



Team Sweden Women

Preliminary schedule
**Four Nations Cup in Järvenpää, Kerava and
 Vierumäki, Finland during October 29-November 6, 2016**



Date	Time	Activity	Venue
Sat. Oct 29	12.00-13.00	Assembly	Scandic Kungens Kurva Segeltorpshallen Scandic Kungens Kurva Scandic Kungens Kurva
	13.00	Lunch	
	14.00	Team meeting	
	16.00-17.30	Ice practice	
	18.45	Dinner	
	21.00	Evening snack	
Sun. Oct 30	06.30-08.00	Breakfast	Scandic Kungens Kurva Segeltorpshallen Scandic Kungens Kurva Segeltorpshallen Segeltorpshallen Scandic Kungens Kurva
	08.30-10.20	Ice practice	
	11.30	Lunch	
	14.30	Snack (team arr.)	
	16.00-18.00	Ice practice	
	19.30	Dinner	
Mon. Oct 31	05.00	Bus to Arlanda T5, by Segeltorpshallen	Scandic Kungens Kurva Clarion Hotel Arlanda Airport Arlanda T5 Helsinki Airport T1 Cesar's Little Italy T2 Helsinki Airport Vierumäki Sports Institute Vierumäki Sports Institute Vierumäki Arena Rink 1 Vierumäki Sports Institute Vierumäki Sports Institute
	06.30	Breakfast	
	08.40	Departure to Helsinki with SK 704	
	10.40	Arrival Helsinki	
	11.15	Lunch	
	~ 11.50	Bus to Vierumäki	
	~ 13.30	Checking in	
	15.00	Snack	
	16.40-17.30	Ice practice	
	18.45	Dinner	
	21.30	Evening snack	
Tue. Nov 1	08.00-09.00	Breakfast	Vierumäki Sports Institute Vierumäki Arena Rink 1 Vierumäki Sports Institute Vierumäki Sports Institute Vierumäki Arena Rink 2 Vierumäki Sports Institute
	10.10-10.40	Ice practice	
	12.00	Lunch	
	15.30	Pre-game snack (with pasta)	
	18.30	Game SWE – USA	
	~ 21.00	Dinner	
Wed. Nov 2	07.30-08.30	Breakfast	Vierumäki Sports Institute Vierumäki Arena Rink 1 Vierumäki Sports Institute Vierumäki Sports Institute Vierumäki Arena Rink 2 Vierumäki Sports Institute
	09.30-10.00	Ice practice snack	
	11.30	Lunch	
	15.30	Pre-game snack (with pasta)	
	18.30	Game CAN - SWE	
	~ 21.00	Dinner	
Thu. Nov 3	08.00-09.00	Breakfast	Vierumäki Sports Institute Vierumäki Sports Institute Vierumäki Arena Rink 1 Vierumäki Sports Institute Vierumäki Sports Institute
	12.00	Lunch	
	14.30	Snack (team arrange in locker room)	
	15.40-17.00	Ice practice	
	18.30	Dinner	
	21.00	Evening snack	
Fri. Nov 4	07.00-08.00	Breakfast	Vierumäki Sports Institute Vierumäki Arena Rink 1 Vierumäki Sports Institute Vierumäki Arena Rink 2 Vierumäki Sports Institute Vierumäki Sports Institute
	08.40-09.10	Ice practice	
	12.00	Lunch	
	15.00	FIN – SWE	
	18.00	Dinner	
	21.00	Evening snack	

Sat. Nov 5	06.30-08.00	Breakfast Schedule according to result Bus to Järvenpää (~1,30h)	
	14.00	Bronze Medal Game	Järvenpää Arena
	17.30	Gold Medal Game	Järvenpää Arena

Sun. Nov 6

	11.30	Departure to Stockholm with D8204	Helsinki Airport T1
	11.30	Arrival Stockholm Home	Arlanda T5

Team leaders

Sara Arnestål	Team Manager
Leif Boork	Head Coach
Olof Östblom	Assistant Coach
Karl Danielsson	Video Coach
Fredrik Klevebro	Doctor
Caroline Fougman	Physiotherapist
Benny Andersson	Equipment Manager

Hotels

Scandic Kungens Kurva

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Vierumäki

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