



# “RUSSIN” CAMP Men Team 18

In Falun during July 28-August 2 2019

Date	Time	Activity	Venue
<b>Sun. July 28</b>		Assembly, see travel plan	Falun
		Off ice practice/tests	Falun
	tba	Bus from airport to Falun	Airport
	12.00	Assembly all players	Falun
	12.00	Lunch	Falun
	13.00-19.30	Off ice practice/tests	Falun
	20.00-21.30	Ice practice	Lugnets ishall
<b>Mon. July 29</b>	07.30	Breakfast	Hotel
	11.15-11.30	Ice practice, goalie	Lugnets ishall
	11.30-12.45	Ice practice, yellow	Lugnets ishall
	18.00-18.30	Ice practice, goalie	Lugnets ishall
	18.45-20.00	Ice practice, yellow	Lugnets ishall
<b>Tue. July 30</b>	07.30	Breakfast	Hotel
	08.45-09.00	Ice practice, goalie	Lugnets ishall
	09.00-11.15	Ice practice, yellow	Lugnets ishall
	16.15-18.00	Ice practice	Lugnets ishall
<b>Wed. July 31</b>	07.30	Breakfast	Hotel
	11.00-11.30	Ice practice, goalie	Lugnets ishall
	11.30-12.45	Ice practice, yellow	Lugnets ishall
	<b>18.00</b>	<b>GAME YELLOW – BLUE</b>	<b>Lugnets ishall</b>
	18.00-19.15	Ice practice, yellow	Lugnets ishall
<b>Thu. Aug 1</b>	07.30	Breakfast	Hotel
	09.00-10.00	Ice practice, yellow	Lugnets ishall
	10.15-11.00	Ice practice, goalie	Lugnets ishall
	<b>14.00</b>	<b>GAME Team 18 – Södertälje SK J20</b>	<b>Lugnets ishall</b>
<b>Fri. Aug 2</b>	07.30	Breakfast	Hotel
	08.30-09.00	Ice practice, goalie	Lugnets ishall
	09.00-10.15	Ice practice	Lugnets ishall
	16.00	Bus to hotel	

You will have a daily schedule in the locker room, with all activities for the day