



# TEAM 20 SWEDEN

4 Nations Tournament in Örnsköldsvik,  
Sweden, during August 20-26 2018



Date	Time	Activity	Venue
<b>Mon. Aug 20</b>		Assembly	Arlanda T4
	11.25	Departure	Arlanda T4
	12.20	Arrival to Umeå	Umeå airport
		Bus to hotel and arena	
	~14.00	Assembly with lunch	Hotel
	16.00-17.30	Ice practice	Arena
	18.45	Dinner	Hotel
	21.00	Evening snack	Hotel
<b>Tue. Aug 21</b>	07.00-08.00	Breakfast	Hotel
	09.15-10.45	Ice practice	Arena
	12.00	Lunch	Hotel
	16.30-18.00	Ice practice	Arena
	19.00	Dinner	Hotel
	21.30	Evening snack	Hotel
<b>Wed. Aug 22</b>	07.00-08.00	Breakfast	Hotel
	09.15-10.45	Ice practice	Arena
	12.00	Lunch	Hotel
	16.00-17.30	Ice practice	Arena
	18.30	Dinner	Hotel
	21.00	Evening snack	Hotel
<b>Thu. Aug 23</b>	07.30-09.00	Breakfast	Hotel
	09.00	Directorate meeting	Scandic
	10.15-11.45	Ice practice	Arena
	13.15	Lunch	Hotel
	17.30	Dinner	Hotel
	21.00	Evening snack	Hotel
<b>Fri. Aug 24</b>	08.00-09.30	Breakfast	Hotel
	11.30-12.15	Ice practice	Arena
	13.15	Lunch	Hotel
	16.00	Pre game meal	Hotel
	<b>19.00</b>	<b>GAME SWE-RUS</b>	<b>Arena</b>
	22.00	Dinner	Hotel
<b>Sat. July 25</b>	07.00-08.15	Breakfast	Hotel
	09.30-10.00	Ice practice	Arena
	11.00	Lunch	Hotel
	13.30	Pre game meal	Hotel
	<b>16.30</b>	<b>GAME SWE-FIN</b>	<b>Arena</b>
	19.30	Dinner	Hotel

<b>Sun. July 26</b>	07.00-08.15	Breakfast	Hotel
	09.30-10.00	Ice practice	Arena
	11.15	Lunch	Hotel
	<b>14.30</b>	<b>GAME SWE-CZE</b>	<b>Arena</b>
		Dinner in locker room	Arena
	~18.00	Bus to Umeå	
	20.20	Departure	Umeå airport
	21.25	Arrival to Stockholm	Arlanda T4
		Home journeys or overnight stay	

### **Team leaders**

Nitze Landén, Team Manager

Tomas Montén, Head Coach

Joel Rönmark, Assistant Coach

Nitze Landén, Goalie Coach

TBA, Video Coach

Arne Wickström, Doctor

Jonas Emmoth, Physiotherapist

Per-Åke Bäckman, Equipment Manager