2014 High Performance Camp
Vierumäki, Finland
12-19 July 2014
Overview Schedule

FAIR PLAY AND RESPECT

Time	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT
7:00			07:00 GO B Ice Session A Goalie					
7:30			08:00 Ice session A Goalie 08:30 Ice session	08:00 Red A 08:15 Yellow B Pre Game Skate 09:00	08:00 A GO Ice session 09:00	08:00 Yellow A 08:15 White B Pre Game Skate 09:00	08:00 A GO Ice session 09:00	08:30 DEPARTURE DAY
8:00		08:45 A On-Ice Skills Forwards 1 10:00	09:00 Red A On-Ice Skills Defense 10:00 Goalie Ice 9:00-10:30 B	09:15 White A 09:30 Grey B Pre Game Skate 10:15	09:30 Goalies Session A 11:00	09:15 Red A 09:30 Green B Pre Game Skate 10:15		
8:30								
9:00								
9:30								
10:00		10:15 A On-Ice Skills Forwards 2 11:30	10:15 White A On-Ice Skills Forwards 11:15	10:30 Green A 10:45 Blue B Pre Game Skate 11:30		10:30 Grey A 10:45 Blue B Pre Game Skate 11:30		
10:30								
11:00			11:30 Grey A On-Ice Skills Forwards 12:30	11:45 A GO 12:30 Ice session		11:45 Game A Officials 12:45	12:00 A GAME Blue vs. Red 15 min warm-up included	12:00
11:30		11:45 A Goalie Session 13:00	12:45 Blue A On-Ice Skills Defense 13:45					
12:00								
12:30								
13:00		14:00 On-Ice Skills A Forwards 3 15:15	14:00 Green A On-Ice Skills Forwards 15:00		14:30 Flow Park		14:00 B GAME White vs. Green 15:00	
13:30								
14:00							15:00 A GAME Grey vs. Yellow 15 min warm-up included	
14:30		15:30 On-Ice Skills A Defense 1 16:45						
15:00								
15:30								
16:00	16:30 DINNER 16.30 - 18.00 Kaskela 18:00	17:00 A On-Ice Skills Defense 2 18:15	17:00 ICE PRACTICE 17:15 Red A White 18:15 B	16:30 A GAME Red vs. White 10 min warm-up included 18:30	Sauna + Swimming	16:30 A GAME Yellow vs. Red 10 min warm-up included 18:30	18:00	
16:30								
17:00								
17:30								
18:00	18:15 SCANDIC WELCOME INTRO to Fitness Testing Path of a Champion CAMP PIC 21:00 Snack 21:30 Athlete Lounge		18:30 ICE PRACTICE 18:45 Grey A Blue 19:45 B 20:00 ICE PRACTICE 20:15 Green A Yellow 21:15 B	18:45 A GAME Green vs. Yellow 19:30 GAME B Grey vs. Blue 10 min warm-up included 20:45	20:00 Food	18:45 A GAME White vs. Grey 19:30 GAME B Blue vs. Green 10 min warm-up included 20:45	20:30 Final Camp Meeting ALL	
18:30								
19:00								
19:30								
20:00								
20:30								
21:00								
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								