



Team Sweden Women

DAMKRONORNA

Camp and 2 Exhibition Games SWE -NOR in Falun Sweden, during July 29 – August 4 2021

Thu. July 29	~12.30	Assembly with testing	Hotell
	~12.30	Lunch	Restaurang
	14.00	Team meeting	Hotell
	16.00-16.30	Individual ice practice	Lugnets ishall
	16.30-17.50	Ice practice	Lugnets ishall
	18.45	Dinner	Hotell
	21.00	Team meeting	Hotell
	21.30	Evening snack	Hotell
Fri. July 30	07.00-08.00	Breakfast	Hotell
	09.00-09.30	Individual ice practice	Lugnets ishall
	09.30-10.50	Ice practice	Lugnets ishall
	11.45	Lunch	Restaurang
	14.30	Pre practice snack (Team arr)	Lugnets ishall
	15.30-16.00	Individual ice practice	Lugnets ishall
	16.00-17.20	Ice practice	Lugnets ishall
	18.30	Dinner	Hotell
	21.00	Team meeting	Hotell
	21.30	Evening snack	Hotell
Sat July 31	07.00-08.00	Breakfast	Hotell
	09.00-09.30	Individual ice practice	Lugnets ishall
	09.30-10.50	Ice practice	Lugnets ishall
	11.45	Lunch	Restaurang
	14.30	Pre practice snack (Team arr)	Lugnets ishall
	16.00-17.30	Strength & conditioning	Lugnet fyslokal
	18.30	Dinner	Hotell
	21.00	Team meeting	Hotell
	21.30	Evening snack	Hotell
Sun. Aug 1	07.00-08.00	Breakfast	Hotell
	09.00-09.45	Pre game skate	Lugnets ishall
	10.45	Lunch	Restaurang
	13.15	Team meeting	Hotell
	13.30	Pre game snack	Hotell
	16.00	GAME SWE-NOR	Lugnets ishall
	19.15	Dinner	Hotell
	21.00	Team meeting	Hotell
	21.30	Evening snack	Hotell

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Mon. Aug 2	07.00-08.00	Breakfast	Hotell
	09.00-09.30	Individual ice practice	Lugnets ishall
	09.30-10.50	Ice practice	Lugnets ishall
	11.45	Lunch	Restaurang
	14.30	Pre practice snack (Team arr)	Lugnets ishall
	16.00-17.30	Strength & conditioning	Lugnet fyslokal
	18.30	Dinner	Hotell
	21.00	Team meeting	Hotell
	21.30	Evening snack	Hotell
Tue. Aug 3	07.00-08.00	Breakfast	Hotell
	09.00-09.45	Pre game skate	Lugnets ishall
	10.15	Post practice snack (Team arr)	Lugnets ishall
	12.30	Lunch	Restaurang
	15.00	Pre game snack with pasta	Hotell
	15.30	Team meeting	Hotell
	18.00	GAME SWE-NOR	Lugnets ishall
	21.15	Dinner	Hotell
Wed. Aug 4	08.00-09.00	Breakfast	Hotell
	09.30	Bus to Arlanda	Lugnets ishall
		Home journeys	

Contact persons

Louise Dahl	Team Manager
Ulf Lundberg	Head Coach
Andreas Spångberg	Assistant Coach
Ola Kahem	Goalie Coach
Henrik Särenborg	Video Coach
Cecilia Åkesdotter	Sports Psychology Coach
Jonas Lysholm	Doctor
David Björn	Doctor
Erica Svensson	Physiotherapist
Benny Andersson	Equipment Manager

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