



SCHEDULE TEAM 20 SWEDEN
4 Nations Tournament in Gothenburg,
Sweden, during November 1-6 2016



TEAM 20

Date	Time	Activity	Venue
Tue. Nov 1	11.25	Departure with SK	
	12.25	Arrival to Gothenburg	Landvetter airport
		Bus to the arena and hotel	
	~13.30	Assembly and lunch	Scandic Rubinen
	14.30	Bus to the arena	
	15.00-15.30	Off ice practice	Frölundaborgs Isstadion
	15.30-17.00	Ice practice	Frölundaborgs Isstadion
	18.30	Bus to the hotel	
	19.00	Dinner	Scandic Rubinen
	21.30	Evening snack	Scandic Rubinen
Wed. Nov 2		Breakfast	Scandic Rubinen
	08.15	Bus to the arena	
	09.30-10.50	Ice practice	Frölundaborgs Isstadion
	11.50	Bus to the hotel	
	12.00	Lunch	Scandic Rubinen
	15.45	Bus to the arena	
	17.00-18.30	Ice practice	Frölundaborgs Isstadion
	19.30	Bus to the hotel	
	19.45	Dinner	Scandic Rubinen
	21.30	Evening snack	Scandic Rubinen
Thu. Nov 3		Breakfast	Scandic Rubinen
	12.00	Lunch	Scandic Rubinen
	13.45	Bus to the arena	
	14.00-14.45	Off ice practice	Frölundaborgs Isstadion
	15.00-16.30	Ice practice	Frölundaborgs Isstadion
	17.45	Bus to the hotel	
	18.00	Dinner	Scandic Rubinen
	21.00	Evening snack	Scandic Rubinen
	21.00	Directorate meeting	Scandic Mölndal
	Fri. Nov 4		Breakfast
10.00		Bus to the arena	
11.15-11.45		Ice practice	Frölundaborgs Isstadion
12.30		Bus to the hotel	
12.45		Lunch	Scandic Rubinen
16.30		Pre game meal (pasta and sauce)	Scandic Rubinen
16.45		Bus to the arena	
19.00		GAME SWE-CZE	Frölundaborgs Isstadion
~22.00		Bus to the hotel	
~22.15		Dinner	Scandic Rubinen
Sat. Nov 5		Breakfast	Scandic Rubinen
	09.30	Bus to the arena	
	10.45-11.15	Ice practice	Frölundaborgs Isstadion
	12.00	Bus to the hotel	
	12.15	Lunch	Scandic Rubinen
	14.45	Pre game meal (pasta and sauce)	Scandic Rubinen
	15.15	Bus to the arena	
	17.30	GAME SWE-FIN	Frölundaborgs Isstadion
	~20.30	Bus to the hotel	
	~20.45	Dinner	Scandic Rubinen

Sun. Nov 6

08.15	Breakfast	Scandic Rubinen
09.30-10.00	Bus to the arena	
10.45	Ice practice	Frölundaborgs Isstadion
11.00	Bus to the hotel	
12.15	Lunch and check out	Scandic Rubinen
14.30	Bus to the arena	
~17.30	GAME SWE-RUS	Frölundaborgs Isstadion
18.00	Dinner	Frölundaborg Isstadion
19.35	Bus to Landvetter	
20.35	Departure with SK	
	Arrival to Stockholm	Landvetter airport
	Over night stay or home journeys	Arlanda T4

Team leaders

Jonas Fransson	Team Manager
Tomas Montén	Head Coach
Anders Johansson	Assistant Coach
Henrik Stridh	Assistant Coach
Nizze Landén	Goalie Coach
Adam Almqvist Andersson	Video Coach
Henrik Wretling	Doctor
Jonas Emmoth	Physiotherapist
Per-Åke Bäckman	Equipment Manager

Hotel

Scandic Rubinen, Kungsportsavenyen 24, 400 14 Göteborg