



TEAM SWEDEN

Pre camp in Uppsala, Sweden, and Ceska Tesin,
Czech Republic, during December 15-24 2019 and
2020 IIHF World Junior Championship
in Ostrava and Trinec, Czech Republic
during December 25 2019-January 6 2020



TEAM 20

Date	Time	Activity	Venue
Sun. Dec 15	tba	Assembly and dinner	Hotel
Mon. Dec 16		Breakfast	Hotel
	09.30-11.00	Ice practice	Gränby ishall, B
	12.00	Lunch	Hotel
	13.00	Team meeting (rules)	Hotel
	15.15-16.00	Off ice practice	IFU Arena
	16.30-18.00	Ice practice	Gränby ishall, A
	19.15	Dinner	Hotel
	21.30	Evening snack	Hotel
Tue. Dec 17		Breakfast	Hotel
	09.30-11.00	Ice practice	Gränby ishall, A
	12.00	Lunch	Hotel
	15.15-16.00	Off ice practice	IFU Arena
	16.30-18.00	Ice practice	Gränby ishall, A
	19.15	Dinner	Hotel
	21.30	Evening snack	Hotel
Wed. Dec 18		Breakfast	Hotel
	09.30-10.15	Off ice practice	IFU Arena
	10.30-12.00	Ice practice	Gränby ishall, A
	13.00	Lunch	Hotel
	14.00-16.00	Media meeting	Hotel
	18.00	Dinner	Hotel
	21.30	Evening snack	Hotel
Thu. Dec 19	05.00	Breakfast	Hotel
	05.30	Bus to airport	
	08.00	Departure	
	09.55	Arrival to	
		Bus to hotel and truck to arena	
	13.00	Lunch	Hotel
	16.00	Snack	Hotel
	16.30	Bus to arena (approx. 30 min)	
	18.00-19.30	Ice practice	Cesky Tesin
	20.30	Bus to hotel	
	21.00	Dinner	Hotel
Fri. Dec 20	08.00	Breakfast	Hotel
	09.45	Bus to arena	
	11.00-11.45	Ice practice	Cesky Tesin
	12.30	Bus to hotel	
	13.00	Lunch	Hotel
	14.45	Bus to arena (approx. 40 min)	
	17.30	GAME SWE – CZE	Frydek-Mistek
		Bus to hotel	
	21.15	Dinner	Hotel

Sat. Dec 21	08.00	Breakfast	Hotel
	11.30	Lunch	Hotel
	12.30	Bus to arena	
	14.00-15.15	Ice practice	Cesky Tesin
	16.15	Bus to hotel	
	16.45	Dinner	Hotel
	21.00	Evening snack	Hotel
Sun. Dec 22		Breakfast	Hotel
	08.45	Bus to arena	
	10.00-10.45	Ice practice	Cesky Tesin
	11.30	Bus to hotel	
	12.00	Lunch	Hotel
	15.00	Pre game meal	Hotel
	15.30	Bus to arena	
	18.00	GAME SWE – USA	Cesky Tesin
	~21.00	Bus to hotel	
	21.30	Dinner	Hotel
Mon. Dec 23	08.30	Breakfast	Hotel
	12.00	Lunch	Hotel
		Team activity	
	18.30	Dinner	Hotel
	21.30	Evening snack	Hotel
Tue. Dec 24		Breakfast	Hotel
		Bus to arena	
	09.30-10.15	Off ice practice	
	10.30-12.00	Ice practice	Werk Arena
	13.00	Bus to hotel	
	13.30	Lunch	Hotel
	18.00	Dinner	Hotel
21.30	Evening snack	Hotel	



2020 IIHF World Junior Championship

Wed. Dec 25		Breakfast	Hotel
		Lunch	Hotel
		Bus to arena, (approx. 30 min)	
		IIHF Team Photo (players)	Werk Arena
		IIHF Team Photo (team)	Werk Arena
	15.45-17.00	Ice practice	Werk Arena
		Bus to hotel	
		Dinner	Hotel
		Evenings snack	Hotel
	Media Manager	Social Media	tba
	Doctor	Team Medical Personnel Meeting	tba
	Head Coach	Team Rule Information Meeting TRIM	tba
	Team Manager	Passport Control Meeting	tba
Team Manager	Directorate Meeting #1	tba	
Thu. Dec 26		Breakfast	Hotel
		Bus to the arena	
	11.00-11.30	Ice practice	Werk Arena
	12.15	Bus to the hotel	
		Lunch	Hotel
		Pre game meal (pasta Bolognese)	Hotel
		Bus to the arena	
	19.00	GAME SWE- FIN	Werk Arena
	~22.00	Bus to the hotel	
~22.00	Dinner	Hotel	
Fri. Dec 27		Breakfast	Hotel
		Bus to the arena	
	13.00-14.15	Ice practice	Werk Arena, practice rink
	15.15	Bus to the hotel	
		Lunch	Hotel
		Dinner	Hotel
		Evening snack	Hotel
Sat. Dec 28		Breakfast	Hotel
		Bus to arena	
	10.15-10.45	Ice practice	Werk Arena
	11.30	Bus to hotel	
		Pre game meal (pasta Bolognese)	Hotel
		Bus to the arena	
	19.00	GAME SUI- SWE	Werk Arena
	~22.00	Bus to the hotel	
~22.00	Dinner	Hotel	
Sun Dec 29		Breakfast	Hotel
		Bus to the arena	
	11.30-12.45	Ice practice	Werk Arena, practice rink
	13.45	Bus to the hotel	
		Lunch	Hotel
	Dinner	Hotel	

Mon. Dec 30		Breakfast	Hotel
		Bus to arena	
	08.45-09.15	Ice practice	Werk Arena
	10.00	Bus to hotel	
		Lunch	Hotel
		Bus to the arena	
	15.00	GAME KAZ- SWE	Werk Arena
	18.00	Bus to the hotel	
		Dinner	Hotel
		Evening snack	Hotel

Tue. Dec 31		Breakfast	Hotel
		Bus to the arena	
	09.30-10.00	Ice practice	Werk Arena
	10.45	Bus to the hotel	
		Lunch	Hotel
		Bus to the arena	
	15.00	GAME SWE- SVK	Werk Arena
	18.00	Bus to the hotel	
		Dinner	Hotel
		Evening snack	Hotel

January 1 - 5 *Schedule depending on result*

Thu. Jan 6		Breakfast	Hotel
		Bus to airport	
	11.05	Departure	Airport
	13.00	Arrival	Airport
		Home journeys	

Team leaders

Jonas Fransson	Team Manager	
Tomas Montén	Head Coach	
Joel Rönmark	Assistant Coach	
Henrik Stridh	Assistant Coach	
Nitze Landén	Goalie Coach	
Adam Almqvist Andersson	Video Coach	
Ryan Allenby	Doctor	During Dec 25-Jan 6
Tomas Hultgren	Doctor	During Dec 15-26
Henrik Karlsson	Chiropractor	
Oscar Björsfält	Physiotherapist	
Per-Åke Bäckman	Equipment Manager	
Per Lindholm	Equipment Manager	
Anders Feltenmark	Media Manager	
Igor Ljevak	Assistant Media Manager	