2013 Hockey Development Camp
Vierumäki, Finland
6 - 14 July 2013
RED - TEAM 1

HOCKEY DEVELOPMENT CAMP

FAIR PLAY AND RESPECT

Time	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN
7:00									
7:30		7:30 BREAKFAST	7:30 BREAKFAST			7:30 BREAKFAST		7:30 BREAKFAST	7:30 BREAKFAST
8:00				8:00 BREAKFAST	8:00 BREAKFAST		8:00 BREAKFAST		
		8:15-9:00 Coaches (Off-Ice Training) Classroom							
8:30		8:30 ICE PRACTICE GOALIES A		8:30 ICE PRACTICE GOALIES A		8:30 ICE PRACTICE GOALIES A	8:30 ICE PRACTICE GOALIES A		8:30 DEPARTURE DAY
9:15		9:15 ICE PRACTICE A TEAM 1+2	9:15 ICE PRACTICE 9:15 A On-Ice Team Photo TEAM 1+3	9:15 9:30 OFF-ICE TRAINING	9:45 SKILLS CHALLENGE and X-ICE GAMES A TEAM 1+4 B TEAM 5+8	9:15 ICE PRACTICE A TEAM 1+6	9:15 9:30 OFF-ICE TRAINING	9:15 ICE PRACTICE A TEAM 1+8	
10:30		10:30	10:30	10:30		10:30	10:30	10:30	
11:15					11:15				BEFORE LUNCH
11:30		11:30 OFF-ICE TRAINING	11:30 OFF-ICE TRAINING	11:45 ICE PRACTICE A TEAM 1+4		11:30 OFF-ICE TRAINING	11:45 ICE PRACTICE A TEAM 1+7	11:30 OFF-ICE TRAINING	12:00
12:00					12:00 LUNCH				
12:30		12:30	12:30	13:00	12:30 Tour of HELSINKI	12:30	13:00	12:30	
13:00		13:00 LUNCH	13:00 LUNCH	13:30 LUNCH		13:00 LUNCH	13:30 LUNCH	13:00 LUNCH	
14:00		14:00 Coach Education 14: 00 - 15:30 Seminar 1 USA & SVK 14:30 - 15:30 Players LTAD Seminar	14:00 Coach Education Seminar 2 LTAD (Steve Norris)	14:00 Coach Education Seminar 3 CAN & FIN		14:00 Coach Education Seminar 4 SWE & SUI	14:00 Coach Education Seminar 5 Panel Discussion	14:00 Coach Education Seminar 6 Strategic Plan 15:00 Presentation	
15:30		15:30	15:30	15:30		15:30	15:30		
15:45				15:45 CLASSROOM SESSION					
16:30		16:30 GAME A TEAM 1+2	16:30 GAME A TEAM 1+3	16:30		16:30 GAME A TEAM 1+6	16:30 CLASSROOM SESSION 17:15	16:00 GAME A TEAM 1+8	
17:00	17:00 DINNER 17.00 - 19.30				Tour of HELSINKI			17:30	
18:00	18:00 TEAM STAFF MEETING Auditorium	18:00	18:00	18:15 GAME A TEAM 1+4	19:00	18:00	18:15 GAME A TEAM 1+7		
19:00	19:00 MENTOR and Staff Meeting								
19:30	19:30 OPENING CEREMONY On Track If rain -> Bubble	19:30 DINNER	19:30 DINNER	19:45		19:30 DINNER	19:45		
20:30	20:30 TEAM MEETINGS 1,2,3,4,5,6,7,8 in Dressing Rooms			20:30 DINNER	20:30 DINNER		20:30 DINNER	20:30 DINNER & AWARDS CEREMONY	
21:00			21:00 Team Sauna Kaski						
22:30	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	

