



Preliminary program
Summer Camp no1
in Norrtälje, Sweden, during May 7-10 2015



Team Sweden Women

Date	Time	Activity	Venue
Thu. May 7	TBA	Bus to Norrtälje by Ritorp and Arlanda T4	SIF-Kontoret
	11.00	Assembly and lunch	Norrtälje Sportcentrum
	12.45	Team meeting	Norrtälje Sportcentrum
	14.00-16.00	Tests, indoor and outdoor	Friskis & Sveltis + Löparbana
		Snack (Team Arr)	Contigahallen
	17.30-19.00	Ice practice	Contigahallen
	20.00	Dinner	Roslagens Sportrestauranger
	22.00	Evening snack	Hotel Roslagen
Fri. May 8	07.30-08.30	Breakfast	Hotel Roslagen
	09.45	Team meeting	Contigahallen
	10.00-12.00	Ice practice	Contigahallen
	13.00	Lunch	Roslagens Sportrestauranger
	15.45	Team meeting	Contigahallen
		Snack (Team Arr)	Contigahallen
	17.00-19.00	Ice practice	Contigahallen
	20.00	Dinner	Roslagens Sportrestauranger
22.00	Evening snack	Hotel Roslagen	
Sat. May 9	07.30-08.30	Breakfast	Hotel Roslagen
	09.45	Team meeting	Contigahallen
	10.00-12.00	Ice practice	Contigahallen
	13.00	Lunch	Roslagens Sportrestauranger
	15.45	Team meeting	Contigahallen
		Snack (Team Arr)	Contigahallen
	17.00-19.00	Ice practice	Contigahallen
	20.00	Dinner	Roslagens Sportrestauranger
22.00	Evening snack	Hotel Roslagen	
Sun. May 10	06.45-07.45	Breakfast	Hotel Roslagen
	08.30-10.00	Ice practice	Contigahallen
		Team meeting (locker room)	Contigahallen
	11.15	Lunch	Roslagens Sportrestauranger
	12.30	Bus to SIF-kontoret by ArlandaT4 and Ritorp	
		Home journeys	

Hotel

Hotel Roslagen, Stockholmsvägen 53, 761 43 Norrtälje

Team leaders

Staffan Landberg Team Manager
Leif Boork Head Coach
Olof Östblom Assistant Coach
Thomas Magnusson Goalie Coach
Caroline Fougman Physiotherapist
Benny Andersson Equipment Manager