



# TEAM 19 SWEDEN

5 Nations Tournament in Turku, Finland,  
during February 5-10 2019



Date	Time	Activity	Venue
<b>Tue. Feb 5</b>	14.00	Assembly	Airport
	14.30	Lunch	Airport
	16.30	Departure	Airport
	18.25	Arrival	Airport
	~19.00	Bus to Turku, approx. 2h, water, sandwich and fruit on the bus	
	~21.00	Equipment to the Arena	Kupittaa Arena
	~21.20	Bus to hotel	
	~21.30	Dinner and check-in	Hotel
<b>Wed. Feb 6</b> Team Manager	08.30-10.00	Breakfast	Hotel
	11.00	Directorate meeting	Arena Restaurant
	11.15	Bus to arena, approx. 5 min	
	12.30-13.45	Ice practice	Kupittaa Arena
	14.45	Bus to hotel	
	15.00	Lunch	Hotel
	17.45	Bus to arena	
	19.00-20.00	Ice practice	Kupittaa Arena, rink 2
	21.00	Bus to hotel	
	21.05	Dinner	Hotel
<b>Thu. Feb 7</b>	08.30-09.15	Breakfast	Hotel
	09.15	Bus to arena	
	10.15-10.45	Ice practice	Kupittaa Arena
	11.30	Bus to hotel	
	11.45	Lunch	Hotel
	13.15	Bus to arena	
	<b>15.30</b>	<b>GAME SWE-CZE</b>	<b>Kupittaa Arena</b>
	18.30	Dinner	Kupittaa Arena Restaurant
	19.00	Bus to hotel	
21.30	Evening snack	Hotel	
<b>Fri. Feb 8</b>	07.00-08.30	Breakfast	Hotel
	08.30	Bus to hotel	
	09.30-10.00	Ice practice	Kupittaa Arena
	10.45	Bus to hotel	
	11.00	Lunch	Hotel
	13.00	Pre game snack	Hotel
	13.15	Bus to arena	
	<b>15.30</b>	<b>GAME GER-SWE</b>	<b>Kupittaa Arena</b>
	18.30	Dinner	Kupittaa Arena Restaurant
	19.00	Bus to hotel	
22.00	Evening snack	Hotel	
<b>Sat. Feb 9</b>	07.30-09.45	Breakfast	Hotel
	09.45	Bus to arena	
	10.45-11.15	Ice practice	Kupittaa Arena
	12.00	Bus to hotel	
	12.10	Lunch	Hotel
	14.45	Pre game snack	Hotel
	15.15	Bus to arena	
	<b>17.30</b>	<b>GAME SWE-SUI</b>	<b>Kupittaa Arena</b>
	20.30	Dinner	Kupittaa Arena Restaurant
21.00	Bus to hotel		

<b>Sun. Feb 10</b>	08.30	Breakfast	Hotel
	11.00	Lunch	Hotel
	11.45	Bus to arena	
	<b>14.00</b>	<b>GAME FIN-SWE</b>	<b>Kupittaa Arena</b>
	17.00	Dinner	Kupittaa Arena Restaurant
	17.15	Bus to airport	
	20.45	Departure	Airport
	20.45	Arrival	Airport
		Home journeys or overnight stay	

### **Team leaders**

Nitze Landén, Team Manager and Goalie Coach

Tomas Montén, Head Coach

Joel Rönmark, Assistant Coach

Adam Almqvist Andersson, Video Coach

Arne Wickström, Doctor

Henrik Karlsson, Physiotherapist

Per-Åke Bäckman, Equipment Manager

Mikael Seppelin, Team Host