**2014 High Performance Camp**
**Vierumäki, Finland**
**12-19 July 2014**
**Tuesday, 15 July 2014**

FAIR PLAY AND RESPECT

| e | Time | Meals | RED | WHITE | GREY | BLUE | GREEN | YELLOW | GO |
|---|---|---|---|---|---|---|---|---|---|
| 7 | 7 :00 | 07:00 | | | | | | | 07:00 |
| | :30 | Breakfast | | | | | | | Breakfast |
| 8 | 8 :00 | | 08:00 A Pre-Game Skate | | | | | 08:15 B Pre-Game Skate | |
| | :30 | | 09:00 | | | 09:00 Nutrition Bubble | 09:00 Nutrition Bubble | 09:15 | 10:00 |
| 9 | 9 :00 | 09:30 | | 09:15 A Pre-Game Skate | 09:30 B Pre-Game Skate | 10:00 | 10:00 | | |
| | :30 | | 10:00 Speed-Agility-Quickness | 10:15 | 10:30 | 10:45 B Pre-Game Skate | 10:30 A Pre-Game Skate | 10:45 Speed-Agility-Quickness | 11:45 A GO |
| 10 | 10 :00 | 11:00 | 11:15 | 11:00 Nutrition Bubble | 11:00 Nutrition Bubble | 11:45 | 11:30 | 12:00 | 12:30 Ice session |
| | :30 | Lunch | | 12:00 | 12:00 | 12:30 Speed-Agility-Quickness | 12:45 Speed-Agility-Quickness | 13:00 Nutrition Bubble | 12:30 Lunch |
| 11 | 11 :00 | | 13:00 Nutrition Bubble | 12:15 Speed-Agility-Quickness | 12:45 Speed-Agility-Quickness | 13:45 | 14:00 | 14:00 | 14:00 |
| | :30 | 14:00 | 14:00 | 13:30 | 14:00 | 15:00 Social Media and Sports | 15:00 Social Media and Sports | 15:00 Social Media and Sports | |
| 12 | 12 :00 | | | | 15:00 Social Media and Sports | 16:30 Bubble | 16:30 Bubble | 16:30 Bubble | |
| | :30 | | | | 16:30 Bubble | | | | |
| 13 | 13 :00 | 16:30 | 16:30 GAME A Red vs. White | 16:30 GAME A Red vs. White | | | | | |
| | :30 | | | | | | | | |
| 14 | 14 :00 | | | | | | | | |
| | :30 | | 18:30 | 18:30 | | | 18:45 GAME A Green vs. Yellow | 18:45 GAME A Green vs. Yellow | 18:30 |
| 15 | 15 :00 | Dinner | | | 19:30 GAME B Grey vs. Blue | 19:30 GAME B Grey vs. Blue | | | Dinner |
| | :30 | | 20:15 Social Media and Sports | 20:15 Social Media and Sports | | | 20:45 | 20:45 | |
| 16 | 16 :00 | 21:00 | | | 21:30 | 21:30 | | | 21:00 |
| | :30 | | 21:45 Bubble | 21:45 Bubble | | | | | |
| 17 | 17 :00 | | | | | | | | |
| | :30 | | | | | | | | |
| 18 | 18 :00 | | | | | | | | |
| | :30 | | | | | | | | |
| 19 | 19 :00 | | | | | | | | |
| | :30 | | | | | | | | |
| 20 | 20 :00 | | | | | | | | |
| | :30 | | | | | | | | |
| 21 | 21 :00 | | | | | | | | |
| | :30 | | | | | | | | |
| 22 | 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 |
| | :30 | | | | | | | | |