



“RUSSIN” CAMP Team 18

In Falun during July 27-August 1 2018

Date	Time	Activity	Venue
Fri. July 27		Assembly, see travel plan	Falun
	09.00	Off ice practice/tests	Falun
	TBA	Bus from Stockholm, see travel plan	
	12.30	Assembly all players	Falun
	13.00	Lunch	Falun
	14.00-19.00	Off ice practice/tests	Falun
	20.00-21.30	Ice practice	Lugnets ishall
Sat. July 28	07.30	Breakfast	
	11.15-11.30	Ice practice, goalie	Lugnets ishall
	11.30-12.45	Ice practice, yellow	Lugnets ishall
	18.00-18.30	Ice practice, goalie	Lugnets ishall
	18.45-20.00	Ice practice, yellow	Lugnets ishall
Sun. July 29	07.30	Breakfast	
	08.15-09.00	Ice practice, goalie	Lugnets ishall
	09.00-10.00	Ice practice, yellow	Lugnets ishall
	10.15-11.15	Ice practice, yellow	Lugnets ishall
	17.00-18.15	Ice practice, yellow	Lugnets ishall
	18.30-19.15	Ice practice, goalie	Lugnets ishall
Mon. July 30	07.30	Breakfast	
	11.00-12.15	Ice practice, yellow	Lugnets ishall
	12.15-12.45	Ice practice, goalie	Lugnets ishall
	13.15-14.15	Ice practice, goalie	Lugnets ishall
	18.00	GAME YELLOW – BLUE (3x15 min)	Lugnets ishall
Tue. July 31	07.30	Breakfast	
	09.00-10.00	Ice practice, yellow	Lugnets ishall
	10.15-11.00	Ice practice, goalie	Lugnets ishall
	14.00	GAME Team 18 – Örebro HK J20	Lugnets ishall
	20.30-21.00	Ice practice, goalie	Lugnets ishall
Wed. Aug 1	07.30	Breakfast	
	08.30-09.00	Ice practice, goalie	Lugnets ishall
	09.00-10.00	Ice practice, yellow	Lugnets ishall
	13.45-14.15	Ice practice, goalie	Lugnets ishall
	14.30-16.00	Ice practice, yellow	Lugnets ishall
	17.30	Bus to Arlanda T4	

You will have a daily schedule in the locker room, with all activities for the day