

Best known for the Lahti Symphony Orchestra

Designated World Design Capital 2012.

Source: Wikipedia

# Yellow means “DANGER”

## Team Roster:

### Goalkeepers:

**30** Weyrick Blake Michael USA

**31** Kornakker Daniel HUN

### Defensemen:

**3** Aho Sebastian SWE

**4** Stockholm Thor DEN

**5** Buss Edgars LAT

**6** O’Neill Alexander GEO

**7** Bors Arnold ROU

**8** Chiang Shang TPE

### Forwards:

**10** Pastrnak David CZE

**11** Gaffal Stefan AUT

**12** Krautsou Aliaksandr BLR

**13** Furukawa Seiya JPN

**14** Vinogradov Dmitri EST

**15** De Ceuster Giovanni BEL

**16** Pantoja Pablo ESP

**17** Johannesson Bjarki Reyri ISL

**18** Karakotas Nikolaos GRE

### Staff:

**MC** Tuomi Timo FIN

**C** Kravets Mikhail RUS

**C** Rivero Jose ESP  
Lalaguna Antonio

**C** Foliot Patrick FRA

**GC** Westerlund Niklas FIN

**TM** Butevych Oleksandr UKR

**EM** Ladecky Rastislav SVK



Players from team Yellow eagerly waiting for turn to get on the ice.

For the rest of the world, red may be a colour for danger but not Timo Tuomi’s yellow team as they have nicknamed their team “Danger”. You might accuse the members of being colour blind but you cannot deny their work ethic. The team has adopted a slogan that goes like this: “This is the yellow team. We work so hard that the other team has to wear an extra mouthguard”.

Sporting a 2-1 record after four days, the team continues to gel as a team. Team Danger’s Finnish mentor coach has instilled a good work ethic and teamwork as the core of the team’s philosophy. “All for one and one for all” may not be the team slogan but it is something that the team has been putting into action.

Like most of the teams in the camp, the coaching staff for team Danger is made up of coaching from different countries. Tuomi has been very impressed by how individual coaches have pulled together to lead the team. The Finnish coach had also high praises for his staff’s performance in their individual roles.

So as a warning for the other teams, if you see yellow, work hard or put on that extra mouthguard. Yellow Danger might just steamroll over you.

**MC = Mentor Coach**

**C = Coach**

**GC = Goalie Coach**

**TM = Team Manager**

**EM = Equipment Manager**