



Preliminary schedule
Camp and 4 Nations Tournament in Tranås, Sweden,
during August 22-27, 2017



Team Sweden Women

Date	Time	Activity	Venue
Tue. Aug 22	~ 09.00	Bus to Tranås see travel plan	Arlanda T4
	~ 13.00	Arrival in Tranås	Stiga Arena
		Lunch	Badhotellet
	15.00-15.30	Team Meeting	Badhotellet
	16.15	Bus to arena	Badhotellet
	17.30-19.00	Ice practice	Stiga Arena
	20.00	Bus to hotel	Stiga Arena
	20.15	Dinner	Badhotellet
Wed. Aug 23	07.00-08.00	Breakfast	Badhotellet
	08.15	Bus to arena	Badhotellet
	09.30-11.30	Ice practice	Stiga Arena
	12.30	Bus to hotel	Stiga Arena
	12.45	Lunch	Badhotellet
	14.30	Bus to arena	Badhotellet
	14.45	Snack in locker room (Team arr)	Stiga Arena
	16.00-17.30	Ice practice	Stiga Arena
	18.30	Bus to hotel	Stiga Arena
	18.45	Dinner	Badhotellet
	21.30	Evening snack	Badhotellet
Thu. Aug 24	07.00-08.00	Breakfast	Badhotellet
	08.15	Bus to arena	Badhotellet
	09.30-11.30	Ice practice	Stiga Arena
	12.30	Bus to hotel	Stiga Arena
	12.45	Lunch	Badhotellet
	14.30	Bus to arena	Badhotellet
	14.45	Snack in locker room (Team arr)	Stiga Arena
	16.00-17.30	Ice practice	Stiga Arena
	18.45	Bus to hotel	Stiga Arena
	19.00	Dinner	Badhotellet
	21.45	Evening snack	Badhotellet
TBA	Directorate meeting (Team Manager)	TBA	
Fri. Aug 25	08.30-09.30	Breakfast	Badhotellet
	10.00	Bus to arena	Badhotellet
	11.15-11.45	Ice practice	Stiga Arena
	12.45	Bus to hotel	Stiga Arena
	13.00	Lunch	Badhotellet
	17.00	Pre game snack with pasta	Badhotellet
	17.45	Bus to arena	Badhotellet
	19.00	Game SWE - GER	Stiga Arena
	22.00	Bus to hotel	Stiga Arena
	22.15	Dinner	Badhotellet

Sat. Aug 26	07.00-08.00	Breakfast	Badhotellet
	08.15	Bus to arena	Badhotellet
	09.30-10.00	Ice practice	Stiga Arena
	11.00	Bus to hotel	Stiga Arena
	11.15	Lunch	Badhotellet
	14.15	Pre game snack with pasta	Badhotellet
	14.45	Bus to arena	Badhotellet
	17.00	Game SWE - FIN	Stiga Arena
	20.00	Bus to hotel	Stiga Arena
	20.15	Dinner	Badhotellet
	21.30	Team Meeting	Badhotellet
Sun. Aug 27	07.00-07.45	Breakfast	Badhotellet
	08.00	Bus to arena	Badhotellet
	09.15-09.45	Ice practice	Stiga Arena
	10.45	Bus to hotel	Stiga Arena
	11.15	Lunch	Badhotellet
		Check out	Badhotellet
	11.45	Bus to arena	Badhotellet
	12.00	Snack in locker room (Team arr)	Stiga Arena
	14.00	Game SWE - RUS	Stiga Arena
	17.00	Bus to hotel	Stiga Arena
	~17.15	Dinner	Badhotellet
	~17.45	Bus to Stockholm/Arlanda (~4 h)	Badhotellet
		Home journeys or overnight stay	

Team Leaders

Sara Arnestål	Team Manager
Leif Boork	Head Coach
Jared Cipparone	Assistant Coach
Alexandra Cipparone	Strength Conditioner
Karl Danielsson	Video Coach
Caroline Fougman	Physiotherapist
Benny Andersson	Equipment Manager

Hotel

Badhotellet, Ågatan 16, 573 25 Tranås