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Information Bulletin # 1:

To: Austria Canada China Czech Republic Denmark
Finland France Germany Hungary Japan
Korea Norway Russia Slovakia Sweden
Switzerland USA

From: Aku Nieminen, Sport Manager

Date: 1 December 2015

Subject: 2016 IIHF Women's High Performance Camp, July 9-16, 2016

Pages: 5

Dear Friends,

We are writing you as your National Association (MNA) is eligible to participate in the 2016 IIHF Women's High Performance Camp (HPC) and thus to formally invite your MNA to attend the camp that will be held this summer, July 9-16, 2016 in Vierumaki, Finland.

General Information

As the IIHF only operates one Camp annually, there will be other Programs operating during the 2016 Camp. This Bulletin provides an overview of all the programs, the goals of such as well as the travel schedule for all of the participants. We are starting this process already now in order to provide both MNAs and the IIHF with enough time to prepare and budget accordingly.

A written commitment from your MNA indicating your full commitment to participate in the HPC is required. Attached to this memorandum you will find the Commitment Form which you are to sign, stamp and return to the IIHF office by December 15, 2015.

As in past years, MNAs are responsible for the selection and applications of their participants for all of the positions outlined in this bulletin, their insurance and the cost of the international to Finland. The IIHF will be responsible for all of the HPC arrangements and costs including meals, accommodation, facilities, administration, operations, instructors, materials and program contents of the camp for all registered participants and also for the ground transportation from Helsinki-Vantaa Airport to Vierumaki and back.

Communication Timeline:

To ensure good planning and smooth operation of the HPC, the communication concerning commitments, applications and allocations will be done earlier than in the past. The timeline below indicates the communication and deadline dates leading into the camp:

December 1, 2015:	First Bulletin to MNAs
December 15, 2015:	MNA Commitment Form submission deadline
December 17, 2015:	Leadership Program Job Descriptions and applications to MNAs
January 15, 2016:	MNA Leadership Program application submission deadline
January 30, 2016:	Leadership Program approval communication
February 5, 2016:	Player allocations to MNAs
March 1, 2016:	Player participation confirmations to IIHF
March, 2016:	Camp participant information collection
April-June, 2016:	Further HPC-related information to MNAs

This timeline must be strictly adhered to as any delays will jeopardize camp participation.

Camp Overview:

The IIHF will operate the following Programs during the 2016 HPC:

- High Performance Camp:
 - o Player Development Program
 - o Coach Program
 - o Goalkeeper Coach Program
 - o Video Coach Program
 - o Team Manager Program
 - o Equipment Manager Program
 - o Strength and Conditioning Coach Program
 - o Athletic Trainer Program
- Yearly Training Plan Program
- World Girls' Ice Hockey Weekend Program
- MNA Long-Term Planning Program

Purpose and Goals of the High Performance Camp

The primary purpose of the 2016 IIHF HPC is to operate a program to educate the participants in the skills and training required to compete at the top level of international women's hockey and to assist them in developing these necessary abilities. Through other development programs, the objective of the IIHF is to ensure efficient, purposeful and consistent leadership development of the game globally.

Each MNA is encouraged to use the information gained during this camp to improve the national programs which are operated within their nation. Following completion of the HPC, participants are expected to return home and share their experiences with their peers.

Further to this, the goals of the camp are to:

- Develop the Partnership between the IIHF and Member National Associations
- Educate the current leaders of women's ice hockey
- Develop the high performance Under-18 athletes from the Olympic-potential countries
- Encourage Fair Play and Respect
- Provide theoretical sessions and practical experience through various seminars, on-ice activities that will enhance the participants' skill level
- Develop networks amongst the women's hockey family to share issues and find solutions
- Provide personal growth and leadership development of all the participants
- Promote international friendships and relations

Program descriptions:

This section is to provide brief descriptions of each of the programs operated during the HPC. This is to allow the MNAs to already plan suitable candidates for each program.

