



"RUSSIN" CAMP 1, Women U18 and U22

in Falun during May 15-19 2019

| Date | Time | Activity | Venue |
|--------------------|--------------|----------------------------------------------|------------------------|
| Wed .May 15 | | | |
| | | Bus from Stockholm, see travel plan | |
| | 11.30 | Assembly and lunch | Lungets Ishall |
| U22 | 13.30-15.00 | Off ice practice/tests | Lungets Ishall |
| U18 | 14.00-15.30 | Off ice practice/tests | Lungets Ishall |
| Goalies | 16.00-17.00 | Ice practice | Lungets Ishall |
| U22 | 17.00-18.20 | Ice practice | Lungets Ishall |
| U18 | 18.30-19.50 | Ice practice | Lungets Ishall |
| Thu. May 16 | | | |
| U18 | 08.45-10.00 | Off ice practice/tests | Lungets Ishall |
| U22 | 08.45-10.00 | Ice practice | Lungets Ishall |
| U18 | 10.15-11.30 | Ice practice | Lungets Ishall |
| U22 | 10.20-11.35 | Off ice practice/tests | Lungets Ishall |
| U22 | 13.45-14.50 | Ice practice | Lungets Ishall |
| U18 | 15.00-16.05 | Ice practice | Lungets Ishall |
| Defenders | 18.30-19.30 | Ice practice | Lungets Ishall |
| Forwards | 19.45-20.45 | Ice practice | Lungets Ishall |
| Fri. May 17 | | | |
| U22 | 08.45-10.00 | Off ice practice/tests | Lungets Ishall |
| U18 | 08.45-10.00 | Ice practice | Lungets Ishall |
| U22 | 10.15-11.30 | Ice practice | Lungets Ishall |
| U18 | 10.20-11.35 | Off ice practice/tests | Lungets Ishall |
| U18 | 13.45-14.50 | Ice practice | Lungets Ishall |
| U22 | 15.00-16.05 | Ice practice | Lungets Ishall |
| | 19.00 | GAME U22 BLUE - U18 YELLOW (3x15 min) | Lungets ishalla |
| Sat. May 18 | | | |
| U22 | 08.45-10.00 | Off ice practice/tests | Lungets Ishall |
| U18 | 08.45-10.00 | Ice practice | Lungets Ishall |
| U22 | 10.15-11.30 | Ice practice | Lungets Ishall |
| U18 | 10.20-11.35 | Off ice practice/tests | Lungets Ishall |
| Forwards | 13.30-14.30 | Ice practice | Lungets Ishall |
| Defenders | 14.45-15.45 | Ice practice | Lungets Ishall |
| Sun. May 19 | | | |
| | 10.00 | GAME U22 BLUE - U18 YELLOW (3x15 min) | Lungets ishalla |
| | 14.00 | Bus to Stockholm | Lungets Ishall |

Daily schedule in the locker room with all times and activities for the day