



Time Out

The official newsletter of the 2005 IIHF Hockey Development Camp

July 7, 2005

Vierumaki Face of the Day



Every day, one player at the 2005 IIHF Hockey Development Camp will share his experiences in Vierumaki. Today, Jonathan Rijmenants from Belgium shares his impressions of the camp, his team, and Finland.

Time Out found one very smiley camper from ice hall. This young man gives energy to everyone at the camp. He is a boy you can talk hours with and has many funny stories.

Jonathan Rijmenants was a seven year-old boy in Belgium, when his friend came asked him if he wanted to join him at an ice hockey practice.

"There was a chance to get on the ice three times for free. We borrowed all the equipment and went to the rink. My friend went twice and stopped., but I am still here playing and definitely enjoying ice hockey," Jonathan explains.

Nowadays Jonathan plays in the Netherlands for the Geelen Smoke Eaters. He has about 50 minute trip from Antwerpen to Geelen. and practices three times per week. His team plays in the Netherlands C-Junior League, and has 20 games per season. When there is no ice in Belgium or the Netherlands there are

two off-ice practices per week.

"When I came here, I hadn't seen ice in more than two months. Here we're everyday on the ice. I love it," Jonathan says and smiles.

Participating in the 2005 IIHF Development Camp is Jonathan's first time in Finland. It is also his first trip abroad without his parents.

"This is a great experience for me. I am very lucky to be here. I know that there was lot of boys who wanted to participate and I was selected," he says.

Jonathan mentioned one big different thing comparing Belgium. "Here is much cleaner than in my home country," Rijmenants says.

Jonathan plays in this camp for Team Maroon. He says that team spirit is getting better all the time.

"We have very skillful team. Maybe we are not the fastest team, but stick handling is our strength. And we have so much fun together."

The team has a clear goal for this camp.

"We want to learn more. And we are going to win as many games as possible. But we respect every opponent," Jonathan tells.

The camp has been a great success for Jonathan. He hasn't scored a goal yet, but this man is not going to give up.

"I am little bit mad at myself, because I missed a penalty shot. Next time I am going to do the right thing," Jonathan says.

If there is possibility to guess: This boy is going to score.

- Story by: Tuomo Keskiaväli

Two Minutes in the Box

Today's Highlights:

Everything is officially back into full swing after a busy off day yesterday. The camp is now over half over as teams have three games left each.

Thursday's Weather:

There will be a few rain showers in the morning, but then things should clear up in the afternoon with a high of 26 (78 fahrenheit).



Around the World: Great, Great Britain

Great Britain is one of the oldest members of IIHF having joined in 1908. The nation is full of hockey tradition. There are nearly 10,000 registered players and 63 rinks. Last season the country have three teams, men's U20 and U18, playing at the Division I level. The thoughts of the Development Camp are with the residents of London after yesterday's tragedy.

Did You Know?

The voting for the 2012 Olympic Summer Games was just held yesterday, and it was London that won the right to host. The next Winter Olympics (2006) will be in Torino, Italy. In 2010, the Olympic Winter Games will head to Vancouver, Canada. Beijing, China is the host of the 2008 Summer Olympic Games. Who knows, maybe we'll see a few of the campers at one of those Olympics!

Reminders

If it starts to rain, things will get muddy, so please be sure to wipe your shoes off before entering all buildings to help the staff keep things clean!

Behind the Bench: Coaches Come Together

Knowing their X's & O's:

There's no such thing as a coach that has learned everything there is to know about the game, which is why the Coaching program here in Vierumaki is one of the biggest and busiest.

There are a handful of coaching groups. First, there are eight Mentor Coaches who oversee and teach the Coaching Directors group. The Mentor Coaches are each assigned to a team, which they oversee -- although the bulk of the coaching responsibilities go to the

Coaching Director participants.

All the coaches at the camp are pulling double duty. In the morning, the group, which has been split into three groups attends lectures given by the Mentor Coaches. After the break, the coaches go to their teams and prepare for the afternoon games.

Being here in the dual role of both teacher to the players and student in the classroom means that the coaches are kept on their toes. But it has also given the coaches at this year's

camp a unique bond as they have been put onto coaching staffs with each team and get to share the highs and lows that come with overseeing any team.

