



Team Sweden Women

Preliminary schedule

6 Nations Tournament in Dmitrov, Moscow Region, Russia, during February 5-11 2019



Date	Time	Activity	Venue
Tue. Feb 5	10.15	Assembly and check in	Airport
	10.45	Lunch	Airport
	12.35	Departure	Airport
	16.45	Arrival	Airport
	~17.30	Bus to arena in Dmitrov with water and fruit on the bus	Airport
	~19.30	Check in and dinner	Hotel
	21.00-22.00	Team meeting	Hotel
	22.00	Evening snack	Hotel
Wed. Feb 6	07.00-08.30	Breakfast	Hotel
	09.30-11.00	Ice practice	Practice Arena, Dmitrov
	12.00	Lunch	Hotel
	15.00-16.20	Ice practice	Main Arena, Dmitrov
	17.30	Dinner	Hotel
	20.00-21.00	Team meeting	Hotel
	21.00	Evening snack	Hotel
Team Manager	TBA	Directorate meeting	TBA
Thu Feb 7	08.00-09.30	Breakfast	Hotel
	11.30	Snack (Team arranged)	TBA
	13.00-14.00	Ice practice	Practice Arena, Dmitrov
	15.00	Lunch	Hotel
	19.00	Dinner	Hotel
	20.30-21.30	Team meeting	Hotel
	21.30	Evening snack	Hotel
Fri. Feb 8	07.00-08.30	Breakfast	Hotel
	10.00-10.45	Ice practice	Main Arena, Dmitrov
	11.30	Lunch	Hotel
	15.00	Pre game snack with pasta	Hotel
	18.00	Game SUI - SWE	Main Arena, Dmitrov
	21.00	Dinner	Hotel
	22.00-22.30	Team meeting	Hotel
Sat. Feb 9	07.00-08.30	Breakfast	Hotel
	10.00-10.45	Ice practice	Main Arena, Dmitrov
	11.30	Lunch	Hotel
	15.00	Pre game snack with pasta	Hotel
	18.00	Game SWE - RUS	Main Arena, Dmitrov
	21.00	Dinner	Hotel
	22.00-22.30	Team meeting	Hotel

Sun. Feb 10 Schedule depending on result

Mon. Feb 11	TBA	Breakfast and check out	Hotel
	TBA	Bus to Airport	Arena Dmitrov
	11.25	Departure	Airport
	11.40	Arrival	Airport
		Home journeys	

Team leaders

Johanna Malmström	Team Manager
Ylva Martinsen	Head Coach
Oscar Dahlgren	Assistant Coach
Alexander Bröms	Assistant Coach
Ola Kahem	Goalie Coach
Nanna Holm Glaas	Video Coach
Ingegerd Lantz	Doctor
Erica Svensson	Physiotherapist
Jenny Lindqvist	Physiotherapist
Rikard Regnell	Equipment Manager

Game Schedule

Thu	7/2	14.30	FIN - GER (A)	18.00	RUS - SUI (B)	Main Arena, Dimitrov
Fri	8/2	14.30	GER - CZE (A)	18.00	SUI - SWE (B)	Main Arena, Dimitrov
Sat	9/2	14.30	CZE - FIN (A)	18.00	SWE - RUS (B)	Main Arena, Dimitrov
Sun	10/2	14.30	A2 - B2	15.00	A3 - B3	Main Arena/Practice Arena, Dimitrov
Sun	10/2	18.00	A1 - B1			Main Arena, Dimitrov