



SCHEDULE TEAM SWEDEN

5 Nations tournament in Rauma,
Finland, during February 8-15 2016



TEAM 18

Date	Time	Activity	Venue
Mon. Feb 8	12.30	Assembly and lunch	Scandic Upplands Väsby
	14.30-15.50	Ice practice	Vilundaparkens ishall
	17.00	Dinner	Scandic Upplands Väsby
	18.30	Team meeting	Scandic Upplands Väsby
	19.30-20.30	Theory	Scandic Upplands Väsby
	21.00	Evening snack (team arr)	Scandic Upplands Väsby
Tue. Feb 9	06.00	Breakfast	Scandic Upplands Väsby
	06.30	Bus to Arlanda T5	
	08.30	Departure with SK704	
	10.30	Arrival to Helsinki	Vantaa airport, Terminal 1
		Bus to Ruama (approx.. 4 h)	
	~12.30	Lunch	ABC Lohja
	~15.45	Arrival to arena in Rauma	
	17.15-18.30	Ice practice	Rauma, practice rink
	19.30	Dinner	Rauma Arena restaurant
	20.00	Check in	Cumulus Hotel Rauma
	21.30	Evening snack	Cumulus Hotel Rauma
	Team Manager	21.40	Directorate meeting
Wedn. Feb 10		Breakfast	Cumulus Hotel Rauma
	09.15-09.45	Ice practice	Rauma
	10.45	Lunch	Rauma Arena restaurant
	13.30	Pre game meal (pasta and sauce)	Cumulus Hotel Rauma
	16.00	GAME SWE-CZE	Rauma
	19.00	Dinner	Rauma Arena restaurant
Thu. Feb 11		Breakfast	Cumulus Hotel Rauma
	11.30-12.45	Ice practice	Rauma
	13.45	Lunch	Rauma Arena restaurant
	17.30	Dinner	Cumulus Hotel Rauma
	21.00	Evening snack	Cumulus Hotel Rauma
Fri. Feb 12		Breakfast	Cumulus Hotel Rauma
	10.45-11.15	Ice practice	Rauma
	12.15	Lunch	Rauma Arena restaurant
	16.30	Pre game meal (pasta and sauce)	Cumulus Hotel Rauma
	19.00	GAME SWE-USA	Rauma
	~22.00	Dinner	Rauma Arena restaurant
Sat. Feb 13		Breakfast	Cumulus Hotel Rauma
	09.30-10.00	Ice practice	Rauma
	11.00	Lunch	Rauma Arena restaurant
	14.30	Pre game meal (pasta and sauce)	Cumulus Hotel Rauma
	17.00	GAME RUS-SWE	Rauma
	~20.00	Dinner	Rauma Arena restaurant
Sun. Feb 14		Breakfast	Cumulus Hotel Rauma
		Team walk / off ice practice	
	11.30	Lunch	Cumulus Hotel Rauma
	14.00	GAME FIN-SWE	Rauma
	~17.00	Dinner	Rauma Hotel Restaurant
	20.30	Evening snack	Cumulus Hotel Rauma



Mon. Feb 15	06.00	Breakfast	Cumulus Hotel Rauma
	06.30	Bus to the airport (via Arena)	
	11.40	Departure with SK717	Vantaa airport Terminal 1
	11.40	Arrival to Arlanda Airport	Terminal 5
		Home journeys	

Team leaders

Andreas Spångberg	Team Manager
Torgny Bendelin	Head Coach
Hävelid Niclas	Assistant Coach
Liljander Björn	Assistant Coach
Anders Palm	Goalie Coach
Billy Nilsson	Physiotherapist
Peter Sahlins	Equipment Manager
Thomas Magnusson	Project coach
Johan Thelin	Trainee coach
Aleksi Heikola	Team host

Hotels

Scandic Upplands Väsby, Hotellvägen 1, Upplands Väsby

Cumulus Hotel Rauma, Aittakarinkatu 9, 261 00 Rauma, Finland