



# “RUSSIN” CAMP WOMEN

In Norrtälje during May 13-17 2015

Date	Time	Activity	Venue
<b>Wed. May 13</b>	09.30	Bus to Ritorp	SIF-kontoret
	09.45	Bus to Arlanda T4	Ritorps Ishall
	10.30	Bus to Norrtälje	Arlanda T4
	<b>11.30</b>	Assembly and lunch	Norrtälje Sportcentrum
	12.00-13.00	Meeting	Norrtälje Sportcentrum
	13.00-18.30	Off ice practice/tests	Norrtälje Sportcentrum
	18.40-19.00	Ice practice, goalie	Contigahallen
	19.00-20.20	Ice practice	Contigahallen
<b>Thu. May 14</b>	07.30	Breakfast	Hotel Roslagen
	08.45-09.00	Ice practice, goalie, blue	Contigahallen
	09.00-10.00	Ice practice, blue	Contigahallen
	10.15-10.30	Ice practice, goalie, yellow	Contigahallen
	10.30-11.30	Ice practice, yellow	Contigahallen
	14.00-14.50	Ice practice, blue	Contigahallen
	15.00-15.50	Ice practice, yellow	Contigahallen
	<b>19.00</b>	<b>GAME YELLOW - BLUE (3x15 min)</b>	<b>Contigahallen</b>
<b>Fri. May 15</b>	07.30	Breakfast	Hotel Roslagen
	08.45-09.00	Ice practice, goalie, blue	Contigahallen
	09.00-10.00	Ice practice, defender	Contigahallen
	10.15-10.30	Ice practice, goalie, yellow	Contigahallen
	10.30-11.30	Ice practice, forward	Contigahallen
	14.00-14.50	Ice practice, defender	Contigahallen
	15.00-15.50	Ice practice, forward	Contigahallen
	<b>19.00</b>	<b>GAME BLUE - YELLOW (3x15 min)</b>	<b>Contigahallen</b>
<b>Sat. May 16</b>	07.30	Breakfast	Hotel Roslagen
	08.45-09.00	Ice practice, goalie, yellow	Contigahallen
	09.00-10.00	Ice practice, yellow	Contigahallen
	10.15-10.30	Ice practice, goalie, blue	Contigahallen
	10.30-11.30	Ice practice, blue	Contigahallen
	<b>14.00</b>	<b>GAME YELLOW – BLUE (3x15 min)</b>	<b>Contigahallen</b>
<b>Sun. May 17</b>	07.30	Breakfast	Hotel Roslagen
	<b>10.00</b>	<b>GAME VETERANS – ROOKIES (3x15 min)</b>	<b>Contigahallen</b>
	14.00	Bus to Arlanda T4 – Ritorp – SIF-kontoret Home journeys	Norrtälje Sportcentrum

All meals except breakfast will be served at Roslagens Sportrestaurang, Norrtälje Sportcentrum

You will have a daily schedule in the locker room, with all activities for the day