



Preliminary program
Elite Camp in Märsta, Sweden,
during November 1-4 2014



Team Sweden Women U18

Date	Time	Activity	Venue
Sat. Nov 1	TBA	Bus to the arena by the hotel	Arlanda T4
<u>All players</u>	12.00	Assembly with lunch	Pinbackshallen
	12.45	Team meeting	Pinbackshallen
<u>Gr 1: Team Yellow</u>	14.00-15.15	Ice practice	Pinbackshallen
	16.00	Dinner 1	Pinbackshallen
<u>Gr 2: Team Blue</u>	15.30-16.45	Ice practice	Pinbackshallen
	17.30	Dinner 2	Pinbackshallen
<u>All players</u>	18.30 -20.00	Tests	Valsta Sim- & Idrottshall
	21.00	Evening snack	Arlanda Hotellby
Sun. Nov 2			
<u>Gr 2: Team Blue</u>	06.15-07.15	Breakfast	Arlanda Hotellby
	08.15-09.30	Ice practice	Pinbackshallen- B
	10.30	Lunch	Pinbackshallen
	11.30	Theory	Pinbackshallen
	12.15	Tests	Pinbackshallen
	13.30-14.30	Ice practice	Pinbackshallen
		Snack (Team arr)	Pinbackshallen
	16.30	Dinner	Pinbackshallen
<u>Gr 1: Team Yellow</u>	07.30-08.30	Breakfast	Arlanda Hotellby
	09.45-11.00	Ice practice	Pinbackshallen - B
	11.45	Lunch	Pinbackshallen
	12.15	Theory	Pinbackshallen
	13.15	Tests	Pinbackshallen
	14.45-15.45	Ice practice	Pinbackshallen
	16.30	Dinner	Pinbackshallen
<u>All players</u>	19.15-21.15	GAME Yellow – Blue (3x15 min)	Pinbackshallen
	22.00	Evening snack with pasta	Arlanda Hotellby
Mon. Nov 3			
<u>Gr 1: Team Yellow</u>	06.00-07.00	Breakfast	Arlanda Hotellby
	08.15-09.30	Ice practice	Pinbackshallen
	11.00	Lunch	Pinbackshallen
<u>Gr2: Team Blue</u>	07.30-08.30	Breakfast	Arlanda Hotellby
	09.45-11.00	Ice practice	Pinbackshallen
	11.45	Lunch	Pinbackshallen
<u>All players</u>	14.00-16.00	Game Blue - Yellow (3x15 min)	Pinbackshallen
	17.00	Dinner	Pinbackshallen
	18.30-21.30	Team Meeting	Arlanda Hotellby
	21.30	Evening snack	Arlanda Hotellby
Tue. Nov 4			
	07.30-08.45	Breakfast	Arlanda Hotellby
	10.00-12.00	GAME Yellow – Blue (3x15 min)	Pinbackshallen
	13.00	Lunch	Pinbackshallen
		Home journeys (12 players)	

Team leaders

Team Manager	Terho Nevalainen
Head Coach	Henrik Cedergren
Assistant Coach	Erik Carling
Video Coach	TBA
Physiotherapist	Andreas Hägglund
Equipment Manager	Kjell Klintberg

SIF-instruktör	Nanna Jansson
SIF-instruktör	Kicki Lundberg

Hotel

Märsta - Arlanda

Best Western Arlanda Hotellby, Birstagatan 22, 195 60 Arlandastad,