



Preliminary schedule

**Tests and Camp in Uppsala, Sweden,
Exhibition Game CZE-SWE and 4 nations Tournament
in Jihlava, Czech Republic, during August 16-26, 2019**



Team Sweden Women U18

Date	Time	Activity	Venue
Fri Aug 16	~12.00	Assembly with lunch	Hotel
	12.45	Team meeting	Hotel
	13.45-14.45	Tests	IFU Arena
	15.00-16.00	Tests	IFU Arena
	17.00	Dinner	Hotel
	17.45-18.30	IIHF Rules (Joel Hansson)	Hotel
	18.45	Team meeting	Hotel
	21.00	Evening snack	Hotel
	Sat. Aug 17	06.30-07.45	Breakfast
08.00		Video	
09.00-10.45		Ice practice	Gränbyhallen, A
11.45		Lunch	Hotel
		Team meeting	Hotel
15.30-16.00		Ice practice - Goalie	Gränbyhallen, A
16.00-17.30		Ice practice	Gränbyhallen, A
18.30		Dinner	Hotel
21.30		Evening snack	Hotel
All players	TBA	Individual meetings	
Sun. Aug 18	06.30-07.45	Breakfast	Hotel
	08.00	Video	
	09.00-10.45	Ice practice	Gränbyhallen, A
	11.45	Lunch	Hotel
		Team meeting	Hotel
	16.00-16.30	Ice practice - Goalie	Gränbyhallen, A
	16.30-18.00	Ice practice	Gränbyhallen, A
	19.00	Dinner	Hotel
	22.00	Evening snack	Hotel
All players	TBA	Individual meetings	
Mon. Aug 19	06.00	Breakfast and check out	Hotel
	06.45	Bus to airport	Gränbyhallen
	07.30	Check in	Airport
	09.25	Departure	Airport
	11.20	Arrival	Aiport
	12.00	Lunch	Hotel
	12.45	Bus to Horacky Zimni Stadion Jihlava (~2h)	Hotel
	15.00	Check in	Hotel
	16.30	Dinner	Hotel
	17.30	Walk to arena (~10 min)	Hotel
	19.00-20.00	Ice practice	Zimni Stadion Jihlava
	21.15	Evening snack	Hotel

Tue. Aug 20	07.30-08.30	Breakfast	Hotel
	10.00-11.30	Ice practice	Zimni Stadion Jihlava
	12.45	Lunch	Hotel
	16.00	Team meeting	Hotel
	17.00	Dinner	Hotel
	21.00	Evening snack	Hotel
Wed. Aug 21	06.30-07.15	Breakfast	Hotel
	08.30-09.30	Ice practice	Zimni Stadion Jihlava
		Snack (team arranged)	TBA
	11.30	Lunch	Hotel
	15.00-15.30	Snack with pasta	Hotel
	18.00	Game CZE - SWE	Zimni Stadion Jihlava
	21.15	Dinner	Hotel
	22.00	Team meeting	Hotel
Thu. Aug 22	08.00-09.00	Breakfast	Hotel
	11.30-12.30	Ice practice	Zimni Stadion Jihlava
	13.45	Lunch	Hotel
	17.00	Team meeting	Hotel
	18.00	Dinner	Hotel
	21.30	Evening snack	Hotel
Fri. Aug 23	07.00-08.15	Breakfast	Hotel
	09.45-10.15	Ice practice	Zimni Stadion Jihlava
	11.30	Lunch	Hotel
	15.00-15.30	Snack with pasta	Hotel
	18.00	Game RUS - SWE	Zimni Stadion Jihlava
	21.15	Dinner	Hotel
	22.00	Team meeting	Hotel
Sat. Aug 24	08.00-09.00	Breakfast	Hotel
	10.30-11.00	Ice practice	Zimni Stadion Jihlava
	12.00	Lunch	Hotel
	15.00-15.30	Pre game snack	Hotel
	18.00	Game SWE - CZE	Zimni Stadion Jihlava
	21.15	Dinner	Hotel
	22.00	Team meeting	Hotel
Sun. Aug 25	07.00	Breakfast	Hotel
	08.15-08.45	Off ice practice	Hotel
	10.30	Lunch	Hotel
	13.30	Game FIN - SWE	Zimni Stadion Jihlava
	16.30	Dinner	Hotel
	17.00	Team meeting	Hotel
All players	TBA	Individual meetings	Hotel
	20.30	Evening snack	Hotel

Mon. Aug 26	06.30-07.15	Breakfast and check out	Hotel
	07.15	Buss to airport by the arena	Hotel
	09.45	Check in	Airport
	TBA	Lunch	Airport
	11.50	Departure	Airport
	13.45	Arrival	Airport
		Home journeys	

Team leaders

Sofie Wallin	Team Manager
Alexander Bröms	Head Coach
Kicki Lundberg	Assistant Coach
Valentina Lizana Wallner	Goalie Coach
Jens Fredriksson	Video Coach
Elin Uusitalo	Physiotherapist
Rickard Regnell	Equipment Manager

Game Schedule

Exhibition Game

21/8 18.00 CZE – SWE Horacky zimni stadion Jihlava

4 Nations Tournament

23/8 14.30 CZE – FIN Horacky zimni stadion Jihlava
23/8 18.00 RUS – SWE Horacky zimni stadion Jihlava
24/8 14.30 FIN – RUS Horacky zimni stadion Jihlava
24/8 18.00 SWE – CZE Horacky zimni stadion Jihlava
25/8 13.30 FIN – SWE Horacky zimni stadion Jihlava
25/8 17:00 CZE – RUS Horacky zimni stadion Jihlava