



TEAM SWEDEN

4 Nations Tournament in Gothenburg,
Sweden, during February 3-9 2020



TEAM 16

Date	Time	Activity	Venue
Mon. Feb 3	<i>see travel plan</i>	Assembly	
	08.30	Departure	Stockholm
	11.35	Arrival	Gothenburg
		Bus to hotel	
	~12.30	Assembly and lunch	Hotel
		Team meeting	Hotel
		School work	Hotel
	16.00	Dinner, pasta & sauce	
	17.15	Bus to the arena	
	18.30-19.50	Ice practice	Frölundaborg Isstadion
	20.50	Bus to hotel	
	21.00	Dinner	Hotel
		Team Meeting	Hotel
Tue. Feb 4	08.00	Breakfast	Hotel
	08.45	Bus to arena	
	10.00-11.20	Ice practice	Frölundaborg Isstadion
	12.30	Bus to hotel	
	12.45	Lunch	Hotel
		Team Meeting	Hotel
	15.45	Bus to arena	
	17.00-18.50	Ice practice	Frölundaborg Isstadion
	18.20-18.50	"Open practice"	Frölundaborg Isstadion
	20.00	Bus to hotel	
	~20.15	Dinner	Hotel
	21:00	Team Meeting	Hotel
	Wed. Feb 5	08.00	Breakfast
08.45		Bus to arena	
10.00-11.20		Ice practice	Frölundaborg Isstadion
12.30		Bus to hotel	
12.45		Lunch	Hotel
		Team Meeting	Hotel
		School work	Hotel
15.45		Bus to arena	
17.00-17.50		Ice practice	Frölundaborg Isstadion
19.00		Bus to hotel	
~19.15		Dinner	Hotel
21.00		Team Meeting	Hotel
21.30		Evening snack	Hotel
Thu. Feb 6	08.00	Breakfast	Hotel
	08.45	Bus to arena	
	10.00-11.20	Ice practice	Slottsskogsrinken
	12.30	Bus to hotel	
	12.45	Lunch	Hotel
		School work	
	16:30	Team Meeting	Hotel
	17.30	Dinner	Hotel
21.00	Evening snack	Hotel	

Fri. Nov 7	09.00	Breakfast	Hotel
	10.45	Bus to arena	
	12.00-12.45	Ice practice	Frölundaborg Isstadion
	13.30	Team Meeting	Frölundaborg Isstadion
	13.45	Bus to hotel	
	14.00	Lunch	Hotel
	16.00	Pre game meal	Hotel
	16.45	Bus to arena	
	19.00	GAME SWE – CZE	Frölundaborg Isstadion
	~22.00	Bus to hotel	
	~22.00	Dinner	Hotel
	Sat. Feb 8	07.00	Breakfast
08.00		Bus to arena	
09.45-10.15		Ice practice	Frölundaborg Isstadion
11.00		Team Meeting	Frölundaborg Isstadion
11.15		Bus to hotel	
11.30		Lunch	Hotel
14.30		Pre game meal	Hotel
14.50		Bus to arena	
17.00		GAME SWE – FIN	Frölundaborg Isstadion
~20.00		Bus to hotel	
~20.15		Dinner	Hotel
21.30		Team Meeting	Hotel
21.45	Evening snack	Hotel	
Sun. Nov 9	07.30	Breakfast	Hotel
	08.00	Bus to arena	
	09.15-09.45	Ice practice / Off Ice	Frölundaborg Isstadion
		Team Meeting	Hotel
	10.30	Bus to hotel	
	11.00	Check out and lunch	Hotel
	11.45	Bus to arena	
	15.00	GAME SWE – RUS	Frölundaborg Isstadion
	~18.00	Dinner	Frölundaborg Isstadion
	~18.30	Bus to airport	
19.50	Departure	Airport	
20.55	Arrival	Airport	
	Home journeys		

Contact persons

Team Manager	Ingman Jan
Head Coach	Lundberg Anders
Assistant Coach	Rundgren Mikael
Goalie Coach	Blomquist Linda
Video Coach	Albelin Adam
Physiotherapist	Schirmer Dennis
Equipment Manager	Frost Yngve