



Preliminary program  
**Summer Camp no3**  
in Norrtälje, Sweden, June 22 – 25, 2015



**Team Sweden Women**

Date	Time	Activity	Venue
<b>Mon. Jun 22</b>	09.20	Bus to Norrtälje by Ritorp and Arlanda T4	Ritorp
	11.00	Assembly and lunch	Norrtälje Sportcentrum
	12.45	Team meeting	Norrtälje Sportcentrum
	14.00-16.00	Tests, indoor and outdoor Snack (Team Arr)	Brottarlokalen + Löparbana Contigahallen
	<b>17.30-19.30</b>	<b>Ice practice</b> Jogging / 120 puls	<b>Contigahallen</b>
	20.30 22.00	Dinner Evening snack	Roslagens Sportrestauranger Hotel Roslagen
<b>Tue. June 23</b>	07.30-08.30	Breakfast	Hotel Roslagen
	<b>09.30-11.30</b>	<b>Ice practice</b>	<b>Contigahallen</b>
	12.30	Lunch Team meeting Snack (Team Arr)	Roslagens Sportrestauranger Contigahallen Contigahallen
	<b>17.00-19.00</b>	<b>Ice practice</b> Jogging / 120 puls	<b>Contigahallen</b>
	20.00 22.00	Dinner Evening snack	Roslagens Sportrestauranger Hotel Roslagen
	<b>Wen. June 24</b>	07.30-08.30	Breakfast
<b>09.30-11.30</b>		<b>Ice practice</b>	<b>Contigahallen</b>
12.30		Lunch Team meeting Snack (Team Arr)	Roslagens Sportrestauranger Contigahallen Contigahallen
<b>17.00-19.00</b>		<b>Ice practice</b> Jogging / 120 puls	<b>Contigahallen</b>
20.00 22.00		Dinner Evening snack	Roslagens Sportrestauranger Hotel Roslagen
<b>Thu. Jun 25</b>		06.45-07.45	Breakfast
	<b>08.30-10.00</b>	<b>Ice practice</b> Team meeting (locker room)	<b>Contigahallen</b> Contigahallen
	11.15	Lunch	Roslagens Sportrestauranger
	12.15	Bus to SIF-kontoret by ArlandaT4 and Ritorp Home journeys	

**Hotel**

Hotel Roslagen, Stockholmsvägen 53, 761 43 Norrtälje

**Contact persons**

Leif Boork	Head Coac
Olof Östblom	Assistant Coach
Fougman Caroline	Physiotherapist
Benny Andersson	Equipment Manager
Thomas Magnusson	Goalie Coach