

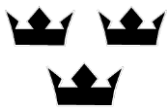
Team Sweden Women

Preliminary schedule  
**Tests and camp in Bosön and Upplands  
 Väsby, Sweden, during August 15-19 2019**



Date	Time	Activity	Venue	
<b>Thu. Aug 15</b>	~ 09.00-16.30	Tests - players from Stockholm	Bosön	
	~ 10.00-16.30	Tests - players with connecting trips	Bosön	
	11.30-13.00	Lunch	Bosön	
	~ 14.30-15.00	Snack	Bosön	
	17.00	Dinner	Bosön	
	18.00	Team meeting	Bosön	
	18.30	Test information (TBA)	Bosön	
	19.30	IHF Rules (Joel Hansson)	Bosön	
	21.00	Evening snack	Bosön	
	All players	TBA	Individual meetings	Bosön
<b>Fri. Aug 16</b>	07.00-09.00	Breakfast	Bosön	
	09.00-16.00	Tests	Bosön	
	11.30-13.00	Lunch	Bosön	
	~ 14.30-15.00	Snack	Bosön	
	16.00	Team meeting	Bosön	
	16.15	Bus to Upplands Väsby	Bosön	
	17.00	Check	Hotel	
	18.00	Dinner	Hotel	
		Team meeting	Hotel	
	21.30	Evening snack	Hotel	
All players	TBA	Individual meetings	Bosön and hotel	
<b>Sat. Aug 17</b>	07.00-08.15	Breakfast	Hotel	
	Gr 1 Team Yellow	08.20	Video	Vilundaparkens Ishall A
		08.30-10.00	Ice practice	Vilundaparkens Ishall A
		10.15-11.15	Off ice practice	TBA
	Gr 2 Team Blue	08.30-09.30	Off ice practice	TBA
		10.05	Video	Vilundaparkens Ishall A
		10.15-11.45	Ice Practice	Vilundaparkens Ishall A
	<b>All players</b>	12.00-13.15	Lunch	Hotel
	Goalies Team Yellow	16.00-16.30	Ice Practice	Vilundaparkens Ishall A
	Gr 1 Team Yellow	16.30-18.00	Ice practice	Vilundaparkens Ishall A
Gr 1 Team Yellow	19.00	Dinner	Scandic Upplands Väsby	
Gr 2 Team Blue	16.00	Dinner	Scandic Upplands Väsby	
Goalies Team Blue	18.15-18.45	Ice Practice	Vilundaparkens Ishall A	
Gr 2 Team Blue	18.45-20.15	Ice Practice	Vilundaparkens Ishall A	
<b>All players</b>	21.30-22.15	Evening snack	Scandic Upplands Väsby	
All players	TBA-	Individual meetings	Scandic Upplands Väsby	

<b>Sun. Aug 18</b>	07.00-08.15	Breakfast	Hotel
Gr 2 Team Blue	08.20	Video	Vilundaparkens Ishall A
	08.30-10.00	Ice practice	Vilundaparkens Ishall A
	10.15-11.15	Off ice practice	TBA
Gr1 Team Yellow	08.30-09.30	Off ice practice	TBA
	10.05	Video	Vilundaparkens Ishall A
	10.15-11.45	Ice Practice	Vilundaparkens Ishall A
<b>All players</b>	13.00-13.45	Lunch	Hotel
	15.45-16.30	Snack	Hotel
	16.30	Team meeting	Vilundaparkens Ishall A
Goalies	16.45-17.45	Ice practice	Vilundaparkens Ishall A
<b>All players</b>	<b>18.00-20.00</b>	<b>GAME SWE 1 -SWE 2</b> (3x 15 min)	<b>Vilundaparkens Ishall A</b>
	21.00	Dinner	Hotel
All players	TBA-	Individual meetings	Hotel
<b>Mon. Aug 19</b>	06.00-07.30	Breakfast	Hotel
Goalies	08.45-09.45	Ice practice	Vilundaparkens Ishall A
<b>All players</b>	<b>10.00-12.00</b>	<b>GAME SWE 2 -SWE 1</b> (3x 15 min)	<b>Vilundaparkens Ishall A</b>
	13.00	Check out and lunch	Scandic Upplands Väsby
	13.45	Team meeting	Scandic Upplands Väsby
	TBA	Home journeys (12 players)	Scandic Upplands Väsby
	17.00	Dinner	Hotel
	18.00	Bus to Airport	Vilundaparkens Ishall A
	18.30	Check in	Airport
	20.40	Departure	Airport
	22.35	Arrival	Airport
	23.00	Bus to Vierumäki (~1,15h) with water and fruit on the bus	Airport
	~00.15	Check in	Vierumäki Sports Institute