2013 Hockey Development Camp
Vierumäki, Finland
6 - 14 July 2013
WHITE- TEAM 2

HOCKEY DEVELOPMENT CAMP

FAIR PLAY AND RESPECT

Time	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN
7:00					7:00 BREAKFAST				
7:30		7:30 BREAKFAST		7:30 BREAKFAST		7:30 BREAKFAST	7:30 BREAKFAST		7:30 BREAKFAST
8:00		8:15-9:00 Coaches (Off-Ice Training) Classroom	8:00 BREAKFAST		8:00 SKILLS CHALLENGE and X-ICE GAMES			8:00 BREAKFAST	
8:30		8:30 A ICE PRACTICE GOALIES		8:30 A ICE PRACTICE GOALIES	A TEAM 2+3	8:30 A ICE PRACTICE GOALIES	8:30 A ICE PRACTICE GOALIES		8:30 DEPARTURE DAY
9:00		9:15 ICE PRACTICE	9:00 A OFF-ICE TRAINING	9:15 ICE PRACTICE	9:30	9:15	9:15 ICE PRACTICE	9:00 A OFF-ICE TRAINING	
9:30		A TEAM 1+2		A TEAM 2+3		9:30 ICE PRACTICE B TEAM 2+5	A TEAM 2+8		
10:00			10:00					10:00	
10:30		10:30		10:30	10:30 CLASSROOM SESSION	10:45	10:30	10:45 ICE PRACTICE A TEAM 2+7	BEFORE LUNCH
11:00					11:15				
11:30		11:30 OFF-ICE TRAINING	11:45 ICE PRACTICE 11:45 On-Ice Team Photo A TEAM 2+4	11:30 OFF-ICE TRAINING	11:30 LUNCH	11:30 OFF-ICE TRAINING	11:30 OFF-ICE TRAINING	12:00	12:00
12:00		12:30		12:30	12:00 Tour of HELSINKI	12:30	12:30		
13:00		13:00 LUNCH	13:00	13:00 LUNCH		13:00 LUNCH	13:00 LUNCH	13:45 LUNCH	
13:30			13:30 LUNCH						
14:00		14:00 Coach Education 14: 00 - 15:30 Seminar 1 USA & SVK 14:30 - 15:30 Players LTAD Seminar	14:00 Coach Education Seminar 2 LTAD (Steve Norris)	14:00 Coach Education Seminar 3 CAN & FIN		14:00 Coach Education Semimar 4 SWE & SUI	14:00 Coach Education Seminar 5 Panel Discussion	14:00 Coach Education Seminar 6 Strategic Plan Presentation	
15:00								15:00	
15:30		15:30	15:30	15:30		15:30	15:30		
16:00			16:15 CLASSROOM SESSION						
16:30		16:30 A GAME TEAM 1+2	17:00	16:30 A GAME TEAM 2+3		16:45 B GAME TEAM 2+5	16:30 A GAME TEAM 2+8		
17:00	17:00 DINNER 17.00 - 19.30				Tour of HELSINKI				
17:30		18:00		18:00		18:15	18:00	17:45 A GAME TEAM 2+7	
18:00	18:00 TEAM STAFF MEETING Auditorium		18:15 A GAME TEAM 2+4						
18:30								19:15	
19:00	19:00 MENTOR and Staff Meeting								
19:30	19:30 OPENING CEREMONY On Track If rain -> Bubble	19:30 DINNER	19:45	19:30 DINNER	20:00	19:30 DINNER	19:30 DINNER		
20:00					20:00 DINNER				
20:30	20:30 TEAM MEETINGS 1,2,3,4,5,6,7,8 in Dressing Rooms		20:30 DINNER					20:30 DINNER & AWARDS CEREMONY	
21:00							21:00 Team Sauna Pihka		
21:30									
22:00							22:30		
22:30	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	

