



Preliminary program
Camp in Vernon and Armstrong, BC, Canada
4 Nations Cup in Kamloops, Canada,
during October 30 - November 10 2014



Team Sweden Women

Date	Time	Activity	Venue	
Thu. Oct 30	08.45	Assembly and check in	Arlanda airport T5	
	09.15	Breakfast	Café & Grill, T5	
	11.10-12.50	Departure to London, flight SK531	Arlanda airport T5	
	14.25	Departure to Vancouver, flight AC855	Heathrow airport	
	17.05	Arrival Vancouver	Vancouver International airport	
	17.30	Bus to Kelowna (~6 h with stop) with dinner stop on the way	Vancouver International airport	
	~ 23.30	Arrival in Vernon Evening snack		
	Fri. Oct 31	06.30-07.00	Breakfast	
07.00		Bus to arena		
08.30-09.45		Ice practice	Nor Val Arena, Armstrong	
10.45		Bus to hotel	Nor Val Arena	
11.00		Lunch		
15.40		Bus to arena		
16.00-18.30		Game Pursuit of Excellence (Female) - SWE	Nor Val Arena, Armstrong	
19.30		Bus to hotel	Nor Val Arena	
19.50		Dinner		
20.30		Team meeting		
Sat. Nov 1	06.30-07.00	Breakfast		
	07.00	Bus to arena		
	09.45-11.45	Game Pursuit of Excellence (Female) - SWE	Nor Val Arena, Armstrong	
	12.45	Bus to hotel	Nor Val Arena	
	13.00	Lunch		
		Team meeting and team activity		
	17.00	Dinner		
21.00	Evening Snack			
Sun. Nov2	07.00-09.30	Breakfast		
	09.30	Bus to Kamloops by the arena (2,5 h)		
	12.00	Check in	Sheraton Hotel	
	12.30	Lunch	Sheraton Hotel	
		Bus to arena	Sheraton Hotel	
		Ice practice	Interior Savings Centre	
		Bus to hotel	Interior Savings Centre	
		Dinner	Sheraton Hotel	
		Evening snack	Sheraton Hotel	
Mon. Nov 3	08.00-09.30	Breakfast	Sheraton Hotel	
	12.15	Lunch	Sheraton Hotel	
	13.30	Bus to arena	Sheraton Hotel	
	14.45-16.15	Team photo and ice practice	Interior Savings Centre	
	17.15	Bus to hotel	Interior Savings Centre	
	17.30	Dinner	Sheraton Hotel	
	Team Manager	20.00	Directorate Meeting	TBA
		21.30	Evening snack	Sheraton Hotel

Tue. Nov 4	07.00-08.30	Breakfast	Sheraton Hotel
	08.35	Bus to arena	Sheraton Hotel
	09.45-10.15	Ice practice	Interior Savings Centre
	11.00	Bus to hotel	Interior Savings Centre
	11.30	Lunch	Sheraton Hotel
	16.15	Pre game meal	Sheraton Hotel
	16.50	Bus to arena	Sheraton Hotel
	19.00	Game CAN – SWE	Interior Savings Centre
	22.00	Bus to hotel	Interior Savings Centre
	22.15	Dinner	Sheraton Hotel
		Team meeting	Sheraton Hotel
	Wed. Nov 5	06.00-07.30	Breakfast
07.35		Bus to arena	Sheraton Hotel
08.45-09.15		Ice practice	Interior Savings Centre
10.00		Bus to hotel	Interior Savings Centre
10.30		Lunch	Sheraton Hotel
11.50		Bus to arena	Sheraton Hotel
14.00		Game SWE – FIN	Interior Savings Centre
17.00		Bus to hotel	Interior Savings Centre
17.15		Dinner	Sheraton Hotel
		Team meeting	Sheraton Hotel
21.00		Evening snack	Sheraton Hotel
Thu. Nov 6	07.00-08.45	Breakfast	Sheraton Hotel
	08.50	Bus to arena	Sheraton Hotel
	10.00-11.00	Ice practice	Interior Savings Centre
	12.00	Bus to hotel	Interior Savings Centre
	12.15	Lunch	Sheraton Hotel
	16.30	Dinner	Sheraton Hotel
	20.30	Evening snack	Sheraton Hotel
Fri. Nov 7	06.00-07.00	Breakfast	Sheraton Hotel
	06.50	Bus to arena	Sheraton Hotel
	08.00-08.30	Ice practice	Interior Savings Centre
	09.15	Bus to hotel	Interior Savings Centre
	09.45	Lunch	Sheraton Hotel
	10.50	Bus to arena	Sheraton Hotel
	13.00	Game USA - SWE	Interior Savings Centre
	16.00	Bus to hotel	Interior Savings Centre
	16.15	Dinner	Sheraton Hotel
	20.00	Team meeting	Sheraton Hotel
	Evening snack	Sheraton Hotel	
Sat. Nov 8	Schedule according to result		
Sun. Nov 9		Breakfast	Sheraton Hotel
		Bus to Vancouver by the arena	
		lunch on the way	
		Arrival Vancouver	
		Bus to Vancouver town	
		Check in	Vancouver International airport
		Dinner	
18.00	Departure London, flight AC854	Vancouver International airport	

Mon. Nov 10	11.15	Arrival London	Heathrow Airport
		Lunch	Heathrow Airport
	13.50	Departure London, flight SK532	Heathrow Airport
	17.20	Arrival Stockholm	Arlanda Airport T5
		Home Journeys	

Hotel

Kamloops

Sheraton Hotel, 1175 Rogers Way, Kamloops, BC V1S 1R5, Canada

Team leaders

Emelie Ederfors	Team Manager
Leif Boork	Head Coach
Olof Östblom	Assistant Coach
Karl Danielsson	Video Coach
Fredrik Klevebro	Doctor
Åsa Fomin	Physiotherapist
Benny Andersson	Equipment Manager