



**Preliminary program**  
**Summer Camp no 5 Finnkampen in Norrtälje, Sweden, and**  
**Mariehamn, Åland, Finland, during August 24-30 2015**

**Team Sweden Women**

<b>Date</b>	<b>Time</b>	<b>Activity</b>	<b>Venue</b>
<b>Mon. Aug 24</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	Brottarlokalen + Löparbana
		Snack (pasta with meet sues)	Roslagens Sportrestauranger
	17.30-19.30	Ice practice	Contigahallen
		Jogging	
	20.30	Dinner	Roslagens Sportrestauranger
22.00	Evening snack	Hotel Roslagen	
<b>Tue. Aug 25</b>	07.30-08.30	Breakfast	Hotel Roslagen
	09.30-11.30	Ice practice	Contigahallen
	12.30	Lunch	Roslagens Sportrestauranger
		Team meeting	Contigahallen
		Snack (Team Arr)	Contigahallen
	17.00-19.00	Ice practice	Contigahallen
		Jogging	
	20.00	Dinner	Roslagens Sportrestauranger
22.00	Evening snack	Hotel Roslagen	
<b>Wed. Aug 26</b>	07.30-08.30	Breakfast	Hotel Roslagen
	09.30-11.30	Ice practice	Contigahallen
	12.30	Lunch	Roslagens Sportrestauranger
		Team meeting	Contigahallen
		Snack (Team Arr)	Contigahallen
	17.00-19.00	Ice practice	Contigahallen
		Jogging	
	20.00	Dinner	Roslagens Sportrestauranger
22.00	Evening snack	Hotel Roslagen	
<b>Thu. Aug 27</b>	08.00-09.00	Breakfast and check out	Hotel Roslagen
	10.30	Bus to Kapellskär	Norrtälje Sportcentrum
	12.00 (SWE)	Ferry to Mariehamn	Kapellskär
	12.00 (SWE)	Dinner – Barbecue Buffet	Bufférestaurangen
	13.00-14.00 (SWE)	Team meeting	Rosella
	15.30 (FIN)	Arrival and walk to hotel	Västra Hamnen - Mariehamn
		Check in	Hotell Savoy
	16.00	Dinner	Hotell Savoy
	19.30-21.30	Ice practice	Islandia
	22.30	Evening snack	Hotell Savoy

<b>Fri. Aug 28</b>	07.30-08.00	Breakfast	Hotell Savoy
	09.15	Team meeting in locker room	Islandia
	10.00-10.45	Ice practice	Islandia
	12.00	Lunch	Hotell Savoy
		Team meeting	Hotell Savoy
	14.30	Pre game snack with pasta	Hotell Savoy
	<b>17.00</b>	<b>Game FIN - SWE</b>	<b>Islandia</b>
	20.30	Dinner and team meeting	Hotell Savoy
<b>Sat Aug 29</b>	06.30-07.00	Breakfast	Hotell Savoy
	08.15	Team meeting in locker room	Islandia
	09.00-09.30	Ice practice	Islandia
	10.45	Lunch	Hotell Savoy
		Team meeting	Hotell Savoy
	13.30	Pre game snack with pasta	Hotell Savoy
	<b>16.00</b>	<b>Game SWE - FIN</b>	<b>Islandia</b>
	19.30	Dinner and team meeting	Hotell Savoy
<b>Sun Aug 31</b>	06.15-07.15	Breakfast and check out	Hotell Savoy
		Team meeting in locker room	Islandia
	<b>09.30</b>	<b>Game FIN - SWE</b>	<b>Islandia</b>
	12.15	Walk to ferry	Islandia
	13.45 (FIN)	Ferry to Stockholm, Värtahamnen Silja Line	Västra Hamnen - Mariehamn
	14.00 (FIN)	Lunch	Bufférestaurangen
	15.00-17.30 (FIN)	Team meeting	
	18.15 (SWE)	Arrival and home Journeys	Värtahamnen
	Transport to Stockholm C - Bus to Ritorp, Arlanda T4		

## Hotels

Hotel Roslagen, Stockholmsvägen 53, 761 43 Norrtälje

Hotell Savoy, Nygatan 12, 22100 Mariehamn, Åland

## Team leaders

Sara Arnestål	Team Manager
Leif Boork	Head Coach
Olof Östblom	Assistant Coach
Karl Danielsson	Video Coach
Caroline Fougman	Physiotherapist
Benny Andersson	Equipment Manager