



Preliminary program
2018
Women's Nations Cup in Füssen, Germany,
during January 2-7, 2018



Team Sweden Women

Date	Time	Activity	Venue
Tue. Jan 2	08.30	Assembly	Stockholm Arlanda T5
	~09.15	Lunch	Alfredos Arlanda Sky City
	10.50	Departure to München SK2659	Stockholm Arlanda T5
	13.00	Arrival	Munich Airport
		Sandwiches on the bus	
	~13.45	Bus to hotel in Füssen by the arena (2,30 h)	Munich Airport
	16.45	Dinner	Hotel Ruchti
	19.45-20.45	Ice practice	BLZ Füssen Arena
	21.45	Evening snack	Hotel Ruchti
Wed. Jan 3	08.00-09.00	Breakfast	Hotel Ruchti
	10.30-11.00	Ice practice	BLZ Füssen Arena
	12.00	Lunch	Hotel Ruchti
	12.45	Team Meeting	Hotel Ruchti
	15.30	Pre-game snack with pasta	Hotel Ruchti
	18.30	Game GER-SWE	BLZ Füssen Arena
	21.30	Dinner	Hotel Ruchti
Thu. Jan 4	08.00-09.00	Breakfast	Hotel Ruchti
	10.45-11.15	Ice practice	BLZ Füssen Arena
	12.15	Lunch	Hotel Ruchti
	13.00	Team Meeting	Hotel Ruchti
	15.30	Pre-game snack with pasta	Hotel Ruchti
	18.30	Game SWE-SUI	BLZ Füssen Arena
	21.30	Dinner	Hotel Ruchti
Fri. Jan 5	09.00-10.00	Breakfast	Hotel Ruchti
	11.30-12.30	Ice practice	BLZ Füssen Arena
	13.30	Lunch	Hotel Ruchti
	14.15	Team Meeting	Hotel Ruchti
	17.00	Dinner	Hotel Ruchti
	20.00	Evening snack	Hotel Ruchti
Sat. Jan 6		Breakfast	Hotel Ruchti
		Schedule depending on result	
	12.00	Game A3 – B3	BLZ Füssen Arena
	15.30	Game A2 – B2	BLZ Füssen Arena
	19.00	Game A1 – B1	BLZ Füssen Arena
Sun. Jan7	05.45-06.30	Breakfast	Hotel Ruchti
	07.00	Bus to Munich Airport	Hotel Ruchti
	~09.30	Check in	Munich Airport
	12.00	Departure to Stockholm SK2660	Munich Airport
	14.10	Arrival	Arlanda T5
	~	Home Journeys	Arlanda T5

Hotel

Hotel Ruchti, Alatseestraße 38, 87629 Füssen, Tyskland,

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