

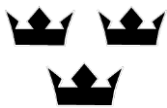
Team Sweden Women

Preliminary schedule
**Tests and camp in Bosön and Upplands
 Väsby, Sweden, during August 15-19 2019**



| Date | Time | Activity | Venue | |
|--------------------|---------------------|---------------------------------------|-------------------------|-------------------------|
| Thu. Aug 15 | ~ 08.00-16.30 | Tests - players from Stockholm | Bosön | |
| | ~ 10.00-16.30 | Tests - players with connecting trips | Bosön | |
| | 11.30-13.00 | Lunch | Bosön | |
| | ~ 14.30-15.00 | Snack | Bosön | |
| | 17.00 | Dinner | Bosön | |
| | 18.00 | Team meeting | Bosön | |
| | 18.30 | Test information (TBA) | Bosön | |
| | 19.30 | IHF Rules (Joel Hansson) | Bosön | |
| | 21.00 | Evening snack | Bosön | |
| | All players | TBA | Individual meetings | Bosön |
| Fri. Aug 16 | 07.00-09.00 | Breakfast | Bosön | |
| | 09.00-16.00 | Tests | Bosön | |
| | 11.30-13.00 | Lunch | Bosön | |
| | ~ 14.30-15.00 | Snack | Bosön | |
| | 16.00 | Team meeting | Bosön | |
| | 16.15 | Bus to Upplands Väsby | Bosön | |
| | 17.00 | Check | Hotel | |
| | 18.00 | Dinner | Hotel | |
| | | Team meeting | Hotel | |
| | 21.30 | Evening snack | Hotel | |
| All players | TBA | Individual meetings | Bosön and hotel | |
| Sat. Aug 17 | 07.00-08.15 | Breakfast | Hotel | |
| | Gr 1 Team Yellow | 08.20 | Video | Vilundaparkens Ishall A |
| | | 08.30-10.00 | Ice practice | Vilundaparkens Ishall A |
| | | 10.15-11.15 | Off ice practice | TBA |
| | Gr 2 Team Blue | 08.30-09.30 | Off ice practice | TBA |
| | | 10.05 | Video | Vilundaparkens Ishall A |
| | | 10.15-11.45 | Ice Practice | Vilundaparkens Ishall A |
| | All players | 12.00-13.15 | Lunch | Hotel |
| | Goalies Team Yellow | 16.00-16.30 | Ice Practice | Vilundaparkens Ishall A |
| | Gr 1 Team Yellow | 16.30-18.00 | Ice practice | Vilundaparkens Ishall A |
| Gr 1 Team Yellow | 19.00 | Dinner | Scandic Upplands Väsby | |
| Gr 2 Team Blue | 16.00 | Dinner | Scandic Upplands Väsby | |
| Goalies Team Blue | 18.15-18.45 | Ice Practice | Vilundaparkens Ishall A | |
| Gr 2 Team Blue | 18.45-20.15 | Ice Practice | Vilundaparkens Ishall A | |
| All players | 21.30-22.15 | Evening snack | Scandic Upplands Väsby | |
| All players | TBA- | Individual meetings | Scandic Upplands Väsby | |

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|--------------------|--------------------|---|--------------------------------|
| Sun. Aug 18 | 07.00-08.15 | Breakfast | Hotel |
| Gr 2 Team Blue | 08.20 | Video | Vilundaparkens Ishall A |
| | 08.30-10.00 | Ice practice | Vilundaparkens Ishall A |
| | 10.15-11.15 | Off ice practice | TBA |
| Gr1 Team Yellow | 08.30-09.30 | Off ice practice | TBA |
| | 10.05 | Video | Vilundaparkens Ishall A |
| | 10.15-11.45 | Ice Practice | Vilundaparkens Ishall A |
| All players | 13.00-13.45 | Lunch | Hotel |
| | 15.45-16.30 | Snack | Hotel |
| | 16.30 | Team meeting | Vilundaparkens Ishall A |
| Goalies | 16.45-17.45 | Ice practice | Vilundaparkens Ishall A |
| All players | 18.00-20.00 | GAME SWE 1 -SWE 2 (3x 15 min) | Vilundaparkens Ishall A |
| | 21.00 | Dinner | Hotel |
| All players | TBA- | Individual meetings | Hotel |
| Mon. Aug 19 | 06.00-07.30 | Breakfast | Hotel |
| Goalies | 08.45-09.45 | Ice practice | Vilundaparkens Ishall A |
| All players | 10.00-12.00 | GAME SWE 2 -SWE 1 (3x 15 min) | Vilundaparkens Ishall A |
| | 13.00 | Check out and lunch | Scandic Upplands Väsby |
| | 13.45 | Team meeting | Scandic Upplands Väsby |
| | TBA | Home journeys (12 players) | Scandic Upplands Väsby |
| | 17.00 | Dinner | Hotel |
| | 18.00 | Bus to Airport | Vilundaparkens Ishall A |
| | 18.30 | Check in | Airport |
| | 20.40 | Departure | Airport |
| | 22.35 | Arrival | Airport |
| | 23.00 | Bus to Vierumäki (~1,15h) with water and fruit on the bus | Airport |
| | ~00.15 | Check in | Vierumäki Sports Institute |



