



Preliminary program
Camp and 4 Nations Tournament
 in Uppsala, Sweden, during December 16-21 2014



Team Sweden Women

Date	Time	Activity	Venue
Tue. Dec 16	11.30	Assembly with lunch Tests, indoor and outdoor Ice practice Dinner Evening snack	Scandic Uppsala Nord TBA Metallåtervinning Arena Scandic Uppsala Scandic Uppsala
Wed. Dec 17	07.00-08.00 09.30-11.15 12.30 16.00-17.15 17.15 ~ 17.30 19.00 22.00	Breakfast Ice practice Lunch Ice practice Snack (Team arr) "Prova på Hockey" Dinner Evening snack	Scandic Uppsala Metallåtervinning Arena Scandic Uppsala Metallåtervinning Arena Metallåtervinning Arena Metallåtervinning Arena Scandic Uppsala Scandic Uppsala
Thu. Dec 18	07.00-08.00 09.30-11.15 12.30 15.30-16.45 18.00 21.30	Breakfast Ice practice Lunch Ice practice (Visit of Almtuna IS girl hockey) Dinner Evening snack	Scandic Uppsala Metallåtervinning Arena Scandic Uppsala Metallåtervinning Arena Metallåtervinning Arena Scandic Uppsala Scandic Uppsala
Fri. Dec 19	08.00-09.45 11.15-11.45 13.00 16.00 19.00 22.15 22.45	Breakfast Ice practice Lunch Pre game snack with pasta Game SWE - RUS Dinner Team meeting	Scandic Uppsala Metallåtervinning Arena Scandic Uppsala Scandic Uppsala Metallåtervinning Arena Scandic Uppsala Scandic Uppsala
Sat. Dec 20	06.30-07.45 09.15-09.45 11.00 13.45 16.30 19.45 20.15	Breakfast Ice practice Lunch Pre game snack Game SWE - GER Dinner Team meeting	Scandic Uppsala Metallåtervinning Arena Scandic Uppsala Scandic Uppsala Metallåtervinning Arena Scandic Uppsala Scandic Uppsala
Sun. Dec 21	12.15 14.30 17.30 17.40 ~ 18.15	Breakfast Off-ice warm up Ice practice Lunch Check out and bus to arena Game SWE - FIN Bus to hotel Dinner and team meeting Bus to Arlanda and Stockholm Home Journeys	Scandic Uppsala Metallåtervinning Arena Metallåtervinning Arena Scandic Uppsala Scandic Uppsala Metallåtervinning Arena Metallåtervinning Arena Scandic Uppsala

Hotel

Scandic Uppsala, Gamla Uppsalagatan 50, 754 25 Uppsala, Sweden

Team Leaders

Emelie Ederfors	Team Manager
Leif Boork	Head Coach
Olof Östblom	Assistant Coach
Karl Danielsson	Video Coach
Åsa Elfving	Doctor
Anna-Karin Lindskögen	Physiotherapist
Benny Andersson	Equipment Manager

Game Schedule

19/12	15.30	FIN - GER	Metallåtervinning Arena, Uppsala
19/12	19.00	SWE - RUS	Metallåtervinning Arena, Uppsala
20/12	13.00	RUS - FIN	Metallåtervinning Arena, Uppsala
20/12	16.30	SWE - GER	Metallåtervinning Arena, Uppsala
21/12	11.00	GER - RUS	Metallåtervinning Arena, Uppsala
21/12	14.30	SWE - FIN	Metallåtervinning Arena, Uppsala