



SCHEDULE TEAM SWEDEN

Pre camp in Norrtälje, Sweden, and Vantaa, Finland,
during December 14-24 2012 and
2013 IIHF Ice Hockey U20 World Championship in Ufa, Russia
during December 25 2012 – January 6 2013



TEAM 20

Date	Time	Activity	Venue
Fri. Dec 14	16.30	Assembly and dinner	Norrtälje Sportcentrum
	17.30	Team meeting	Norrtälje Sportcentrum
	20.00	Dinner	Roslagens Sportrestauranger
		Check-in	Hotel Roslagen
Sat. Dec 15		Breakfast	Hotel Roslagen
	08.45	Theory	Norrtälje Sportcentrum (locker room)
	09.30-11.00	Ice practice	Contigahallen
	11.15-12.15	Off ice practice	Norrtälje Sportcentrum (gymnastikhallen)
	12.45	Lunch	Roslagens Sportrestauranger
	16.00-17.30	Ice practice	Contigahallen
	17.30	Dinner	Roslagens Sportrestauranger
	20.30	Evening snack	Roslagens Sportrestauranger
Sun. Dec 16		Breakfast	Hotel Roslagen
	08.45	Theory	Norrtälje Sportcentrum (locker room)
	10.00-11.20	Ice practice	Contigahallen
	11.35-12.30	Off ice practice	Norrtälje Sportcentrum (gymnastikhallen)
	12.45	Lunch	Roslagens Sportrestauranger
	15.30-16.50	Ice practice	Contigahallen
	17.30	Dinner	Roslagens Sportrestauranger
	20.30	Evening snack	Roslagens Sportrestauranger
Mon. Dec 17		Breakfast	Hotel Roslagen
	08.45	Theory	Norrtälje Sportcentrum (locker room)
	09.15-10.15	SVT / Media	Norrtälje Sportcentrum
	10.30-11.45	Ice practice	Contigahallen
	12.30	Lunch	Roslagens Sportrestauranger
	15.30-16.50	Ice practice	Contigahallen
	17.30	Dinner	Roslagens Sportrestauranger
	20.30	Evening snack	Roslagens Sportrestauranger
Tue. Dec 18		Breakfast	Hotel Roslagen
	08.45	