

PRELIMINARY INFORMATION

LOCATION: The Sport Institute of Finland is located in Vierumäki approx. 15 km from Heinola and approx. 25 km from Lahti. There are highway signs on the highway 75 for the direction of Vierumäki. From the Helsinki-Vantaa airport to Vierumäki is approx. 90 min drive.

ACCOMMODATION: Participants are accommodated in the Sport Institute. All sheets, room-cleaning, etc are included in the accommodation

DETAILED INSTRUCTIONS: More detailed instructions of the camps are sent to the participants closer the camp.

EQUIPMENT: Participant should bring his own hockey-gear and the following items:

- 1) 1-2 sticks
- 2) Underarmour
- 3) Track-suit, sport-shoes, running-shoes etc..
- 4) Warm clothes, in case of cold weather 5) Water bottle (in a case of hot weather) 6) Tapes such as stick tape etc.
- 7) Swimming-shorts, personal hygiene-supplies and towel to the rink. There will be towel included on the accommodation.

In addition, participant needs to have sharpened skates with them when they arrive to the camp. Also, other gears should be in shape and checked up before the camp!

MEALS: Camp fee includes breakfast, lunch, dinner and evening snack. If participant have any allergies etc. medical preferences on nutrition (food, drinks), please specify that in registration.

MONEY: There is a cafeteria located in the area. There are lots of activities during the day, so it is advised that there should not be excessive money carried out in pockets.

EQUIPMENT MANAGEMENT: There is no equipment manager at the camps. Skates and other gear should be in shape before the camp. If necessary, skate sharpening can be arranged during the camps (cost: 5€).

INSURANCE: Camp participant needs to have valid insurance when they participate at the camp.

CAMP PERSONNEL: During each camp, there is following personnel working:

- The camp-principal, who manages the daily operations of the camp.
- Each group has two head coaches, one assistant coach and one goalie coach.



FLOWPARK: During the camp participants will visit Flowpark. <http://vierumaki.fi/en/flowpark/>
For the visit every participant needs permission from parents. Camp participant needs to have written parental agreement for flow park participation when they arrive to the camp. Parental agreement is shown when participant arrives to the camp.

PRICE: The price includes accommodation, meals, ice-practices, off-ice practices, instruction, other camp functions, practice-jersey and t-shirt.

CONTACT INFORMATION:

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