



**TEAM 19 SWEDEN**  
**5 Nations Tournament in Zuchwil,**  
**Switzerland, during February 6-12 2017**



**TEAM 19**

Date	Time	Activity	Venue
<b>Sun. Feb 5</b>	~19.30	Check in and dinner	Arlanda Hotellby
<b>Mon. Feb 6</b>	06.00	Assembly	Arlanda T5
	07.20	Departure with SK847	Arlanda T5
	09.45	Arrival to Zurich	Zurich airport
		Bus to the arena and hotel (~70 min)	
	~11.30	Lunch	Sportzentrum Zuchwil
	12.00	Bus to the hotel	
		Team meeting	Ramada Hotel Solothurn
	13.50	Bus to arena (max 10 min)	
	15.00-16.00	Ice practice	Sportzentrum Zuchwil
	17.00	Dinner	Sportzentrum Zuchwil
	17.30	Bus to hotel	
	21.30	Evening snack	Ramada Hotel Solothurn
<b>Tue. Feb 7</b>	08.30-09.30	Breakfast	Ramada Hotel Solothurn
	10.30	Bus to the arena	
	11.30-12.15	Ice practice	Sportzentrum Zuchwil
	13.00	Lunch	Sportzentrum Zuchwil
	13.45	Bus to the hotel	
	15.45	Pre game meal (pasta and sauce)	Ramada Hotel Solothurn
	16.15	Bus to the arena	
	<b>18.30</b>	<b>GAME SUI-SWE</b>	<b>Sportzentrum Zuchwil</b>
	21.30	Dinner	Ramada Hotel Solothurn
	22.00	Bus to the hotel	
<b>Wed. Feb 8</b>	06.30-07.30	Breakfast	Ramada Hotel Solothurn
	07.30	Bus to the arena	
	08.30-09.15	Ice practice	Sportzentrum Zuchwil
	10.00	Lunch	Sportzentrum Zuchwil
	10.45	Bus to the hotel	
	13.15	Pre game snack	Ramada Hotel Solothurn
	13.45	Bus to the arena	
	<b>15.00</b>	<b>GAME SWE-CZE</b>	<b>Sportzentrum Zuchwil</b>
	18.00	Dinner	Sportzentrum Zuchwil
	18.30	Bus to the hotel	
	21.30	Evening snack	Ramada Hotel Solothurn
<b>Thu. Feb 9</b>	08.30-09.30	Breakfast	Ramada Hotel Solothurn
	10.30	Bus to the arena	
	11.30-12.15	Ice practice	Sportzentrum Zuchwil
	13.00	Lunch	Sportzentrum Zuchwil
	13.30	Bus to the hotel	
	15.45	Pre game meal (pasta and sauce)	Ramada Hotel Solothurn
	16.15	Bus to the arena	
	<b>18.30</b>	<b>GAME FIN-SWE</b>	<b>Sportzentrum Zuchwil</b>
	21.30	Dinner	Sportzentrum Zuchwil
	22.00	Bus to the hotel	

<b>Fri. Feb 10</b>	08.30-09.30	Breakfast	Ramada Hotel Solothurn
	10.20	Bus to the arena	
	11.30-12.15	Ice practice	Zuchwil arena
	13.15	Lunch	Sportzentrum Zuchwil
	13.45	Bus to the hotel	
	17.00	Dinner	Ramada Hotel Solothurn
	21.00	Evening snack	Ramada Hotel Solothurn
<b>Sat. Feb 11</b>	07.30-08.30	Breakfast with pasta	Ramada Hotel Solothurn
	08.45	Bus to the arena	
	<b>11.00</b>	<b>GAME SWE-GER</b>	<b>Sportzentrum Zuchwil</b>
	14.00	Lunch	Sportzentrum Zuchwil
	14.30	Bus to the hotel	
	18.00	Bus to the arena	
	18.00	Dinner	Sportzentrum Zuchwil
	18.30	Bus to the hotel	
	21.30	Evening snack	Ramada Hotel Solothurn
<b>Sun. Feb 12</b>	06.00-07.00	Breakfast	Ramada Hotel Solothurn
	07.00	Bus to Zurich airport	
	10.30	Departure with SK606	
	12.55	Arrival to Stockholm	Arlanda T5
		Home journeys	

### Contact persons

Jonas Fransson    Team Manager  
Tomas Montén    Head Coach  
Anders Johansson    Assistant Coach  
Nizze Landén    Goalie Coach  
PA Bergsten    Doctor  
Jonas Emmoth    Physiotherapist  
Per-Åke Bäckman    Equipment Manager

### Hotels

**Best Western Arlanda Hotellby**, Bristagatan 22, 195 60 Arlanda-Arlandastad  
**Ramada Hotel Solothurn**, Schänzlistrasse 5, 4500 Solothurn, Switzerland