



2014 High Performance Camp
 Vierumäki, Finland
 12-19 July 2014
 Thursday, 17 July 2014



Time	Meals	WHITE	YELLOW	GREEN	RED	BLUE	GREY	GO
7 :00	Breakfast							Breakfast
7 :30								
8 :00	Breakfast	08:15 B Pre-Game Skate	08:00 A Pre-Game Skate	07:45 Team Dynamics Bubble	07:45 Team Dynamics Bubble	07:45 Team Dynamics Bubble	07:45 Team Dynamics Bubble	Breakfast
8 :30			09:00	08:45	08:45	08:45	08:45	
9 :00	Breakfast							Breakfast
9 :30								
10 :00	Breakfast	09:45 Seminar - Fitness Testing Results Bubble	09:45 Seminar - Fitness Testing Results Bubble	09:30 B Pre-Game Skate	09:15 A Pre-Game Skate	09:00 Off-ice skills session	09:00 Off-ice skills session	Breakfast
10 :30				10:30	10:15	10:00	10:00	
11 :00	Lunch	11:15 Seminar - Fitness Testing Results Bubble	11:15 Seminar - Fitness Testing Results Bubble	11:00 Off-ice skills session	11:00 Off-ice skills session	10:45 B Pre-Game Skate	10:30 A Pre-Game Skate	Lunch
11 :30				12:00	12:00	11:45	11:30	
12 :00	Lunch	12:30 Team Dynamics Bubble	12:30 Team Dynamics Bubble					Lunch
12 :30								
13 :00	Lunch	13:00 Off-ice skills session	13:00 Off-ice skills session	13:00 Seminar - Fitness Testing Results Bubble	13:00 Seminar - Fitness Testing Results Bubble			Lunch
13 :30				14:30	14:30			
14 :00	Lunch					14:30 Seminar - Fitness Testing Results Bubble	14:30 Seminar - Fitness Testing Results Bubble	Lunch
14 :30								
15 :00	Lunch							Lunch
15 :30								
16 :00	Lunch		16:30 GAME		16:30 GAME			Lunch
16 :30								
17 :00	Dinner		A Yellow vs. Red 10 min warm-up included		A Yellow vs. Red 10 min warm-up included			Dinner
17 :30								
18 :00	Dinner		18:30		18:30			Dinner
18 :30								
19 :00	Dinner	18:45 GAME					18:45 GAME	Dinner
19 :30		A White vs. Grey 10 min warm-up included		19:30 GAME		19:30 GAME	A White vs. Grey 10 min warm-up included	
20 :00	Dinner	20:45 GAME		B Blue vs. Green 10 min warm-up included		B Blue vs. Green 10 min warm-up included		Dinner
20 :30								
21 :00	Dinner			21:30		21:30		Dinner
21 :30								
22 :00	LIGHTS OUT							LIGHTS OUT
22 :30								