

## 2012 Observer Program Vierumäki, Finland

18<sup>th</sup> - 22<sup>nd</sup> July 2012

Time	Wednesday-18	Thursday-19	Friday-20	Saturday-21	Sunday-22
7 :00 :30		7:30 Breakfast 8:15	7:30 Breakfast 8:15	7:30 Breakfast 8:15	
O :30	Andrei Dec	8:30 Fitness Testing Practical Example	8:30 Pre-Game Skate 9:15 On-Ice	8:30 Pre-Game Skate 9:15 Off-Ice	Departure Day
$9 \frac{.00}{:30}$			Nutrition at the Rink Tour 9:45 Pearle Nerenberg		
$10\frac{:00}{:30}$			10:00 High Performance Camp Seminar Fitness Testing Review 11:00	High Performance Camp Seminar Topic 1: Game & Tournament Planning Topic 2: Time Management	
11 :00 :30		11:30 12:00 Lunch	11:30 - Lunch	11:30 Lunch	
$12\frac{:00}{:30}$	Arrival Day until 2200	12:15	12:30	12:45 Friday Night Task Review	
13 :00 :30			13:00 Nutrition Seminar	13:15	
$14 \frac{:00}{:30}$		Girls Hockey Day Session Seminar and Watch On-Ice Example	14:00 What Athletes Need from their Leaders 15:00	15:00  15:15  Hockey Centre	
15 :00 :30			Topic 1: Coaching Goaltenders Topic 2: Preparing for a Camp/Tournament		
16 :00 :30			Topic 1: The X's and O's Topic 2: Keeping in touch with your team	Official Close of Observer Program	
$17\frac{:00}{:30}$		17:00 Recruitment and Learn to Play Overview  17:45	17:15 your team		
18 :00 :30		18:30 Dinner	18:00 Dinner 19:00	18:00 Dinner 19:00	
19 :00 19:00 19:00	Welcome & Tour Bubble Auditorium	19:00 Observe HPC Practices	19:15		
20 :30 20:30		20:30	Development and High Performance Game	20:00	
21 :00 :30	Enjoy Game Action	21:00  Become a Finn for an evening Sauna Time	Observation and Task	Enjoy Game Action	
22 :00 22:30 x 30 x		22:30	22:30	22:30	