



Preliminary program  
Camp and 4 Nations Tournament in  
Linköping, Sweden, during December 13-18 2016



Team Sweden Women

Date	Time	Activity	Venue
<b>Tue. Dec 13</b>	~ 09.30	Bus to Linköping (~2.45 h)	Arlanda T4
	~ 13.00	Arrival in Linköping	Stångebro Ishall
	13.30	Check in and snack with pasta	Scandic City
	14.30-15.30	Team Meeting	Scandic City
	<b>17.00-18.30</b>	<b>Ice practice</b>	Stångebro Ishall
	19.45	Dinner	Scandic City
	21.45	Evening snack	Scandic City
<b>Wed. Dec 14</b>	07.30-08.00	Breakfast	Scandic City
	<b>09.30-11.30</b>	<b>Ice practice</b>	Stångebro Ishall
	12.45	Lunch	Scandic City
	14.45	Snack in locker room (Team arr)	Stångebro Ishall
	<b>16.00-17.30</b>	<b>Ice practice</b>	Stångebro Ishall
	18.45	Dinner	Scandic City
	20.45	Team Meeting	Scandic City
21.30	Evening snack	Scandic City	
<b>Thu. Dec 15</b>	07.00-08.00	Breakfast	Scandic City
	<b>09.30-11.30</b>	<b>Ice practice</b>	Stångebro Ishall
	12.45	Lunch	Scandic City
	14.30	Snack in locker room (Team arr)	Stångebro Ishall
	<b>15.30-17.00</b>	<b>Ice practice</b>	Stångebro Ishall
	18.00	Directorate meeting (Team Manager)	Stångebro Ishall
	19.00	Dinner in town	In Town
21.45	Evening snack	Scandic City	
<b>Fri. Dec 16</b>	08.30-09.30	Breakfast	Scandic City
	<b>11.15-11.45</b>	<b>Ice practice</b>	Stångebro Ishall
	12.45	Lunch	Scandic City
	13.15	Team Meeting	Scandic City
	16.00	Pre game snack with pasta	Scandic City
	<b>19.00</b>	<b>Game SWE - GER</b>	Stångebro Ishall
	22.00	Dinner	Scandic City
22.30	Team Meeting	Scandic City	
<b>Sat. Dec 17</b>	08.00-09.00	Breakfast	Scandic City
	<b>10.45-11.15</b>	<b>Ice practice</b>	Stångebro Ishall
	12.15	Lunch	Scandic City
	12.45	Team Meeting	Scandic City
	15.00	Pre game snack with pasta	Scandic City
	<b>17.30</b>	<b>Game SWE - FIN</b>	Stångebro Ishall
	20.30	Dinner	Scandic City
21.00	Team Meeting	Scandic City	

<b>Sun. Dec 18</b>	07.30-08.30	Breakfast	Scandic City
	<b>09.30-10.00</b>	<b>Ice practice</b>	<b>Stångebro Ishall</b>
	10.45	Team Meeting	Scandic City
	11.15	Lunch	Scandic City
	12.15	Check out	
	12.30	Snack in locker room (Team arr)	Stångebro Ishall
	<b>14.30</b>	<b>Game SWE - RUS</b>	Stångebro Ishall
	~17.15	Dinner	Scandic City
	~17.30	Bus to Stockholm/Arlanda (~2.30 h)	
	~20.00	Arrival Stockholm/Arlanda	
		Home journeys	

## Hotel

Scandic Linköping City  
Gamla Tanneforsvägen 51  
582 54 Linköping

## Team leaders

Sara Arnestål	Team Manager
Leif Boork	Head Coach
Olof Östblom	Assistant Coach
Karl Danielsson	Video Coach
Åsa Elfving	Doctor
Caroline Fougman	Physiotherapist
Benny Andersson	Equipment Manager