



SCHEDULE TEAM SWEDEN

Elite Camp U16, Norrtälje

during November 29 - December 2 2012

Date	Time	Activity	Venue	
Thu. Nov 29	09.30	Bus to Arlanda T4	Svenska Ishockeyförbundet	
	~10.30	Bus from Arlanda to Norrtälje	Arlanda T4	
	11.30	Assembly	Norrtälje Sportcentrum	
	12.00	Lunch	Roslagens Sportrestauranger	
	Group 1	13.00-15.00	Off ice tests	Friskis & Sveltis
	Goalie	13.00-13.30	Ice practice	Contigahallen
	Group 2	13.20	Theory	Norrtälje Sportcentrum
		13.30-14.50	Ice practice	Contigahallen
	All players	15.30	Dinner	Roslagens Sportrestauranger
		16.00	SICO information	Norrtälje Sportcentrum
	Group 2	17.00-19.00	Off ice tests	Friskis & Sveltis
	Goalie	17.00-17.30	Ice practice	Contigahallen
	Group 1	17.20	Theory	Norrtälje Sportcentrum
		17.30-18.50	Ice practice	Contigahallen
	All players	19.30	Theory	Norrtälje Sportcentrum
		20.00	Dinner	Roslagens Sportrestauranger
	Fri. Nov 30	07.30	Breakfast	Hotel Roslagen
All players		08.00-08.50	Theory	Norrtälje Sportcentrum
Goalie		09.00-09.30	Ice practice	Contigahallen
Group 2		09.20	Theory	Norrtälje Sportcentrum
		09.30-10.20	Ice practice	Contigahallen
		10.40-11.25	Off ice practice	Friskis & Sveltis
Group 1		09.15	Off ice practice	Friskis & Sveltis
		10.20	Theory	Norrtälje Sportcentrum
		10.30-11.20	Ice practice	Contigahallen
All players		12.00	Lunch	Roslagens Sportrestauranger
Goalie		13.00-13.30	Ice practice	Contigahallen
Group 2		13.20	Theory	Norrtälje Sportcentrum
		13.30-14.20	Ice practice	Contigahallen
		15.00-15.50	AXA information	
Group 1		14.20	Theory	Norrtälje Sportcentrum
		14.30-15.20	Ice practice	Contigahallen
All players		16.00	Dinner	Roslagens Sportrestauranger
Group 1		16.30-17.20	AXA information	Norrtälje Sportcentrum
All players		17.30	Theory, game briefing	Norrtälje Sportcentrum
		18.00	National team warm up	Norrtälje Sportcentrum, Sporthallen
	18.30	GAME 3x15min	Contigahallen	
	20.45	Theory	Norrtälje Sportcentrum	
	21.00	Dinner	Roslagens Sportrestauranger	



Sat. Dec 1	07.30	Breakfast	Hotel Roslagen
Goalie	08.30-09.00	Ice practice	Contigahallen
Group 1	08.50	Theory	Norrtälje Sportcentrum
	09.00-09.50	Ice practice	Contigahallen
	10.10-11.10	Off ice practice	Friskis & Sveltis
Group 2	09.00-10.00	Off ice practice	Friskis & Sveltis
	10.20	Theory	Norrtälje Sportcentrum
	10.30-11.20	Ice practice	Contigahallen
All players	12.00	Lunch	Roslagens Sportrestauranger
	16.00	Dinner	Norrtälje Sportcentrum
	17.30	Theory, game briefing	Norrtälje Sportcentrum
	18.00	National team warm up	Norrtälje Sportcentrum, Sporthallen
	18.30	GAME 3x15min	Contigahallen
	20.45	Theory	Norrtälje Sportcentrum
	21.00	Dinner	Roslagens Sportrestauranger
 Sun. Dec 2	07.30	Breakfast	Hotel Roslagen
	09.00	Theory, game briefing	Norrtälje Sportcentrum
Goalie	09.00	Ice practice	Contigahallen
	09.30	National team warm up	Norrtälje Sportcentrum, Sporthallen
	10.00	GAME BLUE - YELLOW	Contigahallen
	12.00	Lunch	Roslagens Sportrestauranger
		Bus to Arlanda T4	
		Home journeys	

Development of players Robert Ohlsson 070-445 04 38

Team Leaders

Team Manager	Ulf Hall	070-274 31 88
Head Coach	Ulf Lundberg	070-750 95 23
Assistant Coach	Göran Lindblom	070-260 60 61
Goalie Coach	Peter Andersson	070-580 25 77
Fitness Coach	Kjell-Åke Gustafsson	
Doctor	Sofia Sunnerud	073-969 33 49
Equipment Manager	Mikael Persson	070-743 60 43

Hotel

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