2014 High Performance Camp
Vierumäki, Finland
12-19 July 2014
Sunday, 13 July 2014

Time	Meals	Forwards 1	Forwards 2	Forwards 3	Defense 1	Defense 2	Goalies	GO
7:00	07:00 Breakfast							07:00 Breakfast
7:30			07:30 Anti-Doping	07:30 Anti-Doping	07:30 Anti-Doping			
8:00			08:30 Bubble	08:30 Bubble	08:30 Bubble	08:30 Anti-Doping	08:30 Anti-Doping	
8:30		08:45 On-Ice Skills Forwards A				09:30 Bubble	09:30 Bubble	09:00
9:00	09:30	10:00	10:15 On-Ice Skills Forwards A	09:00 Fitness Testing	09:30 Fitness Testing	10:00 Fitness Testing	09:45 Nutrition Athlete Lounge	10:00 Fitness Testing Pallohalli
9:30		10:45 Anti-Doping	11:30		12:15	12:45	10:45	
10:00		11:45 Bubble		11:45			11:45 Goalie Session A	12:00
10:30	11:00		12:30 Leadership	12:30 Leadership			13:00	12:30 Lunch
11:00	Lunch	12:30 Leadership	13:30 Bubble	13:30 Bubble	13:30 Leadership	13:30 Leadership		14:00 Fitness Testing Pallohalli
11:30		13:30 Bubble			14:30 Bubble	14:30 Bubble	14:30 Fitness Testing	
12:00		13:30 Fitness Testing	14:00 Fitness Testing	14:00 On-Ice Skills Forwards A		14:30 Nutrition - Athlete Lounge		15:30
12:30	14:00			15:15	15:30 On-Ice Skills Defense A	15:30	17:15	
13:00		16:00	16:30		16:45			18:30 Dinner
13:30		17:00 Nutrition - Bubble	17:00 Nutrition - Bubble	17:00 Nutrition - Bubble	17:00 Nutrition - Bubble	17:00 On-Ice Skills Defence A	18:00 Leadership Bubble	
14:00	17:00 Dinner	18:00	18:00	18:00	18:00	18:15	19:00	
14:30		19:00 RED Team Meetings	19:00 WHITE Team Meetings	19:00 GREY Team Meetings	19:00 GREEN Team Meetings	19:00 YELLOW Team Meetings	19:00 BLUE Team Meetings	
15:00	20:00							
15:30		21:00	21:00	21:00	21:00	21:00	21:00	21:00
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22:00	LIGHTS OUT	22:30 LIGHTS OUT	22:30 LIGHTS OUT	22:30 LIGHTS OUT	22:30 LIGHTS OUT	22:30 LIGHTS OUT	22:30 LIGHTS OUT	22:30 LIGHTS OUT