



“RUSSIN” CAMP Team 18

In Falun during May 18-22 2017

Date	Time	Activity	Venue
Thu. May 18	08.30	Assembly, see travel plan	Falun
	09.00	Off ice practice/tests	Falun
	TBA	Bus from Arlanda T4 to Falun	Arlanda T4
	12.30	Assembly all players	Falun
	13.00	Lunch	Falun
	14.00-19.00	Off ice practice/tests	Falun
	20.30-21.30	Ice practice	Lugnets Ishall
Fri. May 19	08.00	Breakfast	Scandic Lugnet
	08.15-09.15	Ice practice, goalie	Lugnets Ishall
	09.30-10.45	Ice practice, yellow	Lugnets Ishall
	13.15-14.15	Ice practice, goalie	Lugnets Ishall
	14.30-15.20	Ice practice, yellow	Lugnets Ishall
	15.30-16.30	Ice practice, goalie	Lugnets Ishall
	18.00	GAME YELLOW – BLUE (3x15 min)	Lugnets Ishall
	Sat. May 20	07.30	Breakfast
08.15-09.15		Ice practice, goalie	Lugnets Ishall
11.00-12.15		Ice practice, yellow	Lugnets Ishall
13.15-14.15		Ice practice, goalie	Lugnets Ishall
15.30-16.30		Ice practice, goalie	Lugnets Ishall
18.00		GAME YELLOW – BLUE (3x15 min)	Lugnets Ishall
Sun. May 21	07.30	Breakfast	Scandic Lugnet
	13.00-13.30	Ice practice, goalie	Lugnets Ishall
	13.45-15.00	Ice practice, yellow	Lugnets Ishall
	18.00-18.30	Ice practice, goalie	lugnets Ishall
	18.45-20.00	Ice practice, yellow	Lugnets Ishall
Mon. May 22	07.30	Breakfast	Scandic Lugnet
	08.30-09.30	Ice practice, goalie	Lugnets Ishall
	10.00	GAME YELLOW – BLUE (3x15 min)	Lugnets Ishall
	14.00	Bus to Arlanda T4 Home journeys	

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