



Preliminary program
Camp in Uppsala, Sweden, and
4 Nations Tournament in Leppävirta, Finland,
During December 14-20 2015



Team Sweden Women

Date	Time	Activity	Venue
Mon. Dec 14	11.00	Assembly, lunch and check in	Scandic Uppsala Nord
	12.30-13.30	Team meeting	Scandic Uppsala Nord
	15.15-17.15	Ice practice	Gränbyhallen C
	18.30	Dinner	Scandic Uppsala Nord
	21.30	Evening snack	Scandic Uppsala Nord
Tue. Dec 15	07.30-08.45	Breakfast	Scandic Uppsala Nord
	09.00-11.00	Ice practice	Gränbyhallen C
	12.15	Lunch	Scandic Uppsala Nord
	15.30-17.00	Ice practice	Metallättervinnning Arena
	18.15	Dinner	Scandic Uppsala Nord
	19.00	Team meeting	Scandic Uppsala Nord
	21.30	Evening snack	Scandic Uppsala Nord
Wed. Dec 16	05.00	Breakfast (breakfast bag & check out)	Scandic Uppsala Nord
	05.30	Bus to Arlanda T5, by the arena	Scandic Uppsala Nord
	06.45-07.15	Breakfast	Clarion Hotel Arlanda Airport
	08.45	Departure to Helsinki Flight SK704	Arlanda Airport T5
	10.45	Arrival	Helsinki Airport T1
	11.15	Lunch	Cesar's Little Italy T2
	~ 11.45	Bus to Leppävirta (4h)	Helsinki Airport T1
	~ 16.00	Check in	Visileppis Sport & Spa Hotel
	17.00	Dinner	
	18.00	Team meeting	Visileppis Sport & Spa Hotel
	20.00-20.45	Ice practice	Vesileppis Arena, Leppävirta
21.30	Snack		
Thu. Dec 17	07.30-09.00	Breakfast	Visileppis Sport & Spa Hotel
	10.30-11.15	Ice practice	Vesileppis Arena, Leppävirta
	12.15	Lunch	Visileppis Sport & Spa Hotel
	12.45	Team meeting	Visileppis Sport & Spa Hotel
	15.30	Pre game snack with pasta	Visileppis Sport & Spa Hotel
	18.30	Game GER-SWE	Vesileppis Arena, Leppävirta
	21.15	Dinner	Visileppis Sport & Spa Hotel
	22.00	Team meeting	Visileppis Sport & Spa Hotel
Fri. Dec 18	07.30-09.00	Breakfast	Visileppis Sport & Spa Hotel
	11.30-12.15	Ice practice	Vesileppis Arena, Leppävirta
	13.15	Lunch	Visileppis Sport & Spa Hotel
	13.45	Team meeting	Visileppis Sport & Spa Hotel
	15.30	Pre game snack	Visileppis Sport & Spa Hotel
	18.30	Game SWE-RUS	Vesileppis Arena, Leppävirta
	21.15	Dinner	
	22.00	Team meeting	Visileppis Sport & Spa Hotele

Sat. Dec 19	07.00-08.30	Breakfast	Visileppis Sport & Spa Hotel
	07.30-08.00	Ice practice	Vesileppis Arena, Leppävirta
	10.30	Team meeting	Visileppis Sport & Spa Hotel
	11.00	Lunch	Visileppis Sport & Spa Hotel
	11.30	Bus to Varkaus (25 km 20 min by bus)	
	12.00	Pre game snack	Varkaus
	14.00	Game FIN-SWE	Varkaus
	17.00	Dinner	Varkaus
		Bus to Helsinki Hotel Rantasipi Airport (3,5h)	Varkaus
Sun. Dec 20	06.45	Breakfast and check out	Hotel Rantasipi
	07.15	Bus to Helsinki Airport T1 (10 min)	Hotel Rantasipi
	09.30	Departure to Stockholm flight: SK717	Helsinki Airport T1
	09.30	Arrival	Arlanda Airport T5
		Home journeys	

Hotels

Scandic Uppsala, Gamla Uppsalagatan 50, 754 25 Uppsala, Sweden

Sport & Spa Hotel Vesileppis, Vokkolantie, 79100 Leppävirta, Finland

Hotel Rantasipi Airport, Robert Hubertin tie 4, 01510 Vantaa

Team leaders

Sara Arnestål	Team Manager
Leif Boork	Head Coach
Olof Östblom	Assistant Coach
Karl Danielsson	Video Coach
Caroline Fougman	Physiotherapist
Benny Andersson	Equipment Manager