



Preliminary program
5 Nations Tournament Pre Olympic Cup
Rauma, Finland, December 11-17 2017

Team Sweden Women

Date	Time	Activity	Venue
Mon-Dec 11	07.30	Bus to Arlanda T2	Hovet v/Ritorp
	08.30-09.15	Assembly/Check in	Arlanda T2
	~09.45	Breakfast Lavazza (after security)	Arlanda T2
	11.10	Flight AY806 to Helsinki	Arlanda T2
	13.05	Arrival to Helsinki	Helsinki Airport T2
	13.30	Lunch Cesar Little Italy	Helsinki Airport T2
	14.15	Bus to Rauma (Hotel)	Helsinki Airport T2
	17.30	Bus to arena	Hotel Cumulus
	17.45	Dinner	Arena Cafeteria
	19.15-20.15	Ice practice	Kivikylä Arena
	21.15	Bus to Hotel	Kivikylä Arena
	21.30	Evening snack	Hotel Cumulus
Tue-Dec 12	07.30-08.30	Breakfast	Hotel Cumulus
	08.50	Bus to arena	Hotel Cumulus
	10.00-10.30	Ice practice	Kivikylä Arena, rink 2
	11.30	Lunch	Arena Cafeteria
	12.15	Bus to Hotel	Kivikylä Arena
	12.45	Team meeting	Hotel Cumulus
	16.00	Pre-game snack w/pasta	Hotel Cumulus
	16.50	Bus to arena	Hotel Cumulus
	19.00	Game GER - SWE	Kivikylä Arena
	22.00	Dinner	Arena Cafeteria
	22.45	Bus to Hotel	Kivikylä Arena
Wed-Dec 13	08.00-09.00	Breakfast	Hotel Cumulus
	09.30	Bus to arena	Hotel Cumulus
	10.45-11.15	Ice practice	Kivikylä Arena, rink 2
	12.15	Lunch	Arena Cafeteria
	13.00	Bus to Hotel	Kivikylä Arena
	13.15	Team meeting	Hotel Cumulus
	16.00	Pre-game snack w/pasta	Hotel Cumulus
	16.50	Bus to arena	Hotel Cumulus
	19.00	Game SWE - RUS	Kivikylä Arena
	22.00	Dinner	Arena Cafeteria
22.45	Bus to Hotel	Kivikylä Arena	
Thu-Dec 14	07.30-08.30	Breakfast	Hotel Cumulus
	08.50	Bus to arena	Hotel Cumulus
	10.00-10.30	Ice practice	Kivikylä Arena, rink 2
	11.30	Lunch	Arena Cafeteria
	12.15	Bus to Hotel	Kivikylä Arena
	12.45	Team meeting	Hotel Cumulus
	16.00	Pre-game snack w/pasta	Hotel Cumulus
	16.50	Bus to arena	Hotel Cumulus
	19.00	Game FIN - SWE	Kivikylä Arena
	22.00	Dinner	Arena Cafeteria
	22.45	Bus to Hotel	Kivikylä Arena

Fri-Dec 15	09.30-10.30	Breakfast	Hotel Cumulus
	11.00	Bus to arena	Hotel Cumulus
	12.15-13.30	Ice practice	Kivikylä Arena
	14.30	Lunch	Arena Cafeteria
	15.15	Bus to Hotel	Kivikylä Arena
	15.45	Team meeting	Hotel Cumulus
	17.30	Dinner	Hotel Cumulus
	20.00	Evening snack	Hotel Cumulus
Sat-Dec 16	06.00-07.00	Breakfast	Hotel Cumulus
	07.30	Bus to arena	Hotel Cumulus
	08.45-09.15	Ice practice	Kivikylä Arena
	10.15	Bus to Hotel	Kivikylä Arena
	11.00	Lunch	Hotel Cumulus
	11.50	Bus to arena	Hotel Cumulus
	14.00	Game SWE - JPN	Kivikylä Arena
	17.00	Dinner	Arena Cafeteria
	17.45	Bus to Turku harbour	Kivikylä Arena
	20.15	Boat Åbo-Stockholm	Baltic Princess
	20.15	Buffé	Buffétrestaurangen
	21.00	Team meeting	Konferensavdelningen
Sun-Dec 17	05.00-05.45	Breakfast	Buffétrestaurangen
	06.10	Arrival Stockholm, Home journeys	Värtahamnen
	06.30	Transport to Ritorp, Arlanda T4	

Team leaders

Sara Arnestål	Team Manager
Leif Boork	Head Coach
Jared Cipparone	Assistant Coach
Alexandra Cipparone	Assistant Coach
Karl Danielsson	Video Coach
Caroline Fougman	Physiotherapist
Benny Andersson	Equipment Manager
Ingegerd Lantz	Doctor

Hotel

Hotel Cumulus