



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