Preliminary schedule
5 Nations Tournament in Vierumäki and Kerava, Finland,
during August 19-25, 2019



Team Sweden Women

| Date | Time | Activity | Venue |
|--------------------|---------------|----------------------------|--------------------------------|
| Tue. Aug 20 | 08.30-09.30 | Breakfast | Vierumäki Sports Institute |
| | 12.30 | Lunch | Vierumäki Sports Institute |
| | 15.00-16.20 | Ice practice | Vierumäki Arena, Rink 1 |
| | 17.30 | Dinner | Vierumäki Sports Institute |
| | | Team Meeting | Vierumäki Sports Institute |
| | 21.30 | Evening snack | Vierumäki Sports Institute |
| Wed. Aug 21 | 07.00-08.00 | Breakfast | Vierumäki Sports Institute |
| | 09.10-09.40 | Ice practice | Vierumäki Arena, Rink 2 |
| | | Snack (Team arr) | Vierumäki Arena |
| | 12.00 | Lunch | Vierumäki Sports Institute |
| | 15.00 | Game SWE - JPN | Vierumäki Arena, Rink 2 |
| | 18.00 | Dinner | Vierumäki Sports Institute |
| | | Team meeting | Vierumäki Sports Institute |
| | 21.30 | Evening snack | Vierumäki Sports Institute |
| Thu. Aug 22 | 07.30-08.30 | Breakfast | Vierumäki Sports Institute |
| | 10.30-11.00 | Ice practice | Vierumäki Arena, Rink 2 |
| | 12.00 | Lunch | Vierumäki Sports Institute |
| | 15.45-16.30 | Pre game snack | Vierumäki Sports Institute |
| | 19.00 | Game SWE - RUS | Vierumäki Arena, Rink 2 |
| | 22.00 | Dinner | Vierumäki Sports Institute |
| | | Team meeting | Vierumäki Sports Institute |
| Fri. Aug 23 | 06.30-07.30 | Breakfast | Vierumäki Sports Institute |
| | 08.45-09.15 | Ice practice | Vierumäki Arena, Rink 1 |
| | | Snack (Team arr) | Vierumäki Arena |
| | 11.45 | Lunch | Vierumäki Sports Institute |
| | 15.15 | Game CZE - SWE | Vierumäki Arena, Rink 1 |
| | 18.30 | Dinner | Vierumäki Sports Institute |
| | | Team meeting | Vierumäki Sports Institute |
| 21.30 | Evening snack | Vierumäki Sports Institute | |
| Sat. Aug 24 | 06.30-08.00 | Breakfast and check out | Vierumäki Sports Institute |
| | 09.30 | Bus to Kerava (~1 h) | Vierumäki Sports Institute |
| | 10.30 | Pre game snack | Kerava Arena |
| | 13.00 | Game FIN - SWE | Kerava Arena |
| | 16.00 | Lunch | TBA |
| | | Bus to hotel | TBA |
| | 19.30 | Dinner | TBA |

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|--------------------|-------|----------------|---------|
| Sun. Aug 25 | TBA | Breakfast | TBA |
| | TBA | Bus to Airport | TBA |
| | 12.15 | Check in | Airport |
| | 14.15 | Departure | Airport |
| | 14.15 | Arrival | Airport |
| | | Home journeys | |

Team leaders

| | | |
|--------------------|-----------------------------|---------|
| Johanna Malmström | Team Manager | |
| Ylva Martinsen | Head Coach | |
| Oscar Dahlgren | Assistant Coach | |
| Ola Kahem | Goalie Coach | |
| Nanna Holm Glaas | Video Coach | 15-19/8 |
| Cecilia Åkesdotter | Sport Psychology Consultant | |
| Ingegerd Lantz | Doctor | |
| Erica Svensson | Physiotherapist | |
| Benny Andersson | Equipment Manager | |

Game schedule

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|------------------|-----------|-------|-----------|---|
| 20.08.2019 15.00 | RUS - JPN | 19.00 | CZE - FIN | Vierumäki Arena, Rink 2 |
| 21.08.2019 15.00 | SWE- JPN | 18.30 | FIN - RUS | Vierumäki Arena, Rink 2 / Mikkeli Arena |
| 22.08.2019 15.00 | JPN - CZE | 19.00 | SWE – RUS | Vierumäki Arena, Rink 2 |
| 23.08.2019 15.00 | JPN - FIN | 15.15 | CZE - SWE | Vierumäki Arena, Rink 2 / Vierumäki Arena, Rink 1 |
| 24.08.2019 13.00 | FIN - SWE | 15.00 | RUS – CZE | Kerava Arena / Vierumäki Arena, Rink 2 |