



“RUSSIN” CAMP Team 17

In Falun during July 28-August 1 2018

| Date | Time | Activity | Venue |
|---------------------|--------------|--------------------------------------|-----------------------|
| Sat. July 28 | | 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, blue | Lugnets ishall |
| Sun. July 29 | 07.30 | Breakfast | |
| | 12.15-13.00 | Ice practice, goalie | Lugnets ishall |
| | 13.00-13.45 | Ice practice, blue | Lugnets ishall |
| | 18.30-19.15 | Ice practice, goalie | Lugnets ishall |
| | 19.30-20.45 | Ice practice, blue | Lugnets ishall |
| Mon. July 30 | 07.30 | Breakfast | |
| | 08.30-09.30 | Ice practice, goalie | Lugnets ishall |
| | 09.45-10.45 | Ice practice, blue | 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 | |
| | 10.15-11.00 | Ice practice, goalie | Lugnets ishall |
| | 11.15-12.15 | Ice practice, blue | Lugnets ishall |
| | 18.00 | GAME Team 17 – Mora IK J20 | Lugnets ishall |
| | 20.30-21.00 | Ice practice, goalie | Lugnets ishall |
| Wed. Aug 1 | 07.30 | Breakfast | |
| | 10.30-11.00 | Ice practice, goalie | Lugnets ishall |
| | 11.00-12.15 | Ice practice, blue | Lugnets ishall |
| | 14.00 | Bus / home journeys | |

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