

2012 IIHF Under-18 High Performance Camp (HPC)

Overview Schedule

Time	MON - 16	TUES - 17	WED - 18	THU - 19	FRI - 20	SAT - 21
6 :00 :30						
7 :00 :30						
8 :00 :30	8:30 Fitness Testing Teams 4-6	Skills / Skating Session Forwards and Defence Teams 1-6	7:45 Pre-game Skate/Dryland Teams 1,2,5,6	8:15 Skills / Skating Session Forwards and Defence Teams 1-6	7:45 Pre-game Skate/Dryland Teams 1,3,4,5	7:45 Pre-game Skate/Dryland Teams 2,3,4,6
9 :00 :30			9:15		9:15	9:15
10 :00 :30			10:00 Seminar		10:00 Seminar	10:00 Seminar
11 :00 :30			11:00		11:00	11:00
12 :00 :30	12:15	11:30 Seminar				
13 :00 :30		12:30	12:30 Pre-game Skate Teams 3,4	12:45	12:30 Pre-game Skate Teams 2,6	12:30 Pre-game Skate Teams 1,5
14 :00 :30	14:30	13:45 Goaltender Skills Session Teams 1 -6	14:15	13:30	14:15	14:15
15 :00 :30				13:45		
16 :00 :30	18:15	15:15		16:30		
17 :00 :30			Games 13:00 1 vs 6 16:30 2 vs 5 20:00 3 vs 4	17:15	Games 13:00 5 vs 3 16:30 4 vs 1 20:00 6 vs 2	Games 13:00 2 vs 4 16:30 3 vs 6 20:00 1 vs 5
18 :00 :30		Practices and Dryland Simulations Teams 1-6				
19 :00 :30				Practices Teams 1-6		
20 :00 :30	20:00 Seminar					
21 :00 :30	21:00			21:45		
22 :00 :30		22:45	22:30		22:30	22:30
23 :00 :30						