



# SCHEDULE TEAM SWEDEN

Elite Camp U16, Norrtälje,  
during November 29-December 2 2018

Date	Time	Activity	Venue
<b>Thu. Nov 29</b>		Bus to Arlanda T4, see travel plan	Svenska Ishockeyförbundet
		Bus from Arlanda to Norrtälje	Arlanda T4
	11.30	Assembly	Norrtälje Sportcentrum
	12.00	Lunch	Roslagens Sportrestauranger
Goalie	13.00-13.30	Ice practice	Contigahallen
Group 2	13.30-14.50	Ice practice	Contigahallen
Goalie	17.00-17.30	Ice practice	Contigahallen
Group 1	17.30-18.50	Ice practice	Contigahallen
<b>Fri. Nov 30</b>			
Goalie	09.00-09.30	Ice practice	Contigahallen
Group 1	09.30-10.20	Ice practice	Contigahallen
Group 2	10.30-11.20	Ice practice	Contigahallen
Goalie	13.00-13.30	Ice practice	Contigahallen
Group 1	13.30-14.20	Ice practice	Contigahallen
Group 2	14.30-15.20	Ice practice	Contigahallen
	<b>19.00</b>	<b>GAME YELLOW - BLUE (3x15min)</b>	<b>Contigahallen</b>
<b>Sat. Dec 1</b>			
Goalie	08.00-08.45	Ice practice	Contigahallen
Group 2	09.00-09.50	Ice practice	Contigahallen
Group 1	10.30-11.20	Ice practice	Contigahallen
	<b>14.30</b>	<b>GAME YELLOW - BLUE (3x15min)</b>	<b>Contigahallen</b>
<b>Sun. Dec 2</b>			
Goalie	09.00-09.30	Ice practice	Contigahallen
	<b>10.30</b>	<b>GAME YELLOW - BLUE (3x15min)</b>	<b>Contigahallen</b>
	12.00	Lunch	Roslagens Sportrestauranger
	~13.00	Bus to Arlanda T4	
		Home journeys	

Vad gäller övriga tider/aktiviteter så går ni efter dagsprogram som finns uppsatt i Contigahallen

## Team Leaders

Camp Coordinator	Sofie Wallin
Team Manager	Jan Ingman
Head Coach	Anders Lundberg
Assistant Coach	Mikael Rundgren
Goalie Coach	Linda Blomqvist
Video Coach	Adam Albelin
Physiotherapist	Ulf Karlsson
Equipment Manager	Yngve Frost
Fitness Coach	Kjell Åke Gustavsson
Trainee Coach	Christian Karlsson