



**Preliminary program
Elite Camp in Upplands Väsby, Sweden,
November 4-6, 2017**



Team Sweden Women U18

Date	Time	Activity	Venue
Sat. Nov 4		Bus to Upplands Väsby, see travel plan	Arlanda T4
All players	12.30	Assembly with lunch	Scandic Upplands Väsby
	13.00	Lunch and Team meeting	Scandic Upplands Väsby
	14.00-16.30	Tests	TBA
	17.00	Dinner	Scandic Upplands Väsby
	17.45-18.00	Team Meeting (Kjelle om material)	Vilundaparkens Ishall
	19.00-21.00	GAME Yellow - Blue (3x15 min)	Vilundaparkens Ishall
	22.00	Evening snack with pasta	Scandic Upplands Väsby
Sun. Nov 5	Players, individual meetings during the day		
Gr 1: Team Yellow	07.30-08.00	Breakfast	Scandic Upplands Väsby
	09.20	Video meeting	Vilundaparkens Ishall
	09.30-11.00	Ice practice	Vilundaparkens Ishall
	12.00	Lunch	Scandic Upplands Väsby
	13.30-14.00	Workout - Physio	Vilundaparken
	14.30	Snack "Team arranged"	Scandic Upplands Väsby
	Gr 2: Team Blue	08.00-08.30	Breakfast
09.30-10.00		Workout - Physio	Vilundaparken
10.30		Snack "Team arranged"	Vilundaparkens Ishall
11.05		Video meeting	Vilundaparkens Ishall
11.15-12.45		Ice practice	Vilundaparkens Ishall
13.30		Lunch	Scandic Upplands Väsby
All players		15.00-16.00	Team Meeting
	16.00	Dinner	Scandic Upplands Väsby
	18.30-21.00	GAME Yellow - Blue (3x20 min)	Vilundaparkens Ishall
	21.45	Evening snack with pasta	Scandic Upplands Väsby
Mon. Nov 6	Players, individual meetings during the day		
Gr2: Team Blue	06.30-07.30	Breakfast and check out	Scandic Upplands Väsby
	08.20	Video meeting	Vilundaparkens Ishall
	08.30-09.30	Ice practice	Vilundaparkens Ishall
	11.45	Lunch	Scandic Upplands Väsby
Gr 1: Team Yellow	07.00-08.15	Breakfast and check out	Scandic Upplands Väsby
	09.35	Video meeting	Vilundaparkens Ishall
	09.45-10.45	Ice practice	Vilundaparkens Ishall
All players	11.45	Lunch	Scandic Upplands Väsby
	14.00-16.00	GAME Blue - Yellow (3x15 min)	Vilundaparkens Ishall
	16.45	Dinner	Scandic Upplands Väsby
	17.15	Team Meeting	Scandic Upplands Väsby
	17.45	Bus to Arlanda T4 and home journeys (12 players)	Scandic Upplands Väsby

Contact persons

Team Manager	Stefan af Bjur
Head Coach	Ylva Lindberg
Assistant Coach	Madeleine Östling
Video Coach	Ola Kahem
Goalie Coach	Kim Martin Hasson
Equipment Manager	Kjell Klintberg

Hotel

Upplands Väsby

Scandic Upplands Väsby, Hotellvägen 1, 194 35 Upplands Väsby, Sweden