



“RUSSIN” CAMP Team 17

In Falun during May 25-30 2019

Date	Time	Activity	Venue
Sat. May 25		Assembly, see travel plan	Falun
	09.00	Off ice practice/tests	Falun
	TBA	Bus from Arlanda T4 to Falun	Arlanda T4
	12.00	Assembly all players	Falun
	12.00	Lunch	Falun
	13.00-19.30	Off ice practice/tests	Falun
	20.30-21.30	Ice practice	Lugnets ishall
Sun. May 26	08.00	Breakfast	Scandic Lugnet
	13.00-13.30	Ice practice, goalie	Lugnets ishall
	13.45-15.00	Ice practice, blue	Lugnets ishall
	18.15-18.45	Ice practice, goalie	Lugnets ishall
	18.45-20.00	Ice practice, blue	Lugnets ishall
Mon. May 27	07.30	Breakfast	Scandic Lugnet
	11.15-12.30	Ice practice, blue	Lugnets ishall
	14.00-14.30	Ice practice, goalie	Lugnets ishall
	17.00-17.30	Ice practice, blue	Lugnets ishall
	17.30-18.45	Ice practice, goalie	Lugnets ishall
Tue. May 28	07.30	Breakfast	Scandic Lugnet
	09.00-10.15	Ice practice, blue	Lugnets ishall
	14.00-14.30	Ice practice, goalie	Lugnets ishall
	14.30-16.00	Ice practice, blue	Lugnets ishall
	17.00-17.45	Ice practice, goalie	Lugnets ishall
	18.00	GAME YELLOW – BLUE (3x15 min)	Lugnets ishall
Wed. May 29	07.30	Breakfast	Scandic Lugnet
	09.30-10.00	Ice practice, goalie	Lugnets ishall
	10.15-11.30	Ice practice, blue	Lugnets ishall
	15.30-16.00	Ice practice, goalie	
	16.15-17.15	Ice practice, blue	Lugnets ishall
Thu. May 30	07.30	Breakfast	Scandic Lugnet
	09.00-09.45	Ice practice, goalie	Lugnets ishall
	10.00	GAME YELLOW – BLUE (3x15 min)	Lugnets ishall
	14.00	Bus to Arlanda T4 Home journeys	

You will have a daily schedule in the locker room, with all activities for the day