



Preliminary program
Camp in Upplands Väsby, Sweden, and 4 Nations
Tournament in Dmitrov, Moscow Region, Russia,
during November 1-7 2016



Team Sweden Women U18

Date	Time	Activity	Venue
Tue. Nov 1	17.00	Team meeting	Scandic Upplands Väsby
	17.45	Snack "Team arranged"	Vilundaparkens Ishall
	19.00-20.20	Ice practice	Vilundaparkens Ishall
	21.00	Dinner	Scandic Upplands Väsby
Wed. Nov 2	08.00-09.00	Breakfast	Scandic Upplands Väsby
	09.00-12.00	Team activity with "secret guest"	Scandic Upplands Väsby
	12.00	Lunch	Scandic Upplands Väsby
	15.00-16.20	Ice practice	Vilundaparkens Ishall, C
	17.30	Dinner	Scandic Upplands Väsby
	21.30	Evening snack	Scandic Upplands Väsby
Thu. Nov 3	08.00-09.30	Breakfast and check out	Scandic Upplands Väsby
	09.30	Bus to arena	Scandic Upplands Väsby
	10.00	Bus to Arlanda T5 and check in	Vilundaparkens Ishall
	11.00	Lunch	Rai Due
	12.50	Departure with SU2211	Arlanda T5
	16.55	Arrival to Moscow	Sheremetyevo airport
	17.30	Bus to the arena with water, sandwich and fruit on the bus	Sheremetyevo airport
	19.30	Dinner and check in	Hotel Kristall
	Fri. Nov 4	07.00-07.45	Breakfast
09.00-09.45		Game skate	Dmitrov Arena
11.00		Lunch	Hotel Kristall
14.30		GAME GER - SWE	Dmitrov Arena
17.30		Dinner	Hotel Kristall
21.00		Evening snack	Hotel Kristall
Sat. Nov 5	06.30-07.45	Breakfast	Hotel Kristall
	08.00-08.45	Game skate	Dmitrov Arena
	11.00	Lunch	Hotel Kristall
	14.30	GAME SWE - FIN	Dmitrov Arena
	17.30	Dinner	Hotel Kristall
	21.00	Evening snack	Hotel Kristall
Sun. Nov 6	07.00-07.45	Breakfast	Hotel Kristall
	09.00-09.45	Game skate	Dmitrov Arena, Rink 1
	10.45	Lunch	Hotel Kristall
	14.00	Pre game snack	Hotel Kristall
	16.30	GAME RUS - SWE	Dmitrov Arena
	19.30	Dinner	Hotel Kristall
Mon. Nov 7	TBA	Breakfast	Hotel Kristall
	TBA	Bus to airport	Dmitrov Arena
	11.20	Departure with SU2210	Sheremetyevo airport
	11.40	Arrival to Stockholm	Arlanda T5
		Home journeys	

Team host: Nikita Fesyuk

Team leaders

Team Manager	Stefan af Bjur	
Head Coach	Ylva Lindberg	
Assistant Coach	Madeleine Östling	
Video Coach/Goalie Coach	Ola Kahem	1-3/11
Video Coach/Goalie Coach	Kalle Engström	
Physiotherapist	Josephine Tjernström	1-3/11
Doctor	Ola Hallert	3-7/11
Equipment Manager	Kjell Klintberg	

Hotels

Upplands Väsby

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

Moscow

Hotel Kristall, Dmitrov, Professionalnaya str., 28, Dmitrov city 141800, Moscow region, Russia

Game schedule

Nov 4	14.30	GER - SWE	Dmitrov Arena
Nov 4	18.45	Opening ceremony	Dmitrov Arena
Nov 4	19.00	RUS- FIN	Dmitrov Arena
Nov 5	14.30	SWE - FIN	Dmitrov Arena
Nov 5	19.00	GER - RUS	Dmitrov Arena
Nov 6	13.00	FIN - GER	Dmitrov Arena
Nov 6	16.30	RUS - SWE	Dmitrov Arena
Nov 6	19:00	Closing ceremony	Dmitrov Arena