



Preliminary program
Camp in Märsta, Sweden, and
4 Nations Tournament in Dmitrov, Moscow Region, Russia,
during November 4-10 2014



Team Sweden Women U18

Date	Time	Activity	Venue
Tue. Nov 4	07.30-08.45	Breakfast	Arlanda Hotellby
	10.00-12.00	GAME Yellow – Blue (3x15 min)	Pinbackshallen
	13.00	Lunch	Pinbackshallen
		(Home journeys of 12 players)	
		Team activity with dinner	
	21.30	Evening snack	Arlanda Hotellby
Wed. Nov 5	07.00-08.20	Breakfast	Arlanda Hotellby
	09.30-10.45	Ice practice	Pinbackshallen
	11.45	Lunch	Pinbackshallen
	14.00-15.15	Ice practice	Pinbackshallen
	16.30	Dinner	Arlanda Hotellby
	18.00	Team meeting	Arlanda Hotellby
	20.30	Evening snack	Arlanda Hotellby
Thu. Nov 6	07.30-08.30	Breakfast and check out	Arlanda Hotellby
	08.30	Bus to Arena	Arlanda Hotellby
	08.45	Bus to Arlanda T5	Pinbackshallen
	09.30	Lunch	Café och Grill
	11.15	Departure with SK 730	Arlanda T5
	15.20	Arrival to Moscow	Sheremetyevo airport
	15.45	Bus to the arena with water, sandwich and fruit on the bus	Sheremetyevo airport
	18.00	Snack and check in	Hotel Kristall
	20.00-21.00	Ice practice	Arena Dmitrov
	22.00	Dinner and check in	Hotel Kristall
Fri. Nov 7	06.00-07.00	Breakfast	Hotel Kristall
	08.00-08.45	Game skate	Arena Dmitrov
	10.00	Lunch	Hotel Kristall
	13.00	GAME SWE - GER	Arena Dmitrov
	16.15	Dinner	Hotel Kristall
	20.30	Evening snack	Hotel Kristall
Sat. Nov 8	06.00-07.00	Breakfast	Hotel Kristall
	08.00-08.45	Game skate	Arena Dmitrov
	10.00	Lunch	Hotel Kristall
	13.00	GAME FIN - SWE	Arena Dmitrov
	16.15	Dinner	Hotel Kristall
	20.30	Evening snack	Hotel Kristall
Sun. Nov 9	08.00-10.00	Breakfast	Hotel Kristall
	11.00-11.45	Game skate	Arena Dmitrov
	12.45	Lunch	Hotel Kristall
	14.00	Pre game snack	Hotel Kristall
	16.30	GAME RUS - SWE	Arena Dmitrov
	19.45	Dinner	Hotel Kristall

Mon Nov 10	TBA	Breakfast	Hotel Kristall
	TBA	Lunch	
	TBA	Bus to airport	
	16.05	Departure with SK 731	Sheremetyevo airport
	16.25	Arrival to Stockholm	Arlanda T5
		Home journeys	

Team leaders

Team Manager	Terho Nevalainen
Head Coach	Henrik Cedergren
Assistant Coach	Erik Carling
Doctor	Eva Zeisig
Physiotherapist	Andreas Hägglund
Equipment Manager	Kjell Klintberg

Hotels

Märsta - Arlanda

Best Western Arlanda Hotellby, Birstagatan 22, 195 60 Arlandastad,

Moscow

Hotel Kristall, Dmitrov, Professionalnaya str., 28, Dmitrov city 141800, Moscow region, Russia

Game schedule

Nov 7	13.00	SWE - GER	Dmitrov Arena
Nov 7	16.30	RUS- FIN	Dmitrov Arena
Nov 8	13.00	FIN - SWE	Dmitrov Arena
Nov 8	16.30	RUS - GER	Dmitrov Arena
Nov 9	13.00	GER - FIN	Dmitrov Arena
Nov 9	16.30	RUS - SWE	Dmitrov Arena