



Preliminary program
Pre-Camp and exhibition game SWE-CAN
4 Nations Tournament in Sundsvall, Sweden,
during October 31-November 8 2015



Team Sweden Women

Date	Time	Activity	Venue
Sat. Oct 31		Bus to Sundsvall by Ritorp and 10.30 Arlanda T4	Ritorp
		Assembly	Scandic Sundsvall Nord
		Lunch on the way	
		Team meeting	Scandic Sundsvall Nord
	16.00	Dinner	Scandic Sundsvall Nord
	18.45-20.30	Ice practice	Sundsvall Energi Arena A-rink
	21.00	Evening snack	Scandic Sundsvall Nord
Sun. Nov 1	06.30-08.00	Breakfast	Scandic Sundsvall Nord
	09.30-10.15	Ice practice	Sundsvall Energi Arena A-rink
	12.15	Lunch	Scandic Sundsvall Nord
	13.00	Bus to arena	Härnösand
	16.00	Exhibition Game SWE - CAN	Höglättens Ishall
	19.00	Dinner	Höglättens Ishall
	19.30	Buss to hotel	Scandic Sundsvall Nord
	21.30	Evening Snack	Scandic Sundsvall Nord
Mon. Nov2	06.30-08.00	Breakfast	Scandic Sundsvall Nord
	09.30-11.00	Ice practice	Sundsvall Energi Arena A-rink
	12.15	Lunch	Scandic Sundsvall Nord
	16.00-17.30	Ice practice	Sundsvall Energi Arena B-rink
	18.45	Dinner	Scandic Sundsvall Nord
	21.30	Evening snack	Scandic Sundsvall Nord
Tue. Nov 3	07.00-09.00	Breakfast	Scandic Sundsvall Nord
	10.00 – 11.30	Ice practice	Sundsvall Energi Arena A-rink
	12.45	Lunch	Scandic Sundsvall Nord
	17.00-18.30	Ice practice	Sundsvall Energi B-rink
	19.45	Dinner	Scandic Sundsvall Nord
	22.00	Evening snack	Scandic Sundsvall Nord
Wed. Nov 4	07.00-09.00	Breakfast	Scandic Sundsvall Nord
	11.15-11.45	Ice practice	Sundsvall Energi Arena A-rink
	13.00	Lunch	Scandic Sundsvall Nord
	16.30	Pre-game meal	Scandic Sundsvall Nord
	19.30	Game SWE - USA	Sundsvall Energi Arena
	22.15	Dinner	Scandic Sundsvall Nord
Thu. Nov 5	07.00-09.00	Breakfast	Scandic Sundsvall Nord
	10.15-10.15	Ice practice	Sundsvall Energi Arena A-rink
	11.30	Lunch	Scandic Sundsvall Nord
	16.00	Pre-game meal	Scandic Sundsvall Nord
	16.30	Bus to arena	Njurunda
	19.00	Game SWE - FIN	Modin & Zetterberg Hallen
	22.00	Bus to hotel	Scandic Sundsvall Nord
	22.30	Dinner	Scandic Sundsvall Nord

Fri. Nov 6	07.00-09.00	Breakfast	Scandic Sundsvall Nord
	12.30	Lunch	Scandic Sundsvall Nord
	14.45-15.45	Ice practice	Sundsvall Energi Arena A-rink
	17.30	Dinner	Scandic Sundsvall Nord
	21.00	Evening snack	Scandic Sundsvall Nord
Sat. Nov 7	06.30-07.30	Breakfast	Scandic Sundsvall Nord
	10.15	Pre game meal	Scandic Sundsvall Nord
	13.00	Game SWE - CAN	Sundsvall Energi Arena
	16.30	Dinner	Scandic Sundsvall Nord
	20.30	Evening snack	Scandic Sundsvall Nord
Sun. Nov 8		Schedule according to result	
		11.00 Bronze Medal Game	
		14.30 Gold Medal Game	

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

Hotel

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