



TEAM 20 SWEDEN
4 Nations Tournament in Perm,
Russia, during August 19-26, 2019



Date	Time	Activity	Venue
Mon. Aug 19		Assembly and check-in	Hotel
	tba	Dinner	Hotel
Tue. Aug 20		Breakfast	Hotel
	09.30-11.00	Ice practice	Vilundaparkens Ishall
	12.00	Lunch	Hotel
	15.00-16.30	Ice practice	Vilundaparkens Ishall
	17.30	Dinner	Hotel
	21.00	Evening snack	Hotel
Wed. Aug 21		Breakfast	Hotel
		Bus to airport	
	12.40	Departure	Airport
	15.50	Arrival	
	22.20	Departure	Airport
Thu. Aug 22	02.25	Arrival	Airport
		Bus to hotel and arena	
		Check in	Hotel
	10.00	Breakfast	Hotel
	14.00	Lunch	Hotel
	14.30	Bus to arena (approx. 40 min)	
	16.00-17.30	Ice practice	Universal Sports Palace
	18.15	Bus to hotel	
	18.50	Dinner	Hotel
21.30	Evening snack	Hotel	
Fri. Aug 23	06.30-07.30	Breakfast	Hotel
	07.30	Bus to arena	
	09.00-09.30	Ice practice	Hotel
	10.15	Bus to hotel	
	11.00	Lunch	Hotel
	11.20	Bus to arena	
	14.00	GAME FIN - SWE	Universal Sports Palace
	~17.00	Bus to hotel	
	~17.45	Dinner	Hotel
21.30	Evening snack	Hotel	
Sat. Aug 24	08.00-09.15	Breakfast	Hotel
	09.30	Bus to arena	
	11.00-11.30	Ice practice	Universal Sports Palace
	12.15	Bus to hotel	
	12.50	Lunch	Hotel
	15.00	Pre game snack	Hotel
	15.30	Bus to arena	
	18.00	GAME SWE - RUS	Universal Sports Palace
	~21.00	Bus to hotel	
	~21.40	Dinner	Hotel

Sun. Aug 25	07.30-09.30	Breakfast, with pasta from 08.45	Hotel
	10.00	Bus to arena	
	12.30	GAME CZE - SWE	Universal Sports Palace
	~15.30	Bus to hotel	
	~16.10	Dinner	Hotel
	20.00	Evening snack	Hotel
Mon. Aug 26	04.30	Breakfast	Hotel
		Bus to airport	
	07.50	Departure	Airport
	08.00	Arrival	
	10.25	Departure	Airport
	11.45	Arrival	Airport
		Home journeys	

Team leaders

Jonas Fransson	Team Manager
Tomas Montén	Head Coach
Joel Rönmark	Assistant Coach
Markus Åkerblom	Assistant Coach
Nitze Landén	Goalie Coach
Pontus Nyberg	Video Coach
Ryan Allenby	Doctor
Henrik Karlsson	Physiotherapist
Per-Åke Bäckman	Equipment Manager