

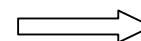


Preliminary schedule for
Camp in Segeltorp, Sweden, and 4 Nations Tournament
in Khimki, Russia, during November 5-11 2 2013



TEAM 20

Date	Time	Activity	Venue
Tue. Nov 5	~11.30	Assembly	Scandic Kungens Kurva
	12.00	Lunch	Scandic Kungens Kurva
	15.00-17.00	Ice practice	Segeltorpshallen
	18.15	Dinner	Scandic Kungens Kurva
	21.30	Evening snack	Scandic Kungens Kurva
Wed. Nov 6	08.45	Breakfast	Scandic Kungens Kurva
	10.30-12.00	Ice practice	Segeltorpshallen
	13.30	Lunch	Scandic Kungens Kurva
	15.45	Mellanmål	
	17.30-18.20	Ice practice	Segeltorpshallen
	19.30	Dinner	Scandic Kungens Kurva
	21.45	Evening snack	Scandic Kungens Kurva
Thu. Nov 7	07.00	Breakfast	Scandic Kungens Kurva
	07.30	Bus to Arlanda T5	
	~09.30	Brunch / Lunch	Café & Grill
	11.15	Departure with SK730	Arlanda T5
	16.20	Arrival to Moscow	Sheremetyevo airport
		Bus to the hotel (1 h)	
	~18.00	Snack	
	20.00-21.15	Ice practice	main rink
	22.00	Dinner	
	TBA	Directorate meeting	
Fri. Nov 8	06.15	Breakfast	
	06.45	Walk to Rink	
	08.00-08.45	Ice practice	main rink
	09.45	Walk to Hotel	
	10.00	Lunch	
	13.15	Pre game meal	
	13.45	Walk to Rink	
	16.00	GAME CZE-SWE	main rink
	19.45	Walk to Hotel	
	20.00	Dinner	
	22.00	Evening snack	
Sat. Nov 9	08.15	Breakfast	
	08.45	Walk to Rink	
	10.00-10.45	Ice practice	main rink
	11.45	Walk to Hotel	
	12.00	Lunch	
	15.45	Pre game meal	
	16.15	Walk to Rink	
	18.30	GAME RUS-SWE	main rink
	21.45	Walk to Hotel	
	22.00	Dinner	



Sun. Nov 10 (TBA)		Breakfast	
	09.00-09.45	Ice practice	main rink
		Lunch	
	13.00	GAME SWE-FIN	main rink
		Dinner	
		Evening snack	
Mon. Nov 11 (TBA)		Breakfast	
		Sightseeing	
		Bus to Sheremetyevo airport	
	17.10	Departure with SK731	Sheremetyevo airport
	16.30	Arrival to Arlanda T5	
		Home Journeys	

Team leaders

Nitze Landén Team Manager
Rikard Grönborg Head Coach
Anders Johansson Assistant Coach
Johan Andersson Video Coach
Sofia Sunnerud Doctor
Per-Åke Bäckman Equipment Manager

Viktor Maximov Team host

Hotels

Scandic Kungens Kurva, Ekgårdsvägen 2, 141 75 Huddinge

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