



Team Sweden Women

Preliminary schedule
**Camp in Upplands Väsby, Sweden, and
4 Nations Tournament in Fussen, Germany,
during December 9-15 2019**



Date	Time	Activity	Venue
Mon. Dec 9	~11.00	Assembly with lunch	Hotel
		Team meeting	Hotel
	14.00-16.00	Ice practice	Vilundaparkens Ishall A
	17.00	Dinner	Hotel
	18.00	Team meeting	Hotel
	21.00	Evening snack	Hotel
Tue. Dec 10	06.45-07.30	Breakfast	Hotel
	08.30-10.30	Ice practice	Vilundaparkens Ishall TBA
	11.30	Lunch	Hotel
	15.00-16.30	Ice practice	Vilundaparkens Ishall A
	17.30	Dinner	Hotel
	18.30	Team meeting	Hotel
	21.00	Evening snack	Hotel
Wed. Dec 11	07.00-08.15	Breakfast	Hotel
	08.30	Bus to Airport	Vilundaparkens Ishall
		Check in	Airport
	10.50	Departure	Airport
	13.00	Arrival	Airport
	13.40	Bus to hotel by the arena (2,30 h), with lunch on the way	Airport
	~ 17.00	Check in	Hotel
	18.00	Dinner	Hotel
	19.00	Team meeting	Hotel
	21.30	Evening snack	Hotel
Thu. Dec 12	07.30-08.30	Breakfast	Hotel
	10.00-10.30	Ice practice	BLZ Arena, Fussen
	11.30	Lunch	Hotel
	13.15	Pre game snack	Hotel
	15.00	Game GER - SWE	BLZ Arena, Fussen
	19.15	Dinner	Hotel
		Team meeting	Hotel
Fri. Dec 13	06.30-07.30	Breakfast	Hotel
	09.00-09.30	Ice practice	BLZ Arena, Fussen
		Snack (Team arr)	
	11.45	Lunch	Hotel
	15.00	Game SWE - FIN	BLZ Arena, Fussen
	18.15	Dinner	Hotel
		Team meeting	Hotel
	21.30	Evening snack	Hotel

Sat. Dec 14	TBA	Breakfast	Hotel
	08.00-08.30	Ice practice	BLZ Arena, Fussen
	11.00	Lunch	Hotel
	14.00	Game SUI - SWE	BLZ Arena, Fussen
	17.15	Dinner	Hotel
	18.15	Team meeting	
	21.00	Evening snack	Hotel
Sun. Dec 15	07.30-08.30	Breakfast	Hotel
	~09.00	Bus to airport by the arena	Hotel
		Check in and lunch	Airport
	14.15	Departure	Airport
	16.30	Arrival	Airport
		Home journeys	

Team leaders

Johanna Malmström	Team Manager
Ylva Martinsen	Head Coach
Oscar Dahlgren	Assistant Coach
Ola Kahem	Goalie Coach
Nanna Holm Glaas	Video Coach
Cecilia Åkesdotter	Sport Psychology Coach
Ingegerd Lantz	Doctor
Erica Svensson	Physiotherapist
Benny Andersson	Equipment Manager
Ida Kyrilis	Strength and Conditioning Coach

Game schedule

BLZ-Arena, Bundesleistungszentrum, Fussen)

12.12.2019

15.00	GER - SWE	BLZ-Arena, Fussen
19.30	FIN - SUI	BLZ-Arena, Fussen

13.12.2019

15.00	SWE - FIN	BLZ-Arena, Fussen
18.30	GER - RUS	BLZ-Arena, Fussen

14.12.2019

14.00	SUI - SWE	BLZ-Arena, Fussen
17.30	GER - FIN	BLZ-Arena, Fussen