



**Preliminary schedule for
Camp and 4 Nations Tournament in Balashikha,
Russia, during November 6-11 2017**



TEAM 20

Date	Time	Activity	Venue
Mon. Nov 6	11.30	Assembly	Scandic Kungens Kurva
	12.00	Lunch	Scandic Kungens Kurva
	14.00-15.30	Ice practice	Segeltorpshallen
	17.00	Dinner	Scandic Kungens Kurva
	19.00	Team meeting	Scandic Kungens Kurva
	21.00	Evening snack	Scandic Kungens Kurva
Tue. Nov 7	07.00	Breakfast	Scandic Kungens Kurva
	08.00	Bus to Arlanda T5	
	10.30	Lunch	Alfredos, Sky City
	12.40	Departure with SU2211	Arlanda T5
	16.45	Arrival to Moscow	Sheremetyevo airport
		Bus to hotel and arena(approx. 2 h)	
	~19.45	Pasta and sauce	Arena Balashikha
	21.00-22.00	Ice practice	Arena Balashikha
	23.00	Dinner	Arena Balashikha
Wed. Nov 8	07.30-08.45	Breakfast	Arena Balashikha
	10.00-10.45	Ice practice	Arena Balashikha
	11.45	Lunch	Arena Balashikha
	16.00	Pre game meal	Arena Balashikha
	18.45	Opening ceremony	Arena Balashikha
	19.00	GAME SWE-RUS	Arena Balashikha
	22.00	Dinner	Arena Balashikha
Thu. Nov 9	06.30-07.00	Breakfast	Arena Balashikha
	08.00-08.45	Ice practice	Arena Balashikha
	10.00	Snack	Arena Balashikha
	12.30	Lunch	Arena Balashikha
	15.30	GAME FIN-SWE	Arena Balashikha
	18.30	Dinner	Arena Balashikha
	21.30	Evening snack	Arena Balashikha
Fri. Nov 10	06.45-07.45	Breakfast	Arena Balashikha
	09.00-09.45	Ice practice	Arena Balashikha
	11.30	Lunch	Arena Balashikha
	14.30	GAME SWE-CZE	Arena Balashikha
	17.30	Dinner	Arena Balashikha
	20.00	Closing ceremony	Arena Balashikha
21.00	Evening snack	Arena Balashikha	
Sat. Nov 11	07.00	Breakfast	Arena Balashikha
		Bus to the airport	
	11.25	Departure with SU2210	Sheremetyevo airport
	11.40	Arrival to Stockholm	Arlanda T5
		Home Journeys	

Team leaders

Jonas Fransson	Team Manager	Adam Almqvist Andersson	Video Coach
Tomas Montén	Head Coach	Henrik Wrethling	Doctor
Anders Johansson	Assistant Coach	Jonas Emmoth	Physiotherapist
Nitze Landén	Goalie Coach	Per-Åke Bäckman	Equipment Manager

Hotels

Scandic Kungens Kurva, Ekgårdsvägen 2, 141 75 Kungens Kurva, Sweden

East Gate hotel, 143912, Balashikha, pr. Lenina. 25., Russia