



Team Sweden Women

DAMKRONORNA

5 Nations Tournament in Ängelholm and Helsingborg, Sweden, during December 11-18, 2022

Sun. Dec 11	~ 22.00	Assembly with evening snack	Best Western Plus HUS 57
Mon. Dec 12	07.45-08.30	Breakfast	Hus 57
	08.45	Bus to arena	
	10.00-11.30	Ice practice	Catena Arena
	12.15	Bus to hotel	
	12.25	Lunch	Hus 57
	15.30	Snack with pasta	Hus 57
	16.15	Bus to arena	
	17.30-18.45	Ice practice	Catena Arena
	19.30	Bus to hotel	
19.40	Dinner	Hus 57	
Tue. Dec 13	07.00-07.45	Breakfast	Hus 57
	08.00	Bus to arena	
		Scouting Video	Catena Arena
	09.15-10.00	Ice practice	Catena Arena
	10.45	Bus to hotel	
	10.55	Lunch	Hus 57
	14.30	Snack with pasta	Hus 57
	15.00	Team meeting	Hus 57
	15.20	Bus to Helsingborg by the arena	
	18.00	Game SWE-GER	Olympia, Helsingborg
	20.45	Dinner	TBA
	21.30	Bus to hotel by the arena	
Wed. Dec 14	08.00-08.45	Breakfast	Hus 57
	09.00-09.15	Scouting Video	Hus 57
	10.00	Lunch	Hus 57
	10.30	Team Meeting	Hus 57
	10.50	Bus to arena	
	13.00	Game SWE-SUI	Catena Arena
	16.00	Bus to hotel	
	16.15	Dinner	Hus 57
	20.00	Eveningsnack with pasta	Hus 57
Thu. Dec 15	08.00-08.45	Breakfast	Hus 57
	10.50	Bus to arena	
	12.00-13.30	Ice practice	Catena Arena
	14.15	Bus to hotel	
	14.25	Lunch	Hus 57
	18.30	Dinner	Hus 57
	21.00	Eveningsnack with pasta	Hus 57
Fri. Dec 16	07.00-07.45	Breakfast	Hus 57
	08.00	Bus to arena	
		Scouting Video	Catena Arena
	09.15-09.45	Ice practice	Catena Arena
	10.30	Bus to hotel	
	10.40	Lunch	Hus 57
	14.00	Snack with pasta	Hus 57
	14.30	Team meeting	Hus 57
	14.50	Bus to arena	



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Fri. Dec 16	17.00	Game	SWE-FIN	Catena Arena
	20.00	Bus to hotel		
	20.15	Dinner		Hus 57
Sat Dec 17	06.30-09.15	Breakfast		Hus 57
	07.00	Bus to arena		
	08.00-08.45	Ice practice (few players)		Catena Arena
	09.30	Bus to hotel		
	09.45-10.00	Scouting Video		Hus 57
	12.30	Lunch		Hus 57
	13.30	Team Meeting		Hus 57
	13.50	Bus to arena		
	16.00	Game	SWE-CZE	Catena Arena
	19.00	Bus to hotel		
	19.15	Dinner		Hus 57
	19.45-22.00	Team meeting – Individual		Hus 57
Sun Dec 18	TBA	Breakfast and check out		Hus 57
	TBA	Bus to airport by the arena		
	TBA	Departure to Arlanda		
		Home journeys		

Contact persons

Anders Lundberg	General Manager	+46 70 750 99 49
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Ulf Lundberg	Head Coach	+46 70 750 95 23
Andreas Spångberg	Assistant Coach	+46 70 239 28 76
Ola Kahem	Goalie Coach	+46 73 532 33 31
Adam Albelin	Video Coach	+46 70 766 62 76
David Björn	Doctor	+46 76 848 82 82
Erica Svensson	Physiotherapist	+46 70 716 50 02
Elin Stenberg	Physiotherapist	+46 70 670 49 53
Benny Andersson	Equipment Manager	+46 72 180 75 90
Rickard Regnell	Equipment Manager	+46 70 883 73 44

Hotel

Best Western Plus HUS 57, Ängelholm

Game Schedule

Tue. Dec. 13	12.00	CZE – SUI	Olympiarinken
	18.00	SWE – GER	Olympiarinken
Wed. Dec. 14	13.00	SWE – SUI	Catena Arena
	17.00	FIN – CZE	Catena Arena
Thu. Dec. 15	12.00	GER – CZE	Olympiarinken
	18.00	SUI – FIN	Olympiarinken
Fri. Dec. 16	13.00	SUI – GER	Catena Arena
	17.00	SWE – FIN	Catena Arena
Sat. Dec. 17	12.00	GER – FIN	Catena Arena
	16.00	SWE – CZE	Catena Arena

Updated: 2022-12-07

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