2014 High Performance Camp
Vierumäki, Finland
12-19 July 2014
Monday, 14 July 2014

FAIR PLAY AND RESPECT

Time	Meals	RED	WHITE	GREY	BLUE	GREEN	YELLOW	GO
7:00								07:00 B GO Ice session
7:30	Breakfast	07:30 A Goalie Ice	07:30 A Goalie Ice	07:30 A Goalie Ice	07:30 A Goalie Ice	07:30 A Goalie Ice	07:30 A Goalie Ice	08:00 Breakfast
8:00		08:30	08:30	08:30	08:30	08:30	08:30	
8:30								
9:00		09:00 A Team Practice	09:00 Warm-up and Skating Simulation	09:15 Role Development and Acceptance LK	09:15 Role Development and Acceptance LK		09:00 B Team Practice	
9:30		10:00	10:15 A Team Practice			10:00 Nutrition Athlete Lounge 11:00	10:00 Cool-Down and Skating Simulation	10:00
10:00		10:00 Cool-down and Skating Simulation						
10:30		11:15	11:15	11:30 A Team Practice 12:30	11:30 Warm-up and Skating Simulation	11:45 Role Development and Acceptance Bubble 12:45	11:15	12:30 Lunch
11:00		11:45 Role Development and Acceptance Bubble	11:45 Role Development and Acceptance Bubble		12:30		11:45 Role Development and Acceptance Bubble	
11:30	Lunch	12:45	12:45	12:30 Cool-down and Skating Simulation	12:45 A Team Practice 13:45	12:45 Warm-up and Skating Simulation 14:00	12:45	14:00
12:00						Team Practice A 14:45		
12:30		14:15 Nutrition Bubble 15:15	14:15 Nutrition Bubble 15:15	14:15 Nutrition Bubble 15:15	14:15 Nutrition Bubble 15:15		14:15 Nutrition Bubble 15:15	
13:00				15:30 Team Building 16:30	15:30 Team Building 16:30	15:30 Team Building 16:30	15:30 Team Building 16:30	
13:30								
14:00								
14:30		17:00 A Practice 18:15	17:15 B Practice 18:30	18:30 A Practice 19:45	18:45 B Practice 20:00	20:00 A Practice 21:15	20:15 B Practice 21:30	18:30 Dinner 21:00
15:00								
15:30								
16:00								
16:30	Dinner							
17:00								
17:30								
18:00								
18:30								
19:00		19:30 Team Building 20:30	19:30 Team Building 20:30					
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21:30								
22:00		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
22:30	LIGHTS OUT							