



Team Sweden Women

Preliminary schedule
WWC Camp 1 in Upplands Väsby, Sweden,
during March 12-15 2020



Date	Time	Activity	Venue
Thu. March 12	11.00	Assembly with lunch	Hotel
	12.00	Team meeting	Hotel
	15.00-16.30	Ice practice	Vilundaparkens Ishall A
	16.45-17.15	Off ice practice	Vilundaparkens löparbana
	18.00	Dinner	Hotel
	19.00-20.00	Team meeting	Hotel
	21.00	Evening snack	Hotel
Fri. March 13	07.00-07.45	Breakfast	Hotel
	09.00-10.30	Ice practice	Vilundaparkens Ishall B
		Snack (Team arr)	Vilundaparkens Ishall
	10.45	Bus to gym	Vilundaparkens Ishall
	11.00-12.00	Off ice practice	Friskis och Svettis
	12.00	Bus to arena	Friskis och Svettis
	12.30	Lunch	Hotel 15.00-
	16.30	Ice practice	Vilundaparkens Ishall A
	17.30	Dinner	Hotel
	18.30-19.30	Team meeting	Hotel
21.00	Evening snack	Hotel	
Sat. March 14	06.30-07.15	Breakfast	Hotel
	08.15-09.45	Ice practice	Vilundaparkens Ishall A
		Snack (Team arr)	Vilundaparkens Ishall
	10.00	Bus to gym	Vilundaparkens Ishall
	10.15-11.15	Off ice practice	Friskis och Svettis
	11.15	Bus to arena	Friskis och Svettis
	11.45	Lunch	Hotel
	15.30-17.00	Ice practice	Vilundaparkens Ishall B
	18.00	Dinner	Hotel
	19.00-20.00	Team meeting	Hotel
21.30	Evening snack	Hotel	
Sun. March 15	06.45-07.30	Breakfast	Hotel
	08.30-10.00	Ice practice	Vilundaparkens Ishall B
	10.15-11.00	Fysträning	Vilundaparken löparbana
	11.30	Lunch	Hotel
	12.00-12.30	Team meeting	Hotel
		Home journeys	

Team leaders

Ylva Martinsen	Head Coach
Alexander Bröms	Assistant Coach
Ola Kahem	Goalie Coach
Cecilia Åkesdotter	Sport Psychology Coach
Ida Kyrilis	Strength and Conditioning Coach
Erica Svensson	Physiotherapist
Benny Andersson	Equipment Manager