

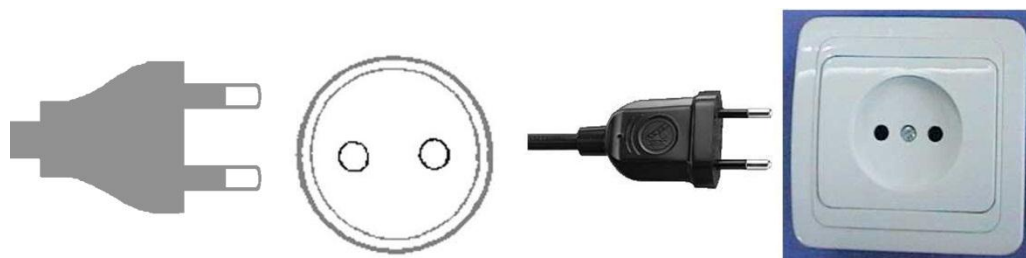
2012 HPC – Camp Information

Dear Friends,

As you are preparing for the 2012 Under-18 High Performance Camp in Vierumäki, Finland, we would like to supply you with this update to advise you of some important information.

Finland

- Finland uses the Euro for currency. Please be advised that there isn't a Cash Machine (ATM) on the site so participants are advised to change their money before arriving.
- The electrical plug configuration in Finland is:



The weather in in July:

- Finland has a reputation as a land of ice and snow, but summers can be warm and sunny, with daytime temperatures reaching 25-30°C (77-86°F)
- The sun never really sets in July, so bring eye covers if you feel like you'll need them
- Participants can get away with lightweight clothing in the daytime, but bring waterproof clothes in case of rain!

Vierumäki

- Is one of the Finnish Sports institutes 120km north of Helsinki
- It is located on more than 10 000 hectares of forest with 1 university, 2 hockey rinks, 3 golf courses and 3,000 places for accommodation
- For more information below is there website in English:
- <http://www.vierumaki.fi/lang/>
- During the camp all participants will be given three meals a day and snacks
- The food is western cuisine that is cooked and prepared on-site



Items to Bring

We also want to remind all camp participants of the equipment that they must bring to camp in addition to their personal items (i.e. personal hygiene items, clothes, camera, medication etc.).

Below you will find a list describing the equipment needed to participate effectively in your group:

Players

- All their normal ice hockey equipment (including sticks)
- The IIHF will have Team jersey's and socks for the players to use at the camp
- Clothes to do off-ice training in (running shoes, shorts, t-shirt, etc.) You will be permitted to wear national team branded attire for any off-ice activities, but you will be required to wear the camp jersey and socks for all ice times including practices
- Notebook and pen to be taken to all Camp Seminar sessions
- All players under the age of 18 MUST wear a throat protector during all ice times. You will not be permitted on the ice without one.
- Sock and stick tape (note that this will not be provided at the camp)

Team / Goalie Coaches

- Skates
- Gloves
- Helmets (mandatory for on-ice sessions – some are available to borrow if needed)
- Small coaching board for use during games, stopwatch (if desired) and whistle
- Clothes to do off-ice training in (running shoes, shorts, t-shirt, etc.)
- Items required for any team building exercises they are considering
- Note: sticks will be available onsite for use by the coaches

Team Managers

- All final camp specific information will be provided to you upon your arrival at the camp (ie team roster, schedules, etc) – please note that information posted online prior to camp is subject to change.
- Team Managers often have their own systems they like to use that require special binders, pens, markers, etc. Please bring these with you as you will only be provided with the electronic versions of the documents.
- Items required for any team building exercises they are considering

Equipment Managers

- Tool kit including screw drivers, pliers, scissors, razor blade and anything else desired
- Helmet repair kit with some screws, screw backs, clips and snaps
- Sewing and repair supplies
- Not required but if available - saw, files, heat guns and other stick tools that they would be willing to bring
- ProSharp has extended a sponsorship deal for the camp and will be supplying six skate sharpeners to be used, therefore do *not* bring your own personal skate sharpener.

Strength Coaches

- Athletic clothing for any conditions
- 2 pairs of shoes
- A clipboard with paper and pen or notebook
- Optional - video camera

Athletic Trainers

- Bench bag stocked with items you like to use



Arrival:

When you arrive at Helsinki-Vantaa International Airport on the 15th July, you will be met by one of our camp leaders. They will make sure you have received all your baggage and then will escort you to the bus that will take you to Vierumäki. The drive from Helsinki-Vantaa International Airport to Vierumäki will take approximately 2 hours.

When you arrive to Vierumäki, you will be taken to the arena where athletes and staff must leave their ice hockey equipment in their dressing rooms. You will then be taken to the registration hall where you will receive your camp accreditation and your room key. You will be escorted to your room by one of our camp leaders.

The registration hall will be open all day long so if you have any questions about the Vierumäki area; your room etc. you can always ask the people there.

If you experience any issues during your travel day, such as delayed or cancelled flights, please call the Camp Office at +358 40 3696205.

Please refer to the Arrival Day Schedule for specific information on the scheduled activities starting Sunday afternoon.