



TEAM OLYMPUS

Time	MON - 16			TUES - 17			WED - 18			THU - 19			FRI - 20			SAT - 21		
6:00				Skills Sessions 6:00 - 7:15 - Forwards - Rink A 6:15 - 7:30 - Defence - Rink B												Kaakela	6:30	
6:30							Kaakela	7:00									7:00	Breakfast
7:00								7:30										
7:30	Kaakela	7:30					Arena	7:45								Arena	7:15	Dryland Simulations
8:00		8:00	Breakfast	Kaakela	8:00			8:00					Kaakela	8:00				
8:30					8:30	Breakfast		8:45						8:30	Breakfast	Rink A	8:15	Pre-Game Skate
9:00		8:30						9:00									9:00	
9:30	Bubble		Fitness Testing				Kaakela	9:45										
10:00								10:00										
10:30							Scandic Hotel	11:00					Scandic Hotel	10:00	Seminar	Scandic Hotel	10:00	Seminar
11:00		11:00		Kaakela	10:45	Lunch for all involved in goalie skills session								11:00			11:00	
11:30					11:30								Kaakela	11:30				
12:00				Scandic Hotel	12:30	Seminar								12:15				
12:30	Kaakela	12:30	Lunch				Rink B	12:20	On-ice Warm-up				Arena	12:30	Dryland Simulations			
13:00		13:15		Kaakela	13:00	Lunch for rest of team		13:00		Rink B	12:30	Goalies skills session						
13:30					13:45						13:30		Rink A	13:30		Kaakela	13:30	Lunch
14:00	Rink B	13:45	Practice	Arena	14:15	Goalie Skills session								14:15	Pre-Game Skate		14:15	
14:30					15:00	Dryland Simulations												
15:00	Arena	15:00	Dryland Simulations		15:15			15:30		Surprise								
15:30				Rink B		Practice										Rink B	15:50	On-ice warm up
16:00					16:30												16:10	
16:30							Kaakela	16:30	Dinner								16:30	
17:00								17:15					Kaakela	17:00	Dinner			
17:30				Kaakela	17:30	Dinner								18:15		Rink B		Game Kilimanjaro vs Olympus
18:00					18:15					Kaakela	18:00	Dinner					19:00	
18:30	Kaakela	18:30	Dinner								18:45							
19:00		19:15																
19:30							Dressing room	19:15	Body Composition Testing				Rink B	19:20	On-ice warm up			
20:00														19:40				
20:30	Scandic Hotel	20:00	Seminar					20:45		Rink B	20:30	Practice		20:00		Kaakela	20:00	Dinner
21:00		21:00															20:45	
21:30	Kaakela	21:15	Snack		21:00	Snack												
22:00		21:45	Vanha Salli Room		21:30			21:30	Snack									
22:30								22:00										
23:00																		
23:30										Kaakela	22:30	Snack						
											23:00							
													Kaakela	23:00	Post Game Meal			
														23:45				