



TRIP AGENDA

Sunday April 11th – Depart Toronto. Lester B Pearson Airport

Monday April 12th – Arrival Stockholm, Arlanda Airport, Team Practice

Tuesday April 13th – Team Practice AM, and PM

Wednesday April 14th – Game 1
7:00pm vs. Finland

Thursday April 15th – Game 2
7:00pm vs. Finland

Friday April 16th – Practice

Saturday April 17th – Game 3
2:00pm vs. Sweden

Sunday April 18th - Game 4
2:00pm vs. Sweden

Monday April 19th – Depart Stockholm, AM
Arrival – Toronto, PM

All games and practices will be at the Norrtälje Sportcenter in Norrtälje.

Please note pre-game skates will be 45 minutes on game days.

Schedule details are subject to change.



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HIGH PERFORMANCE PROGRAM OHA/ HOCKEY CANADA SWEDEN 2010



U20 3 NATIONS TOURNAMENT April 14-18th 2010 Norrtälje, Sweden





INTRODUCTION

On behalf of Hockey Canada and the Ontario Hockey Association you are invited to apply to be a member of Canada's entry into the 3 Nation Cup to be held in Norrtälje, Sweden from April 12-18th 2010.

A selection of top OHA Junior players will be chosen to represent Canada and the OHA in this international event. The tournament will feature national teams from Sweden and Finland.

This will be Canada's first entry into the 3 Nation Cup. Be a part of it!

ELIGIBILITY

This opportunity is open to all Ontario Hockey Association players (1991 - 1993 coaches, and trainers).

- Players must be currently registered in the OHA.
- To be selected your team must be eliminated from 2009-2010 competition.
- Must have a valid passport, and medical insurance for travelling out of country.
- Selection must endorsed by your league
- Cost: approximately \$2000.00 per player. *This may be reduced based on sponsorship.*



EXPERIENCE INCLUDES

- Air Fare and all transfers
- 3 day Pre-Tournament Trainer Camp at Teen Ranch
- Meals and Accommodation
- Team Canada Sweater – To keep
- Team issued Apparel
- 4 Games
- Practices

LOCATION

Norrtälje is a town in the Swedish traditional province of Uppland and the seat of the Norrtälje Municipality, Stockholm County. In the town live 16,500 out of the municipality's 54,000 inhabitants.

Time Zone: Eastern + 6 hours. 70 km north west of Stockholm.



PRE-TOURNAMENT TRAINING CAMP

The Team Canada training camp will allow the selected players, bench personal to start the team building process and to work on their strategy for the competition ahead. Players will be staying on-site for the duration of the camp. All team sessions including the on-ice, off-ice, meetings and meals are mandatory as the team prepares for the tournament.

Location: Teen Ranch, Caledon, ON

Date: April 9-11, 2010

Sample Day Schedule: Saturday, April 10, 2010

8:00am - Breakfast

9:00am – Team Meeting

10:00am – Team Warm-up and Stretch

11:00am – On-ice Practice Session (high speed, flow, transition, introduction to team play)

1:00pm – Lunch

2:00pm – Team Strategy Meeting

3:00pm – Team Building Session

4:00pm – Down time

5:00pm – Dinner

6:00pm - Team Warm-up and Stretch

7:00pm - On-ice Practice Session (Team Offence and Defence)

9:00pm – Snack (Pizza)

10:30 Curfew

This is a sample day at camp.

