



Preliminary program
Elite Camp in Uppsala, Sweden,
during October 31-November 3 2015



Team Sweden Women U18

Date	Time	Activity	Venue
Sat. Oct 31	11.40	Bus to the hotel by Uppsala C	Arlanda T4
<u>All players</u>	12.15	Assembly with lunch	Scandic Uppsala Nord
	13.00	Team meeting	Scandic Uppsala Nord
	13.45	Bus to arena	Scandic Uppsala Nord
<u>Gr 2: Team Blue</u>	14.30-15.30	Tests	Ultimateperformance, UTK-hallen
	15.55	Bus to hotel	Gränbyhallen
	16.00	Dinner	Scandic Uppsala Nord
	17.00-17.15	Team Meeting (<i>Kjelle om material</i>)	Gränbyhallen
	18.15-19.00	Ice practice	Metallåtervinning Arena, A
	21.00	Evening snack	Scandic Uppsala Nord
<u>Gr 1: Team Yellow</u>	14.00-14.15	Team Meeting (<i>Kjelle om material</i>)	Gränbyhallen
	15.30-16.30	Test	Ultimateperformance, UTK-hallen
	16.55	Bus to hotel	Gränbyhallen
	17.00	Dinner	Scandic Uppsala Nord
	19.15-20.00	Ice practice	Metallåtervinning Arena, A
	21.30	Evening snack	Scandic Uppsala Nord
Sun. Nov 1			
<u>All players</u>	06.30-07.30	Breakfast	Scandic Uppsala Nord
	07.30	Bus by the arena to tests	Scandic Uppsala Nord
<u>Gr 1: Team Yellow</u>	08.00-08.30	Tests	Österängens IP
		Bus to arena	Österängens IP
	09.30-11.00	Ice practice	Gränbyhallen, A
	12.00	Lunch	Scandic Uppsala Nord
	13.45-14.15	Team Meeting (<i>Maria om kost</i>)	Scandic Uppsala Nord
	15.00-16.00	Team Meeting	Scandic Uppsala Nord
	16.00	Dinner	Scandic Uppsala Nord
<u>Gr 2: Team Blue</u>	08.30-09.00	Tests	Österängens IP
		Bus to arena	Österängens IP
	09.30	Snack "Team arranged"	Gränbyhallen
	11.15-12.45	Ice practice	Metallåtervinning Arena, A
	13.45	Lunch	Scandic Uppsala Nord
	14.15-14.45	Team Meeting (<i>Maria om kost</i>)	Scandic Uppsala Nord
	15.00-16.00	Team Meeting	Scandic Uppsala Nord
	16.30	Dinner	Scandic Uppsala Nord
<u>All players</u>	19.15-21.30	GAME Yellow – Blue (3x20 min)	Gränbyhallen, C
	22.15	Bus to hotel	Gränbyhallen
	22.30	Evening snack with pasta	Scandic Uppsala Nord
Mon. Nov 2			
<u>All players</u>	06.30-07.15	Light Breakfast	Scandic Uppsala Nord
	07.30	Off ice practice	TBA
	09.00	Breakfast	Scandic Uppsala Nord
	12.00-14.15	GAME Blue - Yellow (3x20 min)	Gränbyhallen, C
	15.00	Bus to hotel	Gränbyhallen
<u>Gr2: Team Blue</u>	15.00	Lunch	Scandic Uppsala Nord
	15.45-16.15	Team meeting	Scandic Uppsala Nord
	17.15-18.45	Ice practice	Gränbyhallen, C
	19.45	Dinner	Scandic Uppsala Nord
<u>Gr 1: Team Yellow</u>	15.15	Lunch	Scandic Uppsala Nord
	15.45-16.15	Team meeting	Scandic Uppsala Nord
	19.00-20.30	Ice practice	Metallåtervinning Arena, A
	21.30	Dinner	Scandic Uppsala Nord

Tue. Nov 3

<u>All players</u>	06.30-07.15	Light Breakfast	Scandic Uppsala Nord
	07.30	Off ice practice	TBA
	09.00	Breakfast and check out for all players	Scandic Uppsala Nord
	12.00-14.15	GAME Yellow - Blue (3x20 min)	Gränbyhallen, C
	15.00	Bus to hotel	Gränbyhallen
	15.00	Lunch	Scandic Uppsala Nord
	16.30	Bus to arena and home journeys (12 players) Bus to Arlanda T4	Scandic Uppsala Nord

Team leaders

Team Manager	Stefan Af Bjur
Head Coach	Ylva Lindberg
Assistant Coach	Madeleine Östling
Video Coach	Kim Marti'n Hasson
Physiotherapist	Maria Bohlin Nygren
Equipment Manager	Kjell Klintberg

SIF-instruktör Emelie Berggren

Hotel**Uppsala**

Scandic Uppsala Nord, Gamla Uppsalagatan 50, 754 25 Uppsala, Sweden