2013 Hockey Development Camp
Vierumäki, Finland
6 - 14 July 2013
BLACK - TEAM 3

HOCKEY DEVELOPMENT CAMP

FAIR PLAY AND RESPECT

Time	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN
7:00					7:00 BREAKFAST				
7:30			7:30 BREAKFAST	7:30 BREAKFAST				7:45 BREAKFAST	7:30 BREAKFAST
8:00		8:00 BREAKFAST			8:00 SKILLS CHALLENGE and X-ICE GAMES	8:00 BREAKFAST	8:00 BREAKFAST		
8:15		8:15-9:00 Coaches (Off-Ice Training) Classroom							
8:30		8:30 A ICE PRACTICE GOALIES		8:30 A ICE PRACTICE GOALIES	A TEAM 2+3	8:30 A ICE PRACTICE GOALIES	8:30 A ICE PRACTICE GOALIES	8:45 B ICE PRACTICE TEAM 3+6	8:30 DEPARTURE DAY
9:15		9:15	9:15 ICE PRACTICE 9:15 A On-Ice Team Photo TEAM 1+3	9:15 ICE PRACTICE A TEAM 2+3	9:30	9:15	9:15		
9:30		9:30 OFF-ICE TRAINING				9:30 OFF-ICE TRAINING	9:30 OFF-ICE TRAINING		
10:00								10:00	
10:30		10:30	10:30			10:30	10:30		
11:00									BEFORE LUNCH
11:30			11:30 OFF-ICE TRAINING	11:30 OFF-ICE TRAINING	11:30 LUNCH			11:30 OFF-ICE TRAINING	12:00
11:45		11:45 A ICE PRACTICE TEAM 3+4				11:45 A ICE PRACTICE TEAM 3 +8	12:00 B ICE PRACTICE TEAM 3+5		
12:00			12:30	12:30	12:00 Tour of HELSINKI			12:30	
13:00		13:00	13:00 LUNCH	13:00 LUNCH		13:00	13:15	13:00 LUNCH	
13:30		13:30 LUNCH				13:30 LUNCH	13:30 LUNCH		
14:00		14:00 Coach Education 14: 00 - 15:30 Seminar 1 USA & SVK **14:30 - 15:30 Players** LTAD Seminar	14:00 Coach Education Seminar 2 LTAD (Steve Norris)	14:00 Coach Education Seminar 3 CAN & FIN		14:00 Coach Education Seminar 4 SWE & SUI	14:00 Coach Education Seminar 5 Panel Discussion	14:00 Coach Education Seminar 6 Strategic Plan 15:00 Presentation	
15:30		15:30	15:30	15:30		15:30	15:30		
15:45		15:45 CLASSROOM SESSION				15:45 CLASSROOM SESSION		15:45 A GAME TEAM 3+6	
16:30		16:30	16:30 A GAME TEAM 1+3	16:30 A GAME TEAM 2+3		16:30		17:15	
17:00	17:00 **DINNER** **17.00 - 19.30**		18:00	18:00	Tour of HELSINKI				
18:00	18:00 **TEAM STAFF MEETING** Auditorium	18:15 A GAME TEAM 3+4				18:15 A GAME TEAM 3 +8	18:30 B GAME TEAM 3+5		
19:00	19:00 **MENTOR** and Staff Meeting	19:45	19:00 **Team Sauna** Pihka			19:45	20:00		
19:30	19:30 **OPENING CEREMONY** On Track If rain -> Bubble		20:30	19:30 DINNER	20:00 DINNER				
20:00	20:30 **TEAM MEETINGS** **1,2,3,4,5,6,7,8** in Dressing Rooms	20:30 DINNER	20:30 DINNER			20:30 DINNER	20:30 DINNER	20:30 DINNER & AWARDS CEREMONY	
21:00									
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 LIGHTS OUT	

