2014 High Performance Camp
Vierumäki, Finland
12-19 July 2014
Friday, 18 July 2014

FAIR PLAY AND RESPECT

Time	Meals	WHITE	GREY	GREEN	BLUE	YELLOW	RED	GO
7 :00	07:00 Breakfast							07:00 Breakfast
:30								
8 :00					08:00 Weight Room Circuit			08:00 A GO Ice session
:30		08:45 Workshop	08:45 Workshop	08:45 Workshop	09:00	08:45 Work-shop	09:00 Weight Room Circuit	09:00
9 :00	09:30	09:45 Bubble	09:45 Bubble	09:45 Bubble		09:45 Bubble		09:00 Breakfast
:30								
10 :00		10:00 Weight Room Circuit					10:00	10:00
:30		11:00		11:00 Weight Room Circuit				10:45 Snack
11 :00	11:00 Lunch		12:00 Weight Room Circuit	12:00	12:00 GAME A Blue vs. Red 15 min warm-up included	13:00 Weight Room Circuit	12:00 GAME A Blue vs. Red 15 min warm-up included	12:30 Lunch
:30			13:00			14:00		
12 :00		14:00 GAME B White vs. Green 15 min warm-up included	15:00 GAME A Grey vs. Yellow 15 min warm-up included	14:00 GAME B White vs. Green 15 min warm-up included	15:00	15:00 GAME A Grey vs. Yellow 15 min warm-up included	15:00	14:00
:30					16:00 Work-shop		16:00 Work-shop	
13 :00	16:30	17:00	18:00	17:00	17:00	18:00	17:00	
:30								
14 :00		18:00 Team Meeting		18:00 Team Meeting	18:00 Team Meeting		18:00 Team Meeting	
:30		19:00	19:00 Team Meeting	19:00	19:00	19:00 Team Meeting	19:00	
15 :00			20:00			20:00		
:30								
16 :00	Dinner	20:30 Final Camp Meeting ALL	20:30 Final Camp Meeting ALL	20:30 Final Camp Meeting ALL	20:30 Final Camp Meeting ALL	20:30 Final Camp Meeting ALL	20:30 Final Camp Meeting ALL	20:30 Final Camp Meeting ALL
:30								
17 :00								
:30								
18 :00								
:30								
19 :00	21:00							
:30								
20 :00								
:30								
21 :00								
:30								
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								