



Preliminary program
Camp and 4 Nations Tournament
in Tyringe, Sweden, during December 9-15 2019



Team Sweden Women U18

Date	Time	Activity	Venue
Mon. Dec 9	08.00	Assembly and check in	Airport
	09.10	Departure	Airport
	10.20	Arrival	Airport
	10.40	Bus to Tyringe with snack on the way	Airport
	12.30	Lunch and check in	Hotel
	14.00-15.40	Team meeting	Hotel
	16.20-16.35	Ice practice - Goalie	Tyrs Hov Sportcentra
	16.35-17.50	Ice practice	Tyrs Hov Sportcentra
	18.45	Dinner	Hotel
	20.30	Team meeting	Hotel
	21.30	Evening snack	Hotel
Tue. Dec 10	06.30-07.45	Breakfast	Hotel
	08.30-08.45	Ice practice - Goalie	Tyrs Hov Sportcentra
	08.45-10.00	Ice practice	Tyrs Hov Sportcentra
	11.00	Lunch	Hotel
	14.15-14.30	Ice practice - Goalie	Tyrs Hov Sportcentra
	14.30-15.45	Ice practice	Tyrs Hov Sportcentra
	17.00	Dinner	Hotel
	19.30	Team meeting	Hotel
20.30	Evening snack	Hotel	
Wed. Dec 11	07.00-09.00	Breakfast	Hotel
	11.00-11.15	Ice practice - Goalie	Tyrs Hov Sportcentra
	11.15-12.30	Ice practice	Tyrs Hov Sportcentra
	13.30	Lunch	Tyrs Hov Sportcentra
	TBA	Team activity	
	17.30	Dinner	Tyrs Hov Sportcentra
	21.00	Evening snack	Hotel
Thu. Dec 12	07.00-09.00	Breakfast	Hotel
	11.15-11.45	Game skate	Tyrs Hov Sportcentra
	12.30	Lunch	Tyrs Hov Sportcentra
	16.00	Pre game snack with pasta	Hotel
	19.00	GAME SWE - JPN	Tyrs Hov Sportcentra
	22.00	Dinner	Tyrs Hov Sportcentra
Fri. Dec 13	07.00-09.00	Breakfast	Hotel
	11.00-11.45	Game skate	Tyrs Hov Sportcentra
	12.30	Lunch	Tyrs Hov Sportcentra
	16.00	Pre game snack with pasta	Hotel
	19.00	GAME SWE - SVK	Tyrs Hov Sportcentra
	22.00	Dinner	Tyrs Hov Sportcentra

Sat. Dec 14	07.00-08.30	Breakfast	Hotel
	09.45-10.15	Game skate	Tyrs Hov Sportcentra
	11.00	Lunch	Tyrs Hov Sportcentra
	14.00	Pre game snack with pasta	Hotel
	17.00	GAME SWE - RUS	Tyrs Hov Sportcentra
	20.00	Dinner	Tyrs Hov Sportcentra
	20.45	Team meeting	Hotel

Sun. Dec 15	07.00-08.00	Breakfast and check out	Hotel
	08.00	Bus to TBA airport by the arena	Hotel
	11.45	Departure	Airport
	12.55	Arrival	Airport
		Home journeys	

Team leaders

Richard Brasar	Team Manager
Alexander Bröms	Head Coach
Kicki Lundberg	Assistant Coach
Valentina Lizana Wallner	Goalie Coach
Jens Fredriksson	Video Coach
Elin Stenberg	Physiotherapist
Elin Uusitalo	Physiotherapist, 9- 11/12
Rickard Regnell	Equipment Manager

Game schedule

Dec 12

15.30	SVK - RUS	Tyrs Hov Sportcentra
19.00	SWE – JPN	Tyrs Hov Sportcentra

Dec 13

15.30	RUS - JPN	Tyrs Hov Sportcentra
19.00	SWE - SVK	Tyrs Hov Sportcentra

Dec 14

13.00	JPN - SVK	Tyrs Hov Sportcentra
17.00	SWE - RUS	Tyrs Hov Sportcentra