2013 Hockey Development Camp
Vierumäki, Finland
6 - 14 July 2013
BLUE- TEAM 4

HOCKEY DEVELOPMENT CAMP

FAIR PLAY AND RESPECT

Time	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN
7:00							7:30 BREAKFAST		7:30 BREAKFAST
7:30		8:00 BREAKFAST	8:00 BREAKFAST	8:00 BREAKFAST	8:00 BREAKFAST	8:00 BREAKFAST		8:00 BREAKFAST	
8:00		8:15-9:00 Coaches (Off-Ice Training) Classroom							
8:30		8:30 A ICE PRACTICE GOALIES		8:30 A ICE PRACTICE GOALIES		8:30 A ICE PRACTICE GOALIES	8:30 A ICE PRACTICE GOALIES		8:30 DEPARTURE DAY
9:00		9:15	9:00 OFF-ICE TRAINING	9:15		9:15	9:15	9:00 OFF-ICE TRAINING	
9:30		9:30 OFF-ICE TRAINING	10:00	9:30 OFF-ICE TRAINING	9:45 SKILLS CHALLENGE and X-ICE GAMES A TEAM 1+4 B TEAM 5+8	9:30 OFF-ICE TRAINING	9:30 ICE PRACTICE B TEAM 4+6	10:00	
10:00		10:30		10:30		10:30	10:45	10:45 ICE PRACTICE B TEAM 4+5	BEFORE LUNCH
10:30					11:15				
11:00		11:45 ICE PRACTICE A TEAM 3+4	11:45 ICE PRACTICE 11:45 On-Ice Team Photo A TEAM 2+4	11:45 ICE PRACTICE A TEAM 1+4	12:00 LUNCH	12:00 ICE PRACTICE B TEAM 4+7	11:30 OFF-ICE TRAINING	12:00	12:00
11:30					12:30 Tour of HELSINKI		12:30		
12:00		13:00	13:00	13:00		13:15	13:00 LUNCH	13:15 LUNCH	
12:30		13:30 LUNCH	13:45 LUNCH	13:45 LUNCH		13:45 LUNCH	14:00 Coach Education Seminar 5 Panel Discussion		
13:00		14:00 Coach Education 14: 00 - 15:30 Seminar 1 USA & SVK	14:00 Coach Education Seminar 2 LTAD (Steve Norris)	14:00 Coach Education Seminar 3 CAN & FIN		14:00 Coach Education Seminar 4 SWE & SUI		14:00 Coach Education Seminar 6 Strategic Plan	
13:30		14:30 - 15:30 Players LTAD Seminar						15:00 Presentation	
14:00		15:30	15:30	15:30		15:30	15:30		
14:30			15:45 CLASSROOM SESSION						
15:00		16:30 CLASSROOM SESSION	16:30						
15:30		17:15					16:45 GAME B TEAM 4+6		
16:00	17:00 DINNER 17.00 - 19.30				Tour of HELSINKI			17:30 GAME B TEAM 4+5	
16:30							18:15		
17:00	18:00 TEAM STAFF MEETING Auditorium	18:15 GAME A TEAM 3+4	18:15 GAME A TEAM 2+4	18:15 GAME A TEAM 1+4	19:00	18:30 GAME B TEAM 4+7		19:00	
17:30							19:00 Team Sauna Kaski		
18:00	19:00 MENTOR and Staff Meeting	19:45	19:45	19:45	20:00	20:00			
18:30	19:30 OPENING CEREMONY On Track If rain -> Bubble						20:30		
19:00	20:30 TEAM MEETINGS 1,2,3,4,5,6,7,8 in Dressing Rooms	20:30 DINNER	20:30 DINNER	20:30 DINNER	20:30 DINNER	20:30 DINNER	20:30 DINNER	20:30 DINNER & AWARDS CEREMONY	
19:30									
20:00									
20:30	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	

2013 Hockey Development Camp
Vierumäki, Finland
6 - 14 July 2013
GREEN - TEAM 5

HOCKEY DEVELOPMENT CAMP

FAIR PLAY AND RESPECT

Time	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN
7:00				7:15 BREAKFAST					
7:30		7:45 BREAKFAST	7:45 BREAKFAST			7:30 BREAKFAST			7:30 BREAKFAST
8:00		8:15-9:00 Coaches (Off-Ice Training) Classroom			8:00 BREAKFAST		8:00 BREAKFAST	8:00 BREAKFAST	
8:30		8:30 A ICE PRACTICE GOALIES 9:15		8:30 A ICE PRACTICE GOALIES 9:15		8:30 A ICE PRACTICE GOALIES 9:15	8:30 A ICE PRACTICE GOALIES 9:15		8:30 DEPARTURE DAY
9:00								9:00 OFF-ICE TRAINING 10:00	
9:30		9:30 B ICE PRACTICE TEAM 5+6 10:45	9:30 B ICE PRACTICE TEAM 5+7 10:45	9:30 OFF-ICE TRAINING 10:30	9:45 A B SKILLS CHALLENGE and X-ICE GAMES TEAM 1+4 TEAM 5+8 11:15	9:30 B ICE PRACTICE TEAM 2+5 10:45	9:30 OFF-ICE TRAINING 10:30		
10:45								10:45 B ICE PRACTICE TEAM 4+5 12:00	BEFORE LUNCH
11:30		11:30 OFF-ICE TRAINING 12:30	11:30 OFF-ICE TRAINING 12:30	12:00 12:00 B ICE PRACTICE On-Ice Team Photo TEAM 5+8	12:00 LUNCH 12:30	11:30 OFF-ICE TRAINING 12:30	12:00 B ICE PRACTICE TEAM 3+5 13:15		12:00
12:30					Tour of HELSINKI				
13:00		13:00 LUNCH	13:00 LUNCH	13:15		13:00 LUNCH		13:15 LUNCH	
13:45				13:45 LUNCH			13:45 LUNCH		
14:00		14:00 Coach Education 14: 00 - 15:30 Seminar 1 USA & SVK 14:30 - 15:30 Players LTAD Seminar 15:30	14:00 Coach Education Seminar 2 LTAD (Steve Norris) 15:30	14:00 Coach Education Seminar 3 CAN & FIN 15:30		14:00 Coach Education Seminar 4 SWE & SUI 15:30	14:00 Coach Education Seminar 5 Panel Discussion 15:30	14:00 Coach Education Seminar 6 Strategic Plan 15:00 Presentation	
15:45							15:45 CLASSROOM SESSION 16:30		
16:30				16:30 CLASSROOM SESSION 17:15					
16:45		16:45 B GAME TEAM 5+6 18:15	16:45 B GAME TEAM 5+7 18:15			16:45 B GAME TEAM 2+5 18:15			
17:00	17:00 DINNER 17.00 - 19.30				Tour of HELSINKI			17:30 B GAME TEAM 4+5 19:00	
18:00	18:00 TEAM STAFF MEETING Auditorium								
18:30				18:30 B GAME TEAM 5+8 20:00	19:00		18:30 B GAME TEAM 3+5 20:00		
19:00	19:00 MENTOR and Staff Meeting								
19:30	19:30 OPENING CEREMONY On Track If rain -> Bubble	19:30 DINNER	19:30 DINNER		20:00	19:30 DINNER			
20:00	20:30 TEAM MEETINGS 1,2,3,4,5,6,7,8 in Dressing Rooms			20:30 DINNER	20:30 DINNER		20:30 DINNER	20:30 DINNER & AWARDS CEREMONY	
21:00			21:00 Team Sauna Pihka 22:30						
22:30	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	

