



Preliminary schedule for  
Camp and 4 Nations Tournament in Sundsvall,  
Sweden, during November 6-12 2012



TEAM 20

Date	Time	Activity	Venue
Tue. Nov 6	~07.00	Bus from SIF kontoret Lunch on the way	Tjurhornsgränd 6
	14.00	Assembly with lunch (pasta)	Scandic Sundsvall Nord
	15.30-17.00	Ice practice	Gärdehov
	18.00	Dinner	Scandic Sundsvall Nord
	20.00	Theory	Scandic Sundsvall Nord
	20.45	Evening snack	Scandic Sundsvall Nord
Wedn. Nov 7	08.00	Breakfast	Scandic Sundsvall Nord
	09.00-09.30	Off ice practice	Gärdehov
	09.30-11.15	Ice practice	Gärdehov
	12.15	Lunch	Scandic Sundsvall Nord
	16.00-17.15	Ice practice	Gärdehov
	18.15	Dinner	Scandic Sundsvall Nord
	21.15	Evening snack	Scandic Sundsvall Nord
Thu. Nov 8	08.00	Breakfast	Scandic Sundsvall Nord
	09.30-11.15	Ice practice	Gärdehov
	11.15-11.45	Off ice practice	
	12.15	Lunch	Scandic Sundsvall Nord
	15.30-16.45	Ice practice	Gärdehov
	18.00	Dinner	Scandic Sundsvall Nord
	21.00	Evening snack	Scandic Sundsvall Nord
Fri. Nov 9	09.00	Breakfast	Scandic Sundsvall Nord
	11.45-12.30	Ice practice	Gärdehov
	13.00	Lunch	Scandic Sundsvall Nord
	16.00	Pre game meal (pasta)	Scandic Sundsvall Nord
	<b>19.00</b>	<b>GAME SWE – CZE</b>	<b>Gärdehov</b>
	~22.15	Dinner	Scandic Sundsvall Nord
Sat. Nov 10	09.00	Breakfast	Scandic Sundsvall Nord
	10.45-11.15	Ice practice	Gärdehov
	11.45	Lunch	Scandic Sundsvall Nord
	14.30	Pre game meal (pasta)	Scandic Sundsvall Nord
	<b>16.00</b>	<b>GAME SWE – FIN</b>	<b>Gärdehov</b>
	~20.45	Dinner	Scandic Sundsvall Nord
Sun. Nov 11	09.00	Breakfast	Scandic Sundsvall Nord
	09.45-10.15	Ice practice	Gärdehov B-hallen
	11.30	Lunch	Scandic Sundsvall Nord
	<b>14.30</b>	<b>GAME SWE – RUS</b>	<b>Gärdehov</b>
	~17.30	Dinner	Scandic Sundsvall Nord
	~18.00	Bus to Arlanda Home journeys or over night stay at Arlanda Hotellby	
Mon. Nov 12		Breakfast Home journeys	Best Western Arlanda Hotellby

## **Team leaders**

Jonas Fransson	Team Manager
Roger Rönnberg	Head Coach
Robert Ohlsson	Assistant Coach
Stefan Persson	Goalie Coach
John Jansson	Psychological Coach
Björn Sandström	Doctor
Pär Thures	Physiotherapist
Per-Åke Bäckman	Equipment Manager

## **Hotel**

Scandic Sundsvall Nord, Vårdshusbacken 6, 856 50 Sundsvall