



Preliminary program
Camp in Märsta, Sweden
2016 Women's Nations Cup, in Füssen, Germany
during January 2-8 2016



Team Sweden Women

Date	Time	Activity	Venue
Sat. Jan 2	12.00-13.00	Assembly, lunch and check in Team meeting	Arlanda Hotelby Arlanda Hotelby
	15.00	Warm up walk to Pinbackshallen Snack team arranged	
	16.30-18.30	Ice practice Walk to the Hotel	Pinbackshallen
	19.30	Dinner Team meeting	Arlanda Hotelby Arlanda Hotelby
	Sun. Jan 3		Breakfast
	05.00	Bus to Arlanda T5 by Pinbackshallen	Arlanda Hotelby
	07.45	Departure to München DY 4501	Arlanda T5
	10.00	Arrival Snack at the buss	München Airport
	~ 10.30	Bus to hotel in Füssen by the arena (2,5 h), Check in at hotel Lunch	München Airport Hotel Luitpoldpark
	17.30 -18.30	Ice practice	BLZ Füssen Arena
	19.45	Dinner	Hotel Luitpoldpark
	21.30	Evening snack	Hotel Luitpoldpark
Mon. Jan 4		Breakfast	Hotel Luitpoldpark
	09.45-10.15	Ice practice	BLZ Füssen Arena
	11.30	Lunch Team meeting Snack team arranged	Hotel Luitpoldpark Hotel Luitpoldpark
	15.00	Game SWE - CAN	BLZ Füssen Arena
	18.15	Dinner	Hotel Luitpoldpark
	18.45	Team meeting	Hotel Luitpoldpark
	21.30	Evening snack	Hotel Luitpoldpark
	Tue. Jan 5		Breakfast
	11.30-12.30	Ice practice	Arena Füssen
	13.30	Lunch	Hotel Luitpoldpark
	18.30	Dinner	Hotel Luitpoldpark
	21.30	Evening snack	Hotel Luitpoldpark
Wed. Jan 6		Breakfast	Hotel Luitpoldpark
	10.00-10.30	Ice practice	BLZ Füssen Arena
	11.45	Lunch Team meeting Snack team arranged	Hotel Luitpoldpark
	15.00	Game RUS - SWE	BLZ Füssen Arena
	18.15	Dinner	Hotel Luitpoldpark
	18.45	Team meeting	Hotel Luitpoldpark
	21.30	Evening snack	Hotel Luitpoldpark

Thu. Jan 7

Schedule depending on result

12.00 A3 – B3

15.00 A2 – B2

19.00 A1 – B1

Group A: FIN, SUI, GER

Group A CAN, SWE, RUS

Fri. Jan 8

TBA

TBA

13.00

15.20

16.00

17.00

Breakfast and check out

Bus to airport by the arena

Lunch

Departure to Oslo with SK 4760

Arrival

Departure to Stockholm with SK 882

Arrival

Home journeys

Hotel Luitpoldpark

Hotel Luitpoldpark

München Airport

München Airport

Gardemoen Airport

Gardemoen Airport

Arlanda Airport T5

Hotels

Best Western Arlanda Hotellby

Bristagatan 22, 195 60 Arlanda-Arlandastad

info@arlandahotellby.se

Füssen

Hotel Luitpoldpark, Bahnhofstrasse 1-3, D-87629 Füssen, Germany

Team leaders

Sara Arnestål

Leif Boork

Olof Östblom

Karl Danielsson

Caroline Fougman

Benny Andersson

Putte Köhler

Team Manager

Head Coach

Assistant Coach

Video Coach

Physiotherapist

Equipment Manager

SIHA