2013 Hockey Development Camp
Vierumäki, Finland
6 - 14 July 2013
YELLOW - TEAM 6

HOCKEY DEVELOPMENT CAMP

FAIR PLAY AND RESPECT

Time	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN
7:00					7:00 BREAKFAST				
7:30		7:45 BREAKFAST		7:45 BREAKFAST		7:30 BREAKFAST	7:30 BREAKFAST	7:45 BREAKFAST	7:30 BREAKFAST
8:00		8:15-9:00 Coaches (Off-Ice Training) Classroom	8:00 BREAKFAST		8:15 SKILLS CHALLENGE and X-ICE GAMES				
8:30		8:30 A ICE PRACTICE GOALIES		8:30 A ICE PRACTICE GOALIES	B TEAM 6+7	8:30 A ICE PRACTICE GOALIES	8:30 A ICE PRACTICE GOALIES	8:45 B ICE PRACTICE TEAM 3+6	8:30 DEPARTURE DAY
9:00		9:15	9:00 OFF-ICE TRAINING	9:15		9:15	9:15		
9:30		9:30 B ICE PRACTICE TEAM 5+6	10:00	9:30 B ICE PRACTICE On-Ice Team Photo TEAM 6+7	9:45	9:15 A ICE PRACTICE TEAM 1+6	9:30 B ICE PRACTICE TEAM 4+6	10:00	
10:30		10:45		10:45	10:30 CLASSROOM SESSION	10:30	10:45		
11:15					11:15				BEFORE LUNCH
11:30		11:30 OFF-ICE TRAINING		11:30 OFF-ICE TRAINING	11:30 LUNCH	11:30 OFF-ICE TRAINING	11:30 OFF-ICE TRAINING	11:30 OFF-ICE TRAINING	12:00
12:00		12:30	12:00 B ICE PRACTICE TEAM 6+8	12:30	12:00 LUNCH Tour of HELSINKI	12:30	12:30	12:30	
13:00		13:00 LUNCH	13:15	13:00 LUNCH		13:00 LUNCH	13:00 LUNCH	13:00 LUNCH	
13:45			13:45 LUNCH						
14:00		14:00 Coach Education 14: 00 - 15:30 Seminar 1 USA & SVK 14:30 - 15:30 Players LTAD Seminar	14:00 Coach Education Seminar 2 LTAD (Steve Norris)	14:00 Coach Education Seminar 3 CAN & FIN		14:00 Coach Education Seminar 4 SWE & SUI	14:00 Coach Education Seminar 5 Panel Discussion	14:00 Coach Education Seminar 6 Strategic Plan 15:00 Presentation	
15:30		15:30	15:30	15:30		15:30	15:30		
15:45								15:45 A GAME TEAM 3+6	
16:30			16:30 CLASSROOM SESSION			16:30 A GAME TEAM 1+6			
16:45		16:45 B GAME TEAM 5+6		16:45 B GAME TEAM 6+7			16:45 B GAME TEAM 4+6		
17:00	17:00 DINNER 17.00 - 19.30		17:15					17:15	
18:00	18:00 TEAM STAFF MEETING Auditorium	18:15		18:15		18:00	18:15		
18:30			18:30 B GAME TEAM 6+8						
19:00	19:00 MENTOR and Staff Meeting			19:00 Team Sauna Pihka					
19:30	19:30 OPENING CEREMONY On Track If rain -> Bubble	19:30 DINNER				19:30 DINNER	19:30 DINNER		
20:00			20:00		20:00 DINNER				
20:30	20:30 TEAM MEETINGS 1,2,3,4,5,6,7,8 in Dressing Rooms		20:30 DINNER	20:30 DINNER				20:30 DINNER & AWARDS CEREMONY	
22:30	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	

