



“RUSSIN” CAMP Team 18

in Norrtälje during May 19-23 2016

Date	Time	Activity	Venue
Thu. May 19	08.30	Assembly players from Stockholm	Bosön
	09.00	Off ice practice/tests	Bosön
	~09.15	Bus from Arlanda T4 to Bosön	Arlanda T4
	10.30	Assembly all players	Bosön
	11.00	Lunch	Bosön
	12.00-19.00	Off ice practice/tests	Bosön
	20.30-21.30	Bus to Norrtälje Ice practice	Contigahallen
Fri. May 20	07.30	Breakfast	Hotel Roslagen
	08.15-09.15	Ice practice, goalie	Contigahallen
	09.30-10.45	Ice practice, yellow	Contigahallen
	13.15-14.15	Ice practice, goalie	Contigahallen
	15.30-16.30	Ice practice, goalie	Contigahallen
	18.00	GAME YELLOW – BLUE (3x15 min)	Contigahallen
	Sat. May 21	07.30	Breakfast
08.15-09.15		Ice practice, goalie	Contigahallen
11.00-12.15		Ice practice, yellow	Contigahallen
13.15-14.15		Ice practice, goalie	Contigahallen
15.30-16.30		Ice practice, goalie	Contigahallen
18.00		GAME YELLOW – BLUE (3x15 min)	Contigahallen
Sun. May 22		07.30	Breakfast
	13.00-13.30	Ice practice, goalie	Contigahallen
	13.45-15.00	Ice practice, yellow	Contigahallen
	18.00-18.30	Ice practice, goalie	Contigahallen
	18.45-20.00	Ice practice, yellow	Contigahallen
	Mon. May 23	07.30	Breakfast
08.30-09.30		Ice practice, goalie	Contigahallen
10.00		GAME YELLOW – BLUE (3x15 min)	Contigahallen
14.00		Bus to Arlanda T4	
		Home journeys	

All meals except breakfast will be served at Roslagens Sportrestaurang, Norrtälje Sportcentrum

You will have a daily schedule in the locker room, with all activities for the day