Preliminary schedule  
**5 Nations Tournament in Vierumäki and Kerava, Finland,  
 during August 19-25, 2019**



**Team Sweden Women**

Date	Time	Activity	Venue
<b>Tue. Aug 20</b>	08.30-09.30	Breakfast	Vierumäki Sports Institute
	12.30	Lunch	Vierumäki Sports Institute
	15.00-16.20	Ice practice	Vierumäki Arena, Rink 1
	17.30	Dinner	Vierumäki Sports Institute
		Team Meeting	Vierumäki Sports Institute
	21.30	Evening snack	Vierumäki Sports Institute
<b>Wed. Aug 21</b>	07.00-08.00	Breakfast	Vierumäki Sports Institute
	09.10-09.40	Ice practice	Vierumäki Arena, Rink 2
		Snack (Team arr)	Vierumäki Arena
	12.00	Lunch	Vierumäki Sports Institute
	<b>15.00</b>	<b>Game SWE - JPN</b>	<b>Vierumäki Arena, Rink 2</b>
	18.00	Dinner	Vierumäki Sports Institute
		Team meeting	Vierumäki Sports Institute
	21.30	Evening snack	Vierumäki Sports Institute
<b>Thu. Aug 22</b>	07.30-08.30	Breakfast	Vierumäki Sports Institute
	10.30-11.00	Ice practice	Vierumäki Arena, Rink 2
	12.00	Lunch	Vierumäki Sports Institute
	15.45-16.30	Pre game snack	Vierumäki Sports Institute
	<b>19.00</b>	<b>Game SWE - RUS</b>	<b>Vierumäki Arena, Rink 2</b>
	22.00	Dinner	Vierumäki Sports Institute
		Team meeting	Vierumäki Sports Institute
<b>Fri. Aug 23</b>	06.30-07.30	Breakfast	Vierumäki Sports Institute
	08.45-09.15	Ice practice	Vierumäki Arena, Rink 1
		Snack (Team arr)	Vierumäki Arena
	11.45	Lunch	Vierumäki Sports Institute
	<b>15.15</b>	<b>Game CZE - SWE</b>	<b>Vierumäki Arena, Rink 1</b>
	18.30	Dinner	Vierumäki Sports Institute
		Team meeting	Vierumäki Sports Institute
21.30	Evening snack	Vierumäki Sports Institute	
<b>Sat. Aug 24</b>	06.30-08.00	Breakfast and check out	Vierumäki Sports Institute
	09.30	Bus to Kerava (~1 h)	Vierumäki Sports Institute
	10.30	Pre game snack	Kerava Arena
	<b>13.00</b>	<b>Game FIN - SWE</b>	<b>Kerava Arena</b>
	16.00	Lunch	TBA
		Bus to hotel	TBA
	19.30	Dinner	TBA

<b>Sun. Aug 25</b>	TBA	Breakfast	TBA
	TBA	Bus to Airport	TBA
	12.15	Check in	Airport
	14.15	Departure	Airport
	14.15	Arrival	Airport
		Home journeys	

### Team leaders

Johanna Malmström	Team Manager	
Ylva Martinsen	Head Coach	
Oscar Dahlgren	Assistant Coach	
Ola Kahem	Goalie Coach	
Nanna Holm Glaas	Video Coach	15-19/8
Cecilia Åkesdotter	Sport Psychology Consultant	
Ingegerd Lantz	Doctor	
Erica Svensson	Physiotherapist	
Benny Andersson	Equipment Manager	
Anders Wieveg	Equipment Manager	

### Game schedule

20.08.2019	15.00	RUS - JPN	19.00	CZE - FIN	Vierumäki Arena, Rink 2
21.08.2019	15.00	SWE- JPN	18.30	FIN - RUS	Vierumäki Arena, Rink 2 / Mikkeli Arena
22.08.2019	15.00	JPN - CZE	19.00	SWE – RUS	Vierumäki Arena, Rink 2
23.08.2019	15.00	JPN - FIN	15.15	CZE - SWE	Vierumäki Arena, Rink 2 / Vierumäki Arena, Rink 1
24.08.2019	13.00	FIN - SWE	15.00	RUS – CZE	Kerava Arena / Vierumäki Arena, Rink 2