



Preliminary schedule for
Camp in Segeltorp, Sweden, and
4 Nations Tournament in Tampere,
Finland during November 3-8 2015



TEAM 20

Date	Time	Activity	Venue
Tue. Nov 3	11.45	Assembly	Scandic Kungens Kurva
	12.00	Lunch	Scandic Kungens Kurva
	13.00-14.00	Team meeting	Scandic Kungens Kurva
	15.30-17.00	Ice practice	Segeltorpshallen
	18.15	Dinner	Scandic Kungens Kurva
	21.00	Evening snack	Scandic Kungens Kurva
Wed. Nov 4		Breakfast	Scandic Kungens Kurva
	09.00-10.30	Ice practice	Segeltorpshallen
	11.45	Lunch	Scandic Kungens Kurva
	15.00-16.00	Ice practice	Segeltorpshallen
	17.15	Dinner	Scandic Kungens Kurva
	20.45	Evening snack	Scandic Kungens Kurva
Thu. Nov 5		Breakfast	Scandic Kungens Kurva
	06.00	Bus to Arlanda T5	
	08.45	Departure with SK704	Arlanda T5
	10.45	Arrival to Helsinki	Vantaa airport
		Bus to Tampere (approx. 2h)	
	~13.15	Check in and lunch	Sokos Hotel Ilves
	15.00	Bus to the arena (~10 min)	
	16.15-17.15	Ice practice	Tampere, Hakametsä 1
	18.15	Bus to the hotel	
	18.30	Dinner	Sokos Hotel Ilves
21.30	Evening snack	Sokos Hotel Ilves	
Fri. Nov 6		Breakfast	Sokos Hotel Ilves
	09.15	Bus to the arena	
	10.15-10.45	Ice practice	Tampere, Hakametsä 1
	11.45	Bus to the hotel	
	12.00	Lunch	Sokos Hotel Ilves
	14.00	Bus to the arena	
	16.00	GAME SWE-RUS	Tampere
	~19.00	Bus to the hotel	
~19.15	Dinner	Sokos Hotel Ilves	
Sat. Nov 7		Breakfast	Sokos Hotel Ilves
	08.30	Bus to the arena	
	09.30-10.00	Ice practice	Tampere, Hakametsä 1
	11.00	Bus to the hotel	
	11.15	Lunch	Sokos Hotel Ilves
	14.30	Pre game meal	Sokos Hotel Ilves
	15.00	Bus to the arena	
	17.00	GAME CZE-SWE	Tampere
	~20.00	Bus to the hotel	
	~20.15	Dinner	Sokos Hotel Ilves

Sun. Nov 8

10.45

Breakfast

Sokos Hotel Ilves

11.00 Lunch and check out

Sokos Hotel Ilves

11.00 Bus to the arena (approx. 1h)

14.00**GAME FIN-SWE****Hämeenlinna**

Dinner

tba

Bus to Helsinki

20.35

Departure with SK725

Vantaa airport

20.40

Arrival to Stockholm

Arlanda T5

Home Journeys or overnight stay at Arlanda

Team leaders

Nizze Landén

Team Manager

Sofia Sunnerud

Doctor

Rikard Grönborg

Head Coach

Jonas Emmoth

Physiotherapist

Anders Johansson

Assistant Coach

Per-Åke Bäckman

Equipment Manager

Johan Andersson

Video Coach

Hotels**Scandic Kungens Kurva**, Ekgårdsvägen 2, 141 75 Kungens Kurva, Sweden**Sokos Hotel Ilves**, Hatanpään Valtatie 1, 33100 Tampere, Finland