2013 Hockey Development Camp
Vierumäki, Finland
6 - 14 July 2013
TEAL - TEAM 7

HOCKEY DEVELOPMENT CAMP

FAIR PLAY AND RESPECT

Time	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN
7:00					7:00 BREAKFAST				7:30 BREAKFAST
7:30			7:45 BREAKFAST	7:45 BREAKFAST					
8:00		8:00 BREAKFAST				8:00 BREAKFAST	8:00 BREAKFAST	8:00 BREAKFAST	
8:15		8:15-9:00 Coaches (Off-Ice Training) Classroom			8:15 SKILLS CHALLENGE and X-ICE GAMES				
8:30		8:30 A ICE PRACTICE GOALIES		8:30 A ICE PRACTICE GOALIES		8:30 A ICE PRACTICE GOALIES	8:30 A ICE PRACTICE GOALIES		8:30 DEPARTURE DAY
9:00		9:15		9:15	B TEAM 6+7	9:15	9:15	9:00 A OFF-ICE TRAINING	
9:30		9:30 OFF-ICE TRAINING	9:30 B ICE PRACTICE TEAM 5+7	9:30 9:30 B ICE PRACTICE On-Ice Team Photo TEAM 6+7	9:30	9:30 OFF-ICE TRAINING	9:30 OFF-ICE TRAINING	10:00	
10:00		10:30	10:45	10:45		10:30	10:30		
10:45								10:45 A ICE PRACTICE TEAM 2+7	BEFORE LUNCH
11:00			11:30 OFF-ICE TRAINING	11:30 OFF-ICE TRAINING	11:30 LUNCH		11:45 ICE PRACTICE	12:00	12:00
12:00		12:00 B ICE PRACTICE TEAM 7+8	12:30	12:30	12:00 Tour of HELSINKI	12:00 B ICE PRACTICE TEAM 4+7	A TEAM 1+7 13:00		
13:00		13:15	13:00 LUNCH	13:00 LUNCH		13:15		13:15 LUNCH	
13:45		13:45 LUNCH				13:45 LUNCH	13:45 LUNCH		
14:00	17:00 DINNER 17.00 - 19.30	14:00 Coach Education 14: 00 - 15:30 Seminar 1 USA & SVK 14:30 - 15:30 Players LTAD Seminar	14:00 Coach Education Seminar 2 LTAD (Steve Norris)	14:00 Coach Education Seminar 3 CAN & FIN		14:00 Coach Education Seminar 4 SWE & SUI	14:00 Coach Education Seminar 5 Panel Discussion	14:00 Coach Education Seminar 6 Strategic Plan 15:00 Presentation	
15:30		15:30	15:30	15:30		15:30	15:30		
15:45		15:45 CLASSROOM SESSION							
16:30		16:30				16:30 CLASSROOM SESSION			
16:45			16:45 B GAME TEAM 5+7	16:45 B GAME TEAM 6+7	Tour of HELSINKI	17:15			
17:00	18:00 TEAM STAFF MEETING Auditorium							17:45 A GAME TEAM 2+7	
18:15			18:15	18:15			18:15 A GAME TEAM 1+7		
18:30		18:30 B GAME TEAM 7+8				18:30 B GAME TEAM 4+7		19:15	
19:00	19:00 MENTOR and Staff Meeting		19:00 Team Sauna Kaski						
19:30	19:30 OPENING CEREMONY On Track If rain -> Bubble			19:30 DINNER			19:45		
20:00		20:00	20:30		20:00	20:00			
20:30	20:30 TEAM MEETINGS 1,2,3,4,5,6,7,8 in Dressing Rooms	20:30 DINNER	20:30 DINNER		20:00 DINNER	20:30 DINNER	20:30 DINNER	20:30 DINNER & AWARDS CEREMONY	
22:30	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	

