



Preliminary program
4 Nations Tournament in Wesley Chapel
and Tampa, Florida, USA, November 4-14 2017

Team Sweden Women

Date	Time	Activity	Venue
Sat. Nov 04	14.00	Assembly/check in	Arlanda Hotellby
	15.00	Snack	Arlanda Hotellby
	17.00-19.00	Ice Practice	Pinbackshallen, A-hallen
	20.15	Dinner	Arlanda Hotellby
Sun. Nov 05	10.00	Check in at Arlanda T5	Arlanda Airport T5
	11.00	Lunch	Alfredo Sky City
	13.20	Departure Arlanda FI307	Arlanda T5
	15.30	Arrival Reykjavik	Keflavik Intl.
	17.10	Departure Reykjavik FI885	Keflavik Intl.
	20.00	Arrival Tampa	Tampa Intl.
	22.30	Transfer to hotel	Holiday Inn Express
	23.00	Check in	Holiday Inn Express
	23.30	Evening snack	Florida Hosp.Center Ice
	Mon. Nov 06	08.00-09.00	Breakfast
10.30-11.45		Ice practice	Florida Hosp.Center Ice/Rink D
12.45		Lunch	Florida Hosp.Center Ice
14.30		Team meeting	Florida Hosp.Center Ice
17.00		Dinner	Florida Hosp.Center Ice
20.00		Evening Snack	Florida Hosp.Center Ice
Tue Nov 07	07.00-08.00	Breakfast	Florida Hosp.Center Ice
	09.30-10.15	Ice practice	Florida Hosp.Center Ice/Rink B
	11.15	Lunch w/pasta	Florida Hosp.Center Ice
	12.30	Team meeting/Pre game snack	Florida Hosp.Center Ice
	14.45	Warm Up	Florida Hosp.Center Ice/Rink D
	15.30	Game CAN~SWE	Florida Hosp.Center Ice/Rink D
	18.30	Dinner	Florida Hosp.Center Ice
	21.00	Evening snack	Florida Hosp.Center Ice
Wed Nov 08	06.30-07.30	Breakfast	Florida Hosp.Center Ice
	09.00-09.45	Ice practice	Florida Hosp.Center Ice/Rink D
	10.45	Lunch w/pasta	Florida Hosp.Center Ice
	12.30	Team meeting/Pre game snack	Florida Hosp.Center Ice
	14.45	Warm Up	Florida Hosp.Center Ice/Rink D
	15.30	Game FIN~SWE	Florida Hosp.Center Ice/Rink D
	18.30	Dinner	Florida Hosp.Center Ice
	21.00	Evening snack	Florida Hosp.Center Ice
Thu. Nov 09	07.00-08.00	Breakfast	Florida Hosp.Center Ice
	09.30-10.45	Ice practice	Florida Hosp.Center Ice/Rink B
	11.45	Lunch	Florida Hosp.Center Ice
	13.00	Team meeting	Florida Hosp.Center Ice
	16.30	Dinner	Florida Hosp.Center Ice
	20.00	Evening Snack	Florida Hosp.Center Ice
Fri Nov 10	07.15-08.15	Breakfast	Florida Hosp.Center Ice
	09.45-10.30	Ice practice	Florida Hosp.Center Ice/Rink B
	11.30	Lunch w/pasta	Florida Hosp.Center Ice
	13.00	Team meeting	Florida Hosp.Center Ice
	15.30	Pre game snack	Florida Hosp.Center Ice
	17.45	Warm Up	Florida Hosp.Center Ice/Rink D
	18.30	Game SWE~USA	Florida Hosp.Center Ice/Rink D
	21.30	Dinner	Florida Hosp.Center Ice

Sat. Nov 11	09.00-10.30	Breakfast	Florida Hosp.Center Ice
	12.15-13.30	Ice practice	Florida Hosp.Center Ice/Rink B
	14.30	Lunch	Florida Hosp.Center Ice
	15.30	Team meeting	Florida Hosp.Center Ice
	19.00	Dinner	Florida Hosp.Center Ice
	21.30	Evening Snack	Florida Hosp.Center Ice
Sun Nov 12	TBA	Breakfast	Florida Hosp.Center Ice
	08.00-08.30	Visitor B	Amalie Arena
	08.45-09.15	Home B	Amalie Arena
	09.30-10.00	Home G	Amalie Arena
	10.15-10.45	Visitor G	Amalie Arena
	11.15	Warm up	Amalie Arena
	12.00	Game BRONZE	Amalie Arena
	14.45	Warm up	Amalie Arena
	15.30	Game GOLD	Amalie Arena
	TBA	Dinner	Florida Hosp.Center Ice
Mon-Nov 13	08.00-09.30	Breakfast	Florida Hosp.Center Ice
	11.30	Lunch	Florida Hosp.Center Ice
	TBA	Transfer to Tampa Intl.	Holiday Inn Express
	17.55	Departure Tampa FI884	Tampa Intl.
Tue-Nov 14	06.10	Arrival Reykjavik	Keflavik Intl.
	07:35	Departure Reykjavik FI306	Keflavik Intl.
	11:30	Arrival Arlanda	Arlanda T5
		Arrival and home Journeys	

Hotel

Holiday Inn Express, 2775 Cypress Ridge Road; Wesley Chapel, FL 33544, USA

Team leaders

Sara Arnestál	Team Manager
Leif Boork	Head Coach
Jared Cipparone	Assistant Coach
Alexandra Cipparone	Assistant Coach
Karl Danielsson	Video Coach
Ingegerd Lantz	Doctor
Caroline Fougman	Physiotherapist
Benny Andersson	Equipment Manager