



TEAM FUJI



Time	MON - 16			TUES - 17			WED - 18			THU - 19			FRI - 20			SAT - 21		
6:00																		
6:30																		
7:00																		
7:30	Kaakela	7:30 8:00	Breakfast	Kaakela	7:30 8:00	Breakfast							Kaakela	6:45 7:15	Breakfast	Kaakela	7:00 7:30	Breakfast
8:00							Kaakela	8:00 8:30	Breakfast	Kaakela	8:00 8:30	Breakfast				Arena	7:45 8:00	Dryland Simulations
8:30																		
9:00													Rink A	8:30 9:15	Pre-Game Skate		8:45	Pre-Game Dryland Session
9:30																Kaakela	9:00	Lunch
10:00																		
10:30	Bubble	9:45	Fitness Testing				Scandic Hotel	10:00	Seminar				Scandic Hotel	10:00	Seminar	Scandic Hotel	10:00	Seminar
11:00							Kaakela	10:45 11:15	Lunch for all involved in goalie skills session									
11:30																		
12:00							Scandic Hotel	11:30	Seminar	Arena	11:30	Dryland Simulations						
12:30		12:15																
13:00																		
13:30	Kaakela	13:00 13:45	Lunch				Rink A	12:30 13:15	Pre-Game Skate	Rink B	12:30							
14:00																		
14:30							Kaakela	13:45 14:30	Lunch for rest of team				Kaakela	13:30 14:15	Lunch	Rink B	13:00	Game Everest vs Fuji
15:00																		
15:30	Arena	15:30	Dryland Simulations							Surprise								
16:00																		
16:30																		
17:00	Rink B	16:45	Practice	Dressing room	16:30	Body Composition Testing	Kaakela	17:00 17:45	Dinner	Kaakela	17:00 17:45	Dinner	Rink B	16:30	Game Fuji vs K2	Kaakela	16:30 17:15	Dinner
17:30		18:00			18:00													
18:00							Kaakela	18:15 19:00	Dinner									
18:30																		
19:00	Kaakela	19:00 19:45	Dinner				Rink B	19:20 19:40	On-ice warm up	Rink B	19:00	Practice						
19:30																		
20:00	Scandic Hotel	20:00 21:00	Seminar	Arena	20:15	Dryland Simulations							Kaakela	20:00 20:45	Dinner			
20:30																		
21:00																		
21:30	Kaakela	21:15 21:45	Snack Vanha Salli room				Rink B			Kaakela	21:15 21:45	Snack				Kaakela	21:30 22:00	Snack
22:00																		
22:30																		
23:00																		
23:30							Kaakela	23:15 23:45	Snack	Kaakela	23:00 23:45	Post Game Meal						