2013 Hockey Development Camp
Vierumäki, Finland
6 - 14 July 2013
MAROON - TEAM 8

HOCKEY DEVELOPMENT CAMP

FAIR PLAY AND RESPECT

Time	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN
7:00				7:15 BREAKFAST					
7:30		7:45 BREAKFAST					7:30 BREAKFAST	7:30 BREAKFAST	7:30 BREAKFAST
8:00		8:15-9:00 Coaches (Off-Ice Training) Classroom	8:00 BREAKFAST		8:00 BREAKFAST	8:00 BREAKFAST			
8:30		8:30 A ICE PRACTICE GOALIES		8:30 A ICE PRACTICE GOALIES		8:30 A ICE PRACTICE GOALIES	8:30 A ICE PRACTICE GOALIES		8:30 DEPARTURE DAY
9:00		9:15	9:00 OFF-ICE TRAINING	9:15		9:15	9:15	9:15	
9:30		9:30 OFF-ICE TRAINING	10:00	9:30 OFF-ICE TRAINING	9:45 SKILLS CHALLENGE and X-ICE GAMES A TEAM 1+4 B TEAM 5+8	9:30 OFF-ICE TRAINING	9:15 ICE PRACTICE A TEAM 2+8	9:15 ICE PRACTICE A TEAM 1+8	
10:00		10:30		10:30		10:30	10:30	10:30	
11:00					11:15				BEFORE LUNCH
11:30						11:45 ICE PRACTICE A TEAM 3 +8	11:30 OFF-ICE TRAINING	11:30 OFF-ICE TRAINING	12:00
12:00		12:00 ICE PRACTICE B TEAM 7+8	12:00 ICE PRACTICE B TEAM 6+8	12:00 ICE PRACTICE 12:00 On-Ice Team Photo B TEAM 5+8	12:00 LUNCH		12:30	12:30	
12:30					12:30 Tour of HELSINKI	13:00			
13:00		13:15	13:15	13:15			13:00 LUNCH	13:00 LUNCH	
13:30		13:45 LUNCH	13:45 LUNCH	13:45 LUNCH		13:45 LUNCH			
14:00		14:00 Coach Education 14: 00 - 15:30 Seminar 1 USA & SVK **14:30 - 15:30 Players** LTAD Seminar	14:00 Coach Education Seminar 2 LTAD (Steve Norris)	14:00 Coach Education Seminar 3 CAN & FIN		14:00 Coach Education Seminar 4 SWE & SUI	14:00 Coach Education Seminar 5 Panel Discussion	14:00 Coach Education Seminar 6 Strategic Plan 15:00 Presentation	
15:00		15:30	15:30	15:30		15:30	15:30		
15:30						15:45 CLASSROOM SESSION		16:00 GAME A TEAM 1+8	
16:00		16:30 CLASSROOM SESSION				16:30	16:30 GAME A TEAM 2+8	17:30	
16:30	17:00 **DINNER 17.00 - 19.30**	17:15			Tour of HELSINKI		18:00		
17:30						18:15 GAME A TEAM 3 +8			
18:00	18:00 **TEAM STAFF MEETING** Auditorium	18:30 GAME B TEAM 7+8	18:30 GAME B TEAM 6+8	18:30 GAME B TEAM 5+8	19:00		19:00 **Team Sauna** Pihka		
18:30	19:00 **MENTOR** and Staff Meeting					19:45			
19:00	19:30 **OPENING CEREMONY** On Track If rain -> Bubble	20:00	20:00	20:00	20:00		20:30		
19:30									
20:00	20:30 **TEAM MEETINGS 1,2,3,4,5,6,7,8** in Dressing Rooms	20:30 DINNER	20:30 DINNER	20:30 DINNER	20:30 DINNER	20:30 DINNER	20:30 DINNER	20:30 DINNER & AWARDS CEREMONY	
20:30									
21:00									
21:30									
22:00									
22:30	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	