

**5 Nations Tournament in Vierumäki, Tampere and Hämeenlinna, Finland, during December 10-16 2018****Team Sweden Women**

Date	Time	Activity	Venue
Mon. Dec 10	09.30	Assembly and check in	Airport
	09.45	Lunch	Airport
	11.45	Departure	Airport
	13.40	Arrival	Airport
	~14.15	Bus to Vierumäki (~1,15h) with Water and fruit on the bus	Airport
	16.00	Check in and dinner	Hotel
	20.30	Evening snack with pasta	Hotel
	TBA	Team meeting	Hotel
	Tue. Dec 11	07.00-09.00	Breakfast
10.00-10.30		Ice practice	Vierumäki Arena
11.30		Lunch	Hotel
16.00		Pre game snack with pasta	Hotel
19.00		Game GER-SWE	Vierumäki Arena
22.00		Dinner	Hotel
22.30		Team meeting	Hotel
Wed. Dec 12	06.00-08.15	Breakfast	Hotel
	09.15-09.45	Ice practice Snack (Team arr)	Vierumäki Arena Vierumäki Arena
	12.00	Lunch	Hotel
	15.30	Game SWE - SUI	Vierumäki Arena
	18.30	Dinner	Hotel
	21.00	Team meeting	Hotel
	21.30	Snack	Hotel
Thu. Dec 13	06.00-07.30	Breakfast	Hotel
	07.30	Bus to Tampere (~2h)	Vierumäki Arena
	09.30	Pre game snack	Tampere Arena
	12.00	Game FIN - SWE	Tampere Arena
	15.15	Lunch	TBA, Tampere
	16.00	Bus to Vierumäki	TBA, Tampere
	19.00	Dinner	Hotel
	21.00	Team meeting	Hotel
	22.00	Snack	Hotel
Fri. Dec 14	07.00-09.00	Breakfast	Hotel

	11.30	Lunch	Hotel
	14.30-16.00	Ice practice	Vierumäki Arena
	17.00	Dinner	Hotel
	20.30	Team meeting	Hotel
	21.00	Evening snack	Hotel
Sat. Dec 15	06.00-08.15	Breakfast	Hotel
	09.15-09.45	Ice practice	Vierumäki Arena
		Snack (Team arr)	Vierumäki Arena
	12.00	Lunch	Hotel
	15.30	Game SWE - JPN	Vierumäki Arena
	18.30	Dinner	Hotel
	21.00	Team meeting	Hotel
	21.30	Evening snack	Hotel
Sun. Dec 16	06.00-08.00	Breakfast and check out	Hotel
	08.00	Bus to airport	Vierumäki Arena
	11.30	Departure	Airport
	11.30	Arrival	Airport
		Home journeys	

Team Leaders

Johanna Malmström	Team Manager
Ylva Martinsen	Head Coach
Oscar Dahlgren	Assistant Coach
Ola Kahem	Goalie Coach
Nanna Holm Glaas	Video Coach
Ingegerd Lantz	Doctor
Erica Svensson	Physiotherapist
Benny Andersson	Equipment Manager

Game schedule

11/12	15.30	JPN-FIN	19.00	GER-SWE	Vierumäki
12/12	15.30	SWE-SUI	19.00	JPN-GER	Vierumäki
13/12	12.00	FIN-SWE	15.30	SUI- GER	Tampere / Vierumäki
14/12	15.30	GER- FIN	19.00	SUI-JPN	Vierumäki
15/12	15.30	SWE-JPN	15.30	FIN-SUI	Vierumäki / Hämeenlinna