



**Preliminary program  
Elite Camp in Upplands Väsby, Sweden,  
during October 29 - November 1 2016**



**Team Sweden Women U18**

Date	Time	Activity	Venue	
<b>Sat. Oct 29</b>		Bus to Upplands Väsby	Arlanda T4	
	All players	12.00	Assembly with lunch	
		12.45	Team meeting	
	Gr 2: Team Blue	14.30-15.30	Tests	TBA
		16.30	Dinner	Scandic Upplands Väsby
		17.30-17.45	Team Meeting (Kjelle om material)	Vilundaparkens Ishall
		18.50	Video meeting	Vilundaparkens Ishall
		19.00-19.50	Ice practice	Vilundaparkens Ishall
		20.30	Evening snack	Scandic Upplands Väsby
	Gr 1: Team Yellow	14.00-14.15	Team Meeting (Kjelle om material)	Vilundaparkens Ishall
15.30-16.30		Test	TBA	
17.30		Dinner	Scandic Upplands Väsby	
19.50		Video meeting	Vilundaparkens Ishall	
20.00-20.50		Ice practice	Vilundaparkens Ishall	
21.30		Evening snack	Scandic Upplands Väsby	
<b>Sun. Oct 30</b>	Players, individual meetings during the day			
	All players	06.30-07.30	Breakfast	
Gr 1: Team Yellow	08.00-08.30	Tests	Vilundaparken	
	09.20	Video meeting	Vilundaparkens Ishall	
	09.30-11.00	Ice practice	Vilundaparkens Ishall	
	12.00	Lunch	Scandic Upplands Väsby	
	Gr 2: Team Blue	08.30-09.00	Tests	Vilundaparken
09.30		Snack "Team arranged"	Vilundaparkens Ishall	
11.05		Video meeting	Vilundaparkens Ishall	
11.15-12.45		Ice practice	Vilundaparkens Ishall	
13.30		Lunch	Scandic Upplands Väsby	
All players	15.00-16.00	Team Meeting	Scandic Upplands Väsby	
	16.00	Dinner	Scandic Upplands Väsby	
	<b>18.30-21.00</b>	<b>GAME Yellow – Blue</b> (3x20 min)	<b>Vilundaparkens Ishall</b>	
	21.45	Evening snack with pasta	Scandic Upplands Väsby	
<b>Mon. Oct 31</b>	Players, individual meetings during the day			
	Gr2: Team Blue	06.30-07.30	Breakfast	Scandic Upplands Väsby
08.20		Video meeting	Vilundaparkens Ishall	
08.30-10.00		Ice practice	Vilundaparkens Ishall	
10.30		Snack "Team arranged"	Vilundaparkens Ishall	
12.30		Lunch	Scandic Upplands Väsby	
Gr 1: Team Yellow	07.00-08.15	Breakfast	Scandic Upplands Väsby	
	10.05	Video meeting	Vilundaparkens Ishall	
	10.15-11.45	Ice practice	Vilundaparkens Ishall	
	12.30	Lunch	Scandic Upplands Väsby	
All players		Team Meeting	Scandic Upplands Väsby	
	<b>15.00-17.50</b>	<b>GAME Blue - Yellow</b> (3x20 min)	<b>Vilundaparkens Ishall</b>	
	18.45	Dinner	Scandic Upplands Väsby	

**Tue. Nov 1**

All players	07.00-07.15	Light Breakfast	Scandic Upplands Väsby
	07.30	Off ice practice	TBA
	09.00	Breakfast and check out for all players	Scandic Upplands Väsby
	12.00-14.20	<b>GAME Yellow - Blue</b> (3x20 min)	<b>Vilundaparkens Ishall</b>
	15.15	Lunch	Scandic Upplands Väsby
	15.45	Team Meeting	Scandic Upplands Väsby
	16.15	Bus to Arlanda T4 and home journeys (12 players)	Scandic Upplands Väsby

**Team leaders**

Team Manager	Stefan af Bjur
Head Coach	Ylva Lindberg
Assistant Coach	Madeleine Östling
Video Coach/Goalie Coach	Ola Kahem
Video Coach/Goalie Coach	Kalle Engström
Physiotherapist	Josephine Tjernström
Equipment Manager	Kjell Klintberg

**Hotel****Upplands Väsby**

Scandic Upplands Väsby, Hotellvägen 1, 194 35 Upplands Väsby, Sweden