



TEAM 20 SWEDEN

4 Nations Tournament in Hodonin,
Czech Republic, during November 6-12, 2018



Date	Time	Activity	Venue
Tue. Nov 6	08.00	Assembly	Airport
	09.55	Departure	Airport
	12.05	Arrival	Airport
		Bus to Hodonin, approx. 1½h	
	~14.45	Assembly with lunch	Hotel
	17.15	Lunch no 2 (pasta and sauce)	Hotel
	19.45-21.15	Ice practice	Zimni stadion
	22.15	Dinner	Hotel
Wed. Nov 7	08.30-09.30	Breakfast	Hotel
	12.00-13.30	Ice practice	Zimni stadion
	14.30	Lunch	Hotel
	16.45	Lunch no 2 (pasta and sauce)	Hotel
	18.45-20.15	Ice practice	Zimni stadion
	21.15	Dinner	Hotel
Thu. Nov 8	08.30-09.30	Breakfast	Hotel
	12.00-13.30	Ice practice	Zimni stadion
	14.30	Lunch	Hotel
	18.00	Dinner	Hotel
	21.15	Evening snack	Hotel
Fri. Nov 9	07.30-08.30	Breakfast	Hotel
	10.15-10.45	Ice practice	Zimni stadion
	11.45	Lunch	Hotel
	15.30	Pre game meal (pasta and sauce)	Hotel
	18.30	GAME CZE-SWE	Zimni stadion
	21.30	Dinner	Hotel
Sat. Nov 10	07.00-08.00	Breakfast	Hotel
	09.30-10.00	Ice practice	Zimni stadion
	11.00	Lunch	Hotel
	15.00	GAME SWE-FIN	Zimni stadion
	18.00	Dinner	Hotel
21.15	Evening snack	Hotel	
Sun. Nov 11	06.00-07.15	Breakfast	Hotel
	08.45-09.15	Ice practice	Zimni stadion
	10.15	Lunch	Hotel
	15.00	GAME RUS-SWE	Zimni stadion
	18.00	Dinner	Hotel
	21.15	Evening snack	Hotel
Mon. Nov 12		Breakfast	Hotel
	03.45	Bus	
	06.50	Departure	Airport
	09.10	Arrival	Airport
		Home journeys or overnight stay	

Team leaders

Jonas Fransson, Team Manager

Tomas Montén, Head Coach

Joel Rönmark, Assistant Coach

Nitze Landén, Goalie Coach

Adam Almqvist Andersson, Video Coach

Thomas Hultgren, Doctor

Victor Anderberg, Physiotherapist

Per-Åke Bäckman, Equipment Manager