



Preliminary program
Summer Camp no2
in Norrtälje, Sweden, June 27 – July 1, 2016



Team Sweden Women

Date	Time	Activity	Venue
Mon. June 27	09.20	Bus to Norrtälje by Ulriksdals IP and Arlanda T4	SIF-kontoret
	11.15	Assembly and lunch	Norrtälje Sportcentrum
	12.30-14.30	Tests, indoor and outdoor	Brottarlokalen + Löparbana
	14.30	Snack (Team Arr)	
	15.30-16.50	Ice practice	Contigahallen
	17.10-18.30	Ice practice	Contigahallen
	17.50	Dinner	Roslagens Sportrestauranger
	19.30	Dinner	Roslagens Sportrestauranger
	21.00	Evening snack	Hotel Roslagen
	Tue. June 28	07.30-09.00	Breakfast
09.30-10.30		Ice practice	Contigahallen
10.45-11.45		Ice practice	Contigahallen
11.30		Lunch	Roslagens Sportrestauranger
12.45		Lunch	Roslagens Sportrestauranger
15.45		Snack (Team Arr)	Roslagens Sportrestauranger
17.30-17.45		Warm-up On Ice	Contigahallen
18.00		Game 3x20	Contigahallen
20.45		Dinner	Roslagens Sportrestauranger
22.30		Evening snack	Hotel Roslagen
Wen. June 29	07.30-09.00	Breakfast	Hotel Roslagen
	09.30-10.30	Ice practice	Contigahallen
	10.45-11.45	Ice practice	Contigahallen
	11.30	Lunch	Roslagens Sportrestauranger
	12.45	Lunch	Roslagens Sportrestauranger
	15.45	Snack (Team Arr)	
	17.30-17.45	Warm-up On Ice	Contigahallen
	18.00	Game 3x20	Contigahallen
	20.45	Dinner	Roslagens Sportrestauranger
	22.30	Evening snack	Hotel Roslagen
Thu. June 30	07.30-09.00	Breakfast	Hotel Roslagen
	09.30-10.30	Ice practice	Contigahallen
	10.45-11.45	Ice practice	Contigahallen
	11.30	Lunch	Roslagens Sportrestauranger
	12.45	Lunch	Roslagens Sportrestauranger
	15.45	Snack (Team Arr)	
	17.30-17.45	Warm-up On Ice	Contigahallen
	18.00	Game 3x20	Contigahallen
	20.45	Dinner	Roslagens Sportrestauranger
	22.30	Evening snack	Hotel Roslagen
Fri. 1 July	06.30-07.30	Breakfast	Hotel Roslagen
	08.30-10.00	Ice practice	Contigahallen
	10.45	Lunch	Roslagens Sportrestauranger
	11.15	Bus to SIF-kontoret by Arlanda – Ulriksdals IP Home journey	Contigahallen

Hotel

Hotel Roslagen, Stockholmsvägen 53, 761 43 Norrtälje

Contact persons

Sara Arnestål	Team Manager
Leif Boork	Head Coach
Olof Östblom	Assistant Coach
Caroline Fougman	Physiotherapist
Elin Uusitalo	Physiotherapist
Benny Andersson	Equipment Manager