



TEAM 20 SWEDEN

National Junior Camp in Plymouth,
Michigan, USA, during July 22-August 5 2019



Date	Time	Activity	Venue
Sun. July 21	~17.30	Assembly	Airport
	~18.30	Dinner	Airport
Mon. July 22		Breakfast	Airport
	06.05	Departure	Airport
	08.15	Arrival	
	10.40	Departure	Airport
	13.45	Arrival	
		Bus and truck to hotel and area	
		Check in	Hotel
		Lunch	USA Hockey Arena
	Dinner	USA Hockey Arena	
Tue. July 23	08.00	Breakfast	USA Hockey Arena
	09.30-10.50	Ice practice	USA Hockey Arena
	12.15	Lunch	USA Hockey Arena
	16.30-17.50	Ice practice	USA Hockey Arena
	19.15	Dinner	USA Hockey Arena
	21.30	Evening snack	USA Hockey Arena
	Wed. July 24	08.00	Breakfast
09.30-10.50		Ice practice	USA Hockey Arena
12.15		Lunch	USA Hockey Arena
15.15-16.00		Off ice practice	USA Hockey Arena
16.30-17.50		Ice practice	USA Hockey Arena
19.15		Dinner	USA Hockey Arena
21.30		Evening snack	USA Hockey Arena
Thu. July 25	08.00	Breakfast	USA Hockey Arena
	09.30-10.50	Ice practice	USA Hockey Arena
	12.15	Lunch	USA Hockey Arena
	16.30-17.50	Ice practice	USA Hockey Arena
	19.15	Dinner	USA Hockey Arena
	21.30	Evening snack	USA Hockey Arena
Fri. July 26		Breakfast	USA Hockey Arena
	11.00	Lunch	USA Hockey Arena
	12.45-13.30	Off ice practice	USA Hockey Arena
	13.45-15.00	Ice practice	USA Hockey Arena
	16.00	Lunch, pasta and sauce	USA Hockey Arena
	19.00	Dinner	USA Hockey Arena
	21.30	Evening snack	USA Hockey Arena
Sat. July 27		Breakfast	USA Hockey Arena
	09.00-09.30	Ice practice	USA Hockey Arena
	10.45	Lunch	USA Hockey Arena
	13.30	Pre game meal (pasta and sauce)	USA Hockey Arena
	16.00	GAME USA blue– SWE	USA Hockey Arena
	~19.00	Dinner	USA Hockey Arena
	22.00	Evening snack	USA Hockey Arena

Sun. July 28	09.00-09.30	Breakfast	USA Hockey Arena
		Ice practice	USA Hockey Arena
	10.45	Lunch	USA Hockey Arena
	13.30	Pre game meal (pasta and sauce)	USA Hockey Arena
	16.00	GAME USA white– SWE	USA Hockey Arena
	~19.00	Dinner	USA Hockey Arena
	22.00	Evening snack	USA Hockey Arena
Mon. July 29		Breakfast	USA Hockey Arena
	12.30	Lunch	USA Hockey Arena
	18.00	Dinner	USA Hockey Arena
	21.30	Evening snack	USA Hockey Arena
Tue. July 30		Breakfast	USA Hockey Arena
	11.00	Lunch	USA Hockey Arena
	12.45-13.30	Off ice practice	USA Hockey Arena
	13.45-15.00	Ice practice	USA Hockey Arena, Olympic
	16.00	Lunch, pasta and sauce	USA Hockey Arena
	19.00	Dinner	USA Hockey Arena
	21.30	Evening snack	USA Hockey Arena
Wed. July 31		Breakfast	USA Hockey Arena
	09.00-09.30	Ice practice	USA Hockey Arena
	10.45	Lunch	USA Hockey Arena
	13.30	Pre game meal (pasta and sauce)	USA Hockey Arena
	16.18	GAME USA – SWE	USA Hockey Arena
	~19.15	Dinner	USA Hockey Arena
	22.00	Evening snack	USA Hockey Arena
Thu. Aug 1		Breakfast	USA Hockey Arena
	11.30-12.45	Ice practice	USA Hockey Arena
	13.45	Lunch	USA Hockey Arena
	17.30	Dinner	USA Hockey Arena
	21.00	Evening snack	USA Hockey Arena
Fri. Aug 2		Breakfast	USA Hockey Arena
	10.30	Lunch	USA Hockey Arena
	13.08	GAME SWE – CAN	USA Hockey Arena
	~16.00	Dinner	USA Hockey Arena
	20.00	Evening snack	USA Hockey Arena
Sat. Aug 3		Breakfast	USA Hockey Arena
	08.15-08.45	Ice practice	USA Hockey Arena
	10.00	Lunch	USA Hockey Arena
	13.08	GAME SWE – FIN	USA Hockey Arena
	~16.00	Dinner	USA Hockey Arena
	20.00	Evening snack	USA Hockey Arena
Sun. Aug 4		Breakfast	USA Hockey Arena
		Bus	
	15.45	Departure	Airport
Mon. Aug 5	05.40	Arrival	
	07.10	Departure	Airport
	09.15	Arrival	Airport
		Home journeys	

Team leaders

Jonas Fransson	Team Manager
Tomas Montén	Head Coach
Joel Rönmark	Assistant Coach
Henrik Stridh	Assistant Coach
Nitze Landén	Goalie Coach
Adam Almqvist Andersson	Video Coach
Tomas Hultgren	Doctor
Pär Thures	Physiotherapist
Per-Åke Bäckman	Equipment Manager