



Preliminary schedule for
Camp in Upplands Väsby, SWE, and
4 Nations Tournament in Dmitrov, RUS,
during August 25-30 2015



TEAM 20

Date	Time	Activity	Venue
Tue. Aug 25		Assembly	Scandic Upplands Väsby
	12.00	Lunch	Scandic Upplands Väsby
	13.00-14.00	Team meeting	Scandic Upplands Väsby
	15.30-17.00	Ice practice	Vilunda ishall
	18.00	Dinner	Scandic Upplands Väsby
	21.00	Evening snack	Scandic Upplands Väsby
Wed. Aug 26		Breakfast	Scandic Upplands Väsby
	09.00-10.30	Ice practice	Vilunda ishall
	11.30	Lunch	Scandic Upplands Väsby
	15.00-16.00	Ice practice	Vilunda ishall
	17.00	Dinner	Scandic Upplands Väsby
	21.00	Evening snack	Scandic Upplands Väsby
Thu. Aug 27		Breakfast	Scandic Upplands Väsby
	09.15	Bus to Arlanda T5	
	~10.15	Lunch	Alfredo's, Sky City
	11.50	Departure with SU2211	Arlanda T5
	14.50	Arrival to Moscow	Sheremetyevo airport
		Bus to Dmitrov	
		Check in and a pasta meal (pasta & sauce)	Hotel Kristall
	20.15-21.15	Ice practice	Arena Dmitrov
~22.15	Dinner	Hotel Kristall	
Fri. Aug 28	08.00	Breakfast	Hotel Kristall
	10.00-10.45	Ice practice	Arena Dmitrov
	12.00	Lunch	Hotel Kristall
	16.30	Pre game meal (pasta & sauce)	Hotel Kristall
	19.00	GAME RUS-SWE	Arena Dmitrov
	22.00	Dinner	Hotel Kristall
	Sat. Aug 29	06.30	Breakfast
08.00-08.45		Ice practice	Arena Dmitrov
11.30		Lunch	Hotel Kristall
14.30		GAME FIN-SWE	Arena Dmitrov
~17.30		Dinner	Hotel Kristall
21.00		Evening snack	Hotel Kristall
Sun. Aug 30	06.30	Breakfast	Hotel Kristall
	09.00-09.45	Ice practice	Arena Dmitrov
	11.30	Lunch	Hotel Kristall
	14.30	GAME SWE-CZE	Arena Dmitrov
	~17.30	Dinner	Hotel Kristall
	21.00	Evening snack	Hotel Kristall
Mon. Aug 31		Breakfast	Hotel Kristall
		Bus to the airport	
	09.50	Departure with SU2210	Sheremetyevo airport
	11.00	Arrival to Stockholm	Arlanda T5
		Home Journeys	

Team leaders

Jonas Fransson	Team Manager
Rikard Grönborg	Head Coach
Anders Johansson	Assistant Coach
Nizze Landén	Goalie Coach
Johan Andersson	Video Coach
PA Bergsten	Doctor
Johan Söderström	Physiotherapist
Per-Åke Bäckman	Equipment Manager

Hotels

Scandic Upplands Väsby, Hotellvägen 1, 194 70 Upplands Väsby, Sweden

Hotel Kristall, Dmitrov, Professionalnaya str., 28, Dmitrov city 141800, Moscow region, Russia