High Performance Camp:

Based on the results of the past HPCs, the camp will follow a similar format with the programs already established, but also with an additional program for video coaching and increased number of allocations for players. There will be six mixed teams with 18 skaters, three goalkeepers and team staff. The players will play games, attend practice sessions both on and off the ice and attend classroom sessions to gain information on important areas such as nutrition, recovery, anti-doping and integrity in sport.

The Leadership Program (Team Staff) participants will work with the teams in the roles assigned through their program attendance. Whereas they will attend sessions on theory, the main focus is on putting that knowledge into practice already on-site. In their daily work, they will have the opportunity to gain and share information and ideas with the other participants while being under the guidance of the Program Mentors.

Yearly Training Plan Program:

As in the 2014 HPC, the IIHF invites all of the HPC-eligible countries to send one participant to attend the Yearly Training Plan Program (YTP). This week-long session is for the review of the past long-term plans, information-sharing, education on relevant tools and processes, development and/or adjustment of the long-term strategies and for the creation for the yearly plan for season 2016-17. Attendance in this program is the only route to receive IIHF subsidies related to MNA high performance programming in the female game in the upcoming years.

World Girls' Ice Hockey Weekend Program:

The World Girls' Ice Hockey Weekend Program (WGIHW) will be a new program to IIHF camps. This new feature is specifically included to address recruitment and retention of female players. Very

similar to the Learn to Play Program, the WGIHW is a program where the participants will attend on and off-ice sessions, classroom sessions, organize their own recruitment day, familiarize themselves with the WGIHW material and share information while networking with the participants from other countries. Each IIHF MNA will receive an invitation to this program.

MNA Long-Term Planning Program:

Each IIHF MNA will receive an invitation to a week-long session which is to provide education and support on how to plan long-term strategies for the development of the game. This IIHF Development and Coaching Committee initiative is not only to address women's hockey but also MNA operations and programming as a whole. By creating long-term plans based on data available through the IIHF audit, the long-term plans will provide the basis for seasonal programming subsidized by the IIHF.

Camp Dates:

The 2016 IIHF Women's High Performance Camp program will be operated as follows:

<u>Team Staff arrival:</u>	<u>Friday July 08, 2016 by 15:00</u>
<u>Player arrival:</u>	<u>Saturday July 09, 2016 by 15.00</u>
<u>YTP participant arrival:</u>	<u>Saturday July 09, 2016 by 15.00</u>
<u>WGIHW participant arrival:</u>	<u>Saturday July 09, 2016 by 15.00</u>
<u>MNA Long-Term Planning participant arrival:</u>	<u>Saturday July 09, 2016 by 15.00</u>
<u>All Depart:</u>	<u>Saturday July 16, 2016 as early as possible</u>

Athlete Participation:

Players must be eligible for participation in the 2017 IIHF Ice Hockey Women's U18 World Championships and be born in 1999 or 2000 to be able to participate in the 2016 HPC.

The number of players each nation will be able to send to camp will be determined by two factors:

1. Number of MNAs committed to participation in camp
2. The number of Team Staff applications the nation submits; the number of player allocations to each country will be determined based on the willingness to participate in the Leadership Programs

Goalkeepers must have played during the 2016 IIHF Ice Hockey Women's U18 Championship Program to be eligible to attend camp.

Summary:

Please read through this first camp bulletin carefully. We ask that your MNA complete the attached Commitment Form to confirm that your nation will participate in the HPC and return it to the IIHF Office. We require the form be returned to the IIHF office at nieminen@iihf.com by **December 15, 2015**.

As the timeline provided earlier in this document indicates, further information concerning the HPC will be provided to you later. For now, if you have any questions, please do not hesitate to contact us.

Looking forward to seeing you at the camp!

With kind Regards,



Aku Nieminen
Sport Manager & Camp Director
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cc: IIHF Council
IIHF Women's Committee
IIHF Development and Coaching Committee
IIHF Staff

Attached: 2016 IIHF Women's High Performance Camp Commitment Form