2014 High Performance Camp
Vierumäki, Finland
12-19 July 2014
Wednesday, 16 July 2014

Time	Meals	YELLOW	GREEN	BLUE	GREY	WHITE	RED	GOALIES	GO
7:00	07:00 Breakfast								07:00 Breakfast
8:00		08:00 Off-Ice SKILLS and Weight Room	07:30 Relentless Competitor 08:30 Bubble		08:00 Off-Ice SKILLS Weight Room	07:30 Relentless Competitor 08:30 Bubble		07:30 Relentless Competitor 08:30 Bubble	08:00 A GO Ice session
9:00	09:30	09:30	09:30 Off-Ice SKILLS and Weight Room	09:00 Speed-Agility-Quickness	09:30	09:30 Off-Ice SKILLS Weight Room	08:45 Speed-Agility-Quickness 10:00	09:30 A Goalie Session	09:00 Breakfast 10:00
10:00		10:00 Speed-Agility-Quickness 11:15	11:00	10:15 Tech/ tac Session 11:15 Bubble	10:00 Speed-Agility-Quickness 11:15	11:00	10:15 Tech/ Tac Session Bubble 11:15	11:00	
11:00	11:00 Lunch	11:30 Relentless Competitor Bubble	11:30 Speed-Agility-Quickness	11:30 Relentless Competitor Bubble	11:30 Relentless Competitor Bubble	11:30 Speed-Agility-Quickness	11:30 Relentless Competitor 12:30 Bubble	12:30 Weight Room	12:30 Lunch
12:00		12:30	12:45	12:30	12:30	12:45	12:45	13:30	
13:00		13:30 Tech/ Tac Session	13:30 Tech/ Tac Session	12:45 Off-Ice SKILLS and Weight Room	13:30 Tech/ Tac Session	13:30 Tech/ Tac Session	14:15 Off-Ice SKILLS and Weight Room	13:30 Tech/ Tac Session	14:00
14:00	14:00	14:30 Bubble	14:30 Bubble	14:15	14:30 Bubble	14:30 Bubble		14:30 Bubble	
15:00		14:30 Flow Park	14:30 Flow Park	14:30 Flow Park	14:30 Flow Park	14:30 Flow Park	14:30 Flow Park	14:30 Flow Park	
16:00	16:00								
17:00		Sauna + Swimming	Sauna + Swimming	Sauna + Swimming	Sauna + Swimming	Sauna + Swimming	Sauna + Swimming	Sauna + Swimming	
18:00	Dinner								18:30 Dinner
19:00		20:00	20:00	20:00	20:00	20:00	20:00	20:00	
20:00	21:00								21:00
21:00									
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	22:30 LIGHTS OUT