



# SCHEDULE TEAM SWEDEN

4 Nations Tournament in Almet'yevsk,  
Russia, during April 10-15 2019



## TEAM 16

Date	Time	Activity	Venue
<b>Wed. Apr 10</b>	10.00	Assembly	Airport
	11.00	Lunch	
	12.40	Departure	Airport
	23.35	Arrival	Airport
<b>Thu. Apr 11</b>	09.00	Breakfast	Hotel
	10.00	Team Meeting	Hotel
	12.30	Lunch	Hotel
	13.15	Transfer to Arena	Hotel
	14.45-16.45	Ice Practice	Neftyanik Ice Rink
	17.45	Transfer to Hotel	Neftyanik Ice Rink
	18.00	Dinner	Hotel
	21.30	Evening snacks	Hotel
<b>Fri. Apr 12</b>	06.00	Breakfast	
	06.45	Transfer to arena	
	08.00-08.45	Ice practice	Neftyanik Ice Rink
	09.45	Transfer to Hotel	Neftyanik Ice Rink
	11.30	Pre game lunch w/pasta	Hotel
	12.00	Team meeting	Hotel
	12.45	Transfer to arena	Hotel
	<b>15.00</b>	<b>GAME: CZE - SWE</b>	<b>Neftyanik Ice Rink</b>
	18.00	Transfer to Hotel	Neftyanik Ice Rink
	18.30	Dinner	Hotel
	21.30	Evening snacks	Hotel
<b>Sat. Apr 13</b>	07.00	Breakfast	Hotel
	07.45	Transfer to arena	Hotel
	09.00-09.45	Ice practice	Neftyanik Ice Rink
	10.45	Transfer to Hotel	Neftyanik Ice Rink
	11.30	Pre game lunch w/pasta	Hotel
	12.45	Transfer to arena	Hotel
	<b>15.00</b>	<b>GAME: SWE- FIN</b>	<b>Neftyanik Ice Rink</b>
	18.00	Transfer to Hotel	Neftyanik Ice Rink
	18.30	Dinner	Hotel
	21.30	Evening snacks	Hotel
<b>Sun. Apr 14</b>	08.00	Breakfast	Hotel
	08.45	Transfer to arena	Hotel
	10.00-10.45	Ice practice	Neftyanik Ice Rink
	11.45	Transfer to Hotel	Neftyanik Ice Rink
	12.00	Lunch	Hotel
	15.30	Dinner	Hotel
	16.15	Transfer to arena	Hotel
	<b>18.30</b>	<b>GAME: RUS - SWE</b>	<b>Neftyanik Ice Rink</b>
	21.30	Transfer to hotel	Neftyanik Ice Rink
22.00	Evening snacks	Hotel	

<b>Mon. Apr 15</b>	00.45	Snacks	Hotel
	01.00	Transfer to Airport	Hotel
	02.30	Check in	Airport
	04.55	Departure	Airport
	11.45	Arrival	Airport

~ Home Journeys

## TEAM LEADERS

Jan Ingman	Team Manager
Anders Lundberg	Head Coach
Mikael Rundgren	Assistant Coach
Linda Blomqvist	Goalie Coach
Adam Albelin	Video Coach
Peter Tyskling	Physiotherapist
Yngve Frost	Equipment Manager
Olga Bykova	Team Host