



TEAM 20 SWEDEN
4 Nations Tournament in Helsinki,
Finland, during November 5-10 2019



Date	Time	Activity	Venue
Mon. Nov 4	tba	Assembly and dinner	Hotel
Tue. Nov 5		Breakfast	Hotel
	08.00	Departure	Airport
	09.55	Arrival	Airport
		Bus to hotel and arena	
	~11.00	Check-in and lunch	Hotel
	14.30	Lunch no2	Hotel
	15.40	Bus to arena, approx. 10 min	
	17.00-18.30	Ice practice	Helsingin Jäähalli
	19.30	Bus to hotel	
	19.45	Dinner	Hotel
	21.45	Evening snack	Hotel
Wed. Nov 6	07.00-08.30	Breakfast	Hotel
	08.50	Bus to arena	
	10.00-11.30	Ice practice	Helsingin Jäähalli
	12.30	Bus to hotel	
	12.45	Lunch	Hotel
	15.30	Bus to arena	
	16.45-18.15	Ice practice	Helsingin Jäähalli
	19.15	Bus to hotel	
	19.30	Dinner	Hotel
	21.45	Evening snack	Hotel
Thu. Nov 7	08.30-09.30	Breakfast	Hotel
	12.00	Lunch	Hotel
	13.05	Bus to arena	
	14.15-15.45	Ice practice	Helsingin Jäähalli
	16.45	Bus to hotel	
	17.00	Dinner	Hotel
	20.30	Evening snack	Hotel
Fri. Nov 8	07.30-09.00	Breakfast	Hotel
	10.00	Bus to arena	
	11.00-11.45	Ice practice	Hotel
	12.30	Bus to hotel	
	12.45	Lunch	Hotel
	14.45	Pre game snack with (pasta and sauce)	Hotel
	15.20	Bus to arena	
	17.30	GAME CZE - SWE	Helsingin Jäähalli
	~20.30	Bus to hotel	
	~20.45	Dinner	Hotel
Sat. Nov 9	07.30-09.00	Breakfast	Hotel
	10.00	Bus to arena	
	11.00-11.45	Ice practice	Hotel
	12.30	Bus to hotel	
	12.45	Lunch	Hotel

Sat. Nov 9	14.45	Pre game snack with (pasta and sauce)	Hotel
	15.20	Bus to arena	
	17.30	GAME SWE - RUS	Helsingin Jäähalli
	~20.30	Bus to hotel	
	~20.45	Dinner	Hotel
Sun. Nov 10	08.45	Team walk	
	09.00	Breakfast	Hotel
	09.00	Bus to arena	
	10.00-10.45	Ice practice	Helsingin Jäähalli
	11.30	Bus to hotel	
	11.45	Team meeting	Hotel
	12.00	Lunch	Hotel
	12.50	Bus to arena	
	15.00	GAME FIN - SWE	Helsingin Jäähalli
	~17.45	Dinner in dressing room (pizza)	
	~18.00	Bus to airport	
	19.45	Departure	Airport
	19.45	Arrival	Airport
	Home journeys		

Team leaders

Jonas Fransson	Team Manager
Tomas Montén	Head Coach
Joel Rönmark	Assistant Coach
Nitze Landén	Goalie Coach
Adam Almquist Andersson	Video Coach
Tomas Hultgren	Doctor
Jonas Emmoth	Physiotherapist
Per-Åke Bäckman	Equipment Manager