



**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 - 7:30		7:30 Breakfast	7:30 Breakfast	7:30 Breakfast	Departure Day
8:00 - 8:30		8:15	8:15	8:15	
9:00 - 9:30		8:30 Fitness Testing Practical Example	8:30 Pre-Game Skate On-Ice	8:30 Pre-Game Skate Off-Ice	
10:00 - 10:30			9:15 Nutrition at the Rink Tour Pearle Nerenberg		
11:00 - 11:30			10:00 High Performance Camp Seminar Fitness Testing Review	10:00 High Performance Camp Seminar Topic 1: Game & Tournament Planning Topic 2: Time Management	
12:00 - 12:30	Arrival Day until 2200	11:30 Lunch	11:30 Lunch	11:30 Lunch	
13:00 - 13:30		12:00	12:00	12:15	
14:00 - 14:30		12:15	12:30	12:45	
15:00 - 15:30		Girls Hockey Day Session Seminar and Watch On-Ice Example	13:00 Nutrition Seminar	13:15	
16:00 - 16:30			14:00 What Athletes Need from their Leaders	15:00	
17:00 - 17:30			15:00	15:15	
18:00 - 18:30			15:15	15:15	
19:00 - 19:30		16:00	16:15	16:15	
20:00 - 20:30		17:00	17:15	16:15	
21:00 - 21:30		17:45	18:00	18:00	
22:00 - 22:30	18:30	19:00	19:00		
	19:00	19:00	19:15	20:00	
	20:30	20:30			
		21:00			
	22:30	22:30	22:30	22:30	

\* Note: Schedule is subject to change