The overall goal of the coaching program is to give the men behind from bench at all levels tools that they can both use and teach when they return to their native countries.

It also gives them the unique opportunity to coach a team made up of 17 players from all over the globe.

The Great Outdoors: Off-Ice Practice

Story by: Tuomo Keskiväli

In many countries ice hockey players are suffering lack of ice time, but you don't always need ice to practice hockey as the players are learning here in Vierumäki. In fact, daily off-ice exercises have a very important role at this camp and players are learning there are a big key to developing their game. Attributes like speed, power and ability to react can be practiced off ice. Players are also working on stick handling skills, shooting and passing outside the rink.

At the 2005 IIHF Hockey Development Camp players have

Sights from Outside the Rink



Sunny skies have allowed the coaches in Vierumäki to use the outdoor facilities during the camp. Here are just a few of the off-ice drills that players are learning at the camp.

in off-ice practices nearly everyday. Luckily the sunny skies have made the off-ice part of the day among the player's favorite. At the beginning of camp, teams used off ice practice to raise their team spirit. The physical skills the players were building was just icing on the cake in those first days.

"In those off ice practices, players were building each other's confidence. They were learning about their strengths and weaknesses. And they started to encourage teammates", Maroon Mentor Coach Timo Tuomi said.

There is a special shooting area behind the ice hall. Players practice their shooting skills and also stick handled with a golf ball. It is good way to improve the hand-eye coordination and have smoother hands on the ice.

Physical conditioning is also practiced off ice. Much to the player's dismay, there is a full-sized track just outside the rink. But luckily, there are also fun drills done on the track, such as speed and agility exercises.

"Everyday, we have everyday a theme in our off-ice practices. And these themes are linked to ice practices. We have practiced skills a lot, but also couple of speed and reacting exercises per day", Tuomi said.

And in the end, the players learn a whole new set of skills that they can practice anywhere, anytime, with, or without ice.

Meet the man who leads the lions

Story by: Stefan Ikonen

The 2005 IIHF Hockey Development Camp is full of qualified coaches, officials and instructors. In some cases, those experts travelled around the globe to be here, but in other cases, the experts live right in the backyard of Vierumaki...literally.

Erkka Westerlund is the head coach of the Finnish National Team and a fixture here in Vierumaki, where he lives with his family and where he was largely responsible for starting the International Ice Hockey Center of Excellence. Despite taking over the lead of the Finnish National Team, Westerlund still lives in the tiny community of Vierumaki, just a short distance from the main center of camp.

Like many young Finnish boys, Westerlund has been on the ice for decades. He has seen thousands of games and coached countless practices. If anyone knows that it takes to be a good hockey player, this analytic hockey expert is the man.

"The most important thing is skill. In the game everything comes out through skill", Westerlund says.

What is skill?

What gives to player those weapons to beat the opponent on the ice? How do you teach the defense to take a hard check, how do you teach your forwards to score on a world-class goalie, and how do you team your goalie to make saves that leaves the crowd in awe? Is skill just soft stick handling, fluent skating or accurately shooting?

Everybody knows that there are basic skills needed in hockey. In Westerlund's opinion there is more aspects that make a player successful with his skills. First, the game is very fast and player must make solutions under a great deal of pressure and stress.

"To be a physical in the right way is a skill too. One huge challenge is to be mentally strong, so that you can make right choices in the rink." Westerlund said.

To be a better player

To young players, the most important thing is to enjoy their time playing and training. To them it is healthy to

have dreams in hockey. To make the dreams come of becoming a professional hockey player come true, players in age of 14-15 must have an ambition to improve.

Then it is time to set personal goals and to stay committed to those goals. Westerlund believes that although the personal skills are basis to succeed in hockey, it is still the team work that is important. He sent a message to players, who want to be better:

"If you want to test your limits and improve yourself in hockey, you really have to think what makes you an athlete. Analyze which are yours strengths and weaknesses and make development plans. You will be go forward with good coach, who will help you by giving tools to achievement those goals."



