

# 2013 IIHF High Performance Camp

14<sup>th</sup> – 21<sup>st</sup> July, 2013

Sheffield, England

## Important Camp Information



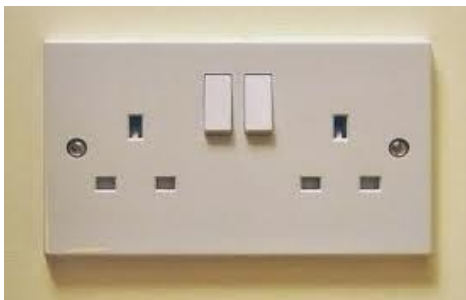
INTERNATIONAL  
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Dear Friends

As you are preparing for the 2013 High Performance Camp, in Sheffield, England, we would like to supply you with this update to advise you of some important information.

### England, GBR

- Great Britain uses the Pound (£) for currency
- The electrical plug configuration in GBR is:



The weather in in July:

- Britain has the reputation as a land of rain, but summers can be warm and sunny, with daytime temperatures reaching 25-30°C (77-86°F)
- Campers can get away with lightweight clothing in the daytime
- But bring waterproof clothes in case of rain; it is Britain after all!!!

### Sheffield

- Is a former industrial city famous for steel making
- It is located in the middle of England about 250 kms north of London
- It has a strong sports heritage with 2 football teams, 3 ice rinks and is the home of Olympic Heptathlon Champion Jessica Ennis
- The arena that the camp will be held at is called iceSheffield:  
<http://www.icesheffield.com/>
- All the athletes and team staff will be staying in the Premier Inn – Arena which is located across road from iceSheffield:  
<http://www.premierinn.com/en/hotel/SHEMTI/sheffield-arena>
- 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

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### 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)
- Clothes to do off-ice training in (running shoes, shorts, t-shirt, etc.)
- The IIHF will have Team jersey's and socks for the players to use at the camp

REMEMBER to bring your Throat Guard! Players will not be allowed on the ice without them.

### Arrival:

When participants arrive at Manchester International Airport on the 14<sup>th</sup> 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 Sheffield. The drive from the Airport to Sheffield will take approximately 1.5 to 2 hours.

When you arrive in Sheffield, you will be taken to the arena where you 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 Sheffield area; your room etc. you can always ask the people there.

### Camp Beginning:

The camp programs will start on Sunday evening:

- All Participants - Opening Ceremony - 18.00 (6:00pm) in the Badminton Hall at the EIS
  - Camp picture
  - Introduction to Fitness Testing
  - Path of a Champion
- All information will be posted in the Hall during registration