



Preliminary program
Summer Camp no 4
in Gävle, Sweden, during August 3–6, 2015



Team Sweden Women

Date	Time	Activity	Venue
Mon. Aug 3	09.00	Bus to Gavlerinken by Arlanda T4 and Gävle C	Ritorp
	12.30	Assembly	
	12.30	Lunch	Gavlerinken
		Team meeting	
	13.30-14.00	Tests, indoor	Gavlerinken
	14.00-15.30	Tests, outdoor	Gunder Hägg stadion
		Snack (Pasta salad)	Gavlerinken
	17.00-19.00	Ice practice	Gavlerinken
		Jogging	
	20.10	Bus to Scandic CH (check in)	Gavlerinken
20.30	Dinner	Scandic CH	
22.00	Evening snack	Scandic CH	
Tue. Aug 4	07.30-08.00	Breakfast	Scandic CH
	08.15	Bus to Gavlerinken	Scandic CH
	09.30-11.30	Ice practice	Gavlerinken
	12.30	Lunch	Gavlerinken
	13.30	Meeting & tests Leif Larsson SOK	Gavlerinken
		Snack (Team Arr)	Gavlerinken
	16.00-18.00	Ice practice	Gavlerinken
		Jogging	
	19.10	Bus to Scandic CH	Gavlerinken
	19.30	Dinner	Scandic CH
22.00	Evening snack	Scandic CH	
Wen. Aug 5	07.30-08.00	Breakfast	Scandic CH
	08.15	Bus to Gavlerinken	Scandic CH
	09.30-11.30	Ice practice	Gavlerinken
	12.30	Lunch	Gavlerinken
		Team meeting	Gavlerinken
		Snack (Team Arr)	Gavlerinken
	16.00-18.00	Ice practice	Gavlerinken
		Jogging	
	19.10	Bus to Scandic CH	Gavlerinken
	19.30	Dinner	Scandic CH
22.00	Evening snack	Scandic CH	
Thu. Aug 6	06.30-07.00	Breakfast (check out)	Scandic CH
	07.15	Bus to Gavlerinken	Scandic CH
	08.30-10.00	Ice practice	Gavlerinken
		Team meeting (locker room)	Gavlerinken
	11.00	Lunch	Gavlerinken
	12.00	Bus to Ritorp by Gävle C and ArlandaT4	Gavlerinken
	Home journeys		

Hotel

Scandic CH, Nygatan 45, 803 11 Gävle

Team leaders

Leif Boork Head Coach
Olof Östblom Assistant Coach
Caroline Fougman Physiotherapist
Benny Andersson Equipment Manager
Leif Larsson, SOK Strength & Conditioning Coach