



SCHEDULE TEAM SWEDEN

3 exhibition games Finland-Sweden in Kajaani
and Isalmi, Finland, during December 13-17 2018

TEAM 16

Date	Time	Activity	Venue
Thu. Dec 13	09.00	Assembly	Airport
	10.15	Lunch	Airport
	11.45	Departure	Airport
	17.00	Arrival	Airport
	~17.45	Bus to Kajaani (~ approx.2 h)	Airport
	~20.20	Dinner	Arena
	20:45-21.45	Team meeting	Hotel
	21.45	Evening snack	Hotel
Fri. Dec 14	07.00-	Breakfast	Hotel
	07.55	Bus to the arena	Hotel
	09.00-09.45	Ice practice	Kajaani Arena
	10.45	Bus to the hotel	Arena
	10.50	Lunch	Arena
		Schoolwork	Hotel
	15.00	Team meeting	Hotel
	15.45	Pre- game meal (pasta with sauce)	Hotel
	16.25	Bus to the arena	Hotel
	18.30	GAME FIN – SWE	Kajaani Arena
	~21.30	Dinner	Arena
	22.00	Bus to the hotel	Hotel
Sat. Dec 15		Breakfast	Hotel
	07.25	Bus to the arena	Hotel
	08.30-09.00	Ice practice	Kajaani Arena
	10.00	Bus to the hotel	Kajaani Arena
	10.30	Team meeting	Hotel
	11.30	Lunch	Hotel
	12.00	Bus to the arena (~ approx. 1h 50 min)	Hotel
	14.00	Arrival Isalmi Arena, snack in locker room	Isalmi
	16.00	GAME FIN – SWE	Isalmi Arena
	~19.00	Dinner	t.b.a
	~19.30	Bus to hotel	Isalmi
	21.40	Evening snack	Hotel
Sun. Dec 16		Breakfast	Hotel
	07.25	Bus to arena	Hotel
	08.30-09.00	Ice practice	Kajaani Arena
	10.00	Bus to hotel	Kajaani Arena
	10.45	Lunch w/pasta	Hotel
	11.30	Team meeting	Hotel
	11.55	Bus to arena,	Hotel
	14.00	GAME FIN – SWE	Kajaani Arena
	~17.00	Dinner	Arena
	17.30	Bus to Oulu	Kajaani Arena
	~19.30	Check-in Hotel	Hotel
	21.00	Evening snack	Hotel

Mon. Dec 17	06.00	Breakfast, check-out	Hotel
	06.40	Bus to airport	Hotel
	08.35	Departure	Airport
	11.15	Arrival	Airport

~ Home journeys

Team Leaders

Jan Ingman	Team Manager
Anders Lundberg	Head Coach
Mikael Rundgren	Assistant Coach
Linda Blomqvist	Goalie Coach
Adam Albelin	Video Coach
Peter Tyskling	Physiotherapist
Yngve Frost	Equipment Manager

Mika Silvast	Team Host
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