Erkka Westerlund is right at home at this 2005 IIHF Hockey Development Camp. After all, he lives in Vierumaki and is the head coach of the Finnish Men's National Team

On the Ice: Meet Team Maroon & Team Green

Team Maroon Players:

Ralph Sonder	G	Switzerland
Alexander Petrov	G	Slovenia
Alexander Tarasov	D	Russia
Rasmus Nielsen	D	Denmark
Stephen Lee	D	Great Britain
Niksa Trstenjak	D	Croatia
Daniel Pineiro	D	Mexico
Sean Green	D	Australia
Tom Jobson	F	Canada
Gerome Flaake	F	Germany
Roberts Bukarts	F	Latvia
Tommaso Traversa	F	Italy
Levente Szilagyi	F	Hungary
Jan Lukats	F	Estonia
Victor Spirov	F	Bulgaria
Yen-Chin Shen	F	Taipei
Ihar Ravenka	F	Belarus

Team Staff:

Timo Tuomi	Finland	Mentor Coach
Wolfgang Ebner	Austria	Manager
Vasilij Pankov	Belarus	Coach
Pier Nartin	Australia	Coach
Kenji Nobuta	Japan	Coach
J. De La Garma	Mexico	Coach
Harald Springfield	Austria	Equipment Manager

Team Schedule / Results:

Sunday	vs. Turquoise, W, 5-3
Monday	vs. Yellow, W, 6-5
Tuesday	vs. Green W, 4-1
Thursday	vs. Black
Friday	vs. White
Saturday	vs. Red

About the Team:

Team Maroon was undefeated through the first half of the camp thanks to a strong team spirit and a good focus on hockey.

The team has one of the most diverse coaching staffs at the camps with five coaches from four continents. "Each coach has a different style, which is really great for the players to be exposed to," said Team Manager Wolfgang Ebner. "We've been rotating the head coach each day."

Off the ice there are several friendships forming as well. It's not uncommon to see a Mexican and Australian trading stories and it is just as common to see Team Maroon walking around the camp greeting anyone from any other team that they might pass.

This spirited bunch is making the most of their time in Vierumaki and like the rest of the players, they are reaching for the stars -- or the moon...as the team cheers "To the moon Maroon!"

Team Green Players:

Niclas Rantanen	G	Finland
Vadzim Holubeu	G	Belarus
Lukas Stoop	D	Switzerland
Gvido Kauss	D	Latvia
Daniel Sorvik	D	Norway
Rosen Asenov	D	Bulgaria
Klyde Stevens	D	South Africa
Michal Marek	D	Poland
Boris Jankovsky	F	Slovakia
Stepan Novotny	F	Czech Republic
Jurgen Tschernutter	F	Austria
Adam Johnston	F	Canada
Simon Kostner	F	Italy
Jamie Line	F	Great Britain
Vladimir Meseldzic	F	Serbia & Mont.
Hrvoje Bozic	F	Croatia
Antoni Jablonski	F	Poland
Kiki Broeksteeg	F	Netherlands
Deimentas Kazlauskas	F	Lithuania

Team Staff:

Peter Anderson	New Zealand	Mentor Coach
Anders Ottosson	Sweden	Manager
Thomas Schadler	Germany	Coach
Sergej Krumkac	Lithuania	Coach
Oleg Zak	Turkey	Coach
Yngve Frost	Sweden	Equipment Manager

Team Schedule / Results:

Sunday	vs. Yellow, W, 4-3
Monday	vs. Turquoise, W, 7-3
Tuesday	vs. Maroon, L, 1-4
Thursday	vs. White
Friday	vs. Black
Saturday	vs. Blue

About the Team:

Like most of the other teams at the Development Camp, Team Green is has a diverse roster that is turning ordinary rivals into friends. On the squad are a Slovak and Czech, a Croatian and Serbian, a Swiss and an Austrian and many more combinations you wouldn't normally see.

But its been no problem for the team to come together and become a force on the ice and friends off the ice. The squad has just one loss in its first three games, which came at the hands of undefeated Maroon. It's about more than wins and losses for Team Green though. The squad has learned to overcome language barriers and is enjoying their time with their diverse coaching staff that includes coaches from New Zealand, Lithuania and even Turkey!



You all are doing so well with your Finnish, pretty soon you'll know more than me! Today, I thought you would like to learn exactly what you're called on the ice, so you can go back home and brag to all of your friends.

Goaltender = Maalivahti

Defenseman = Puolustaja

Forward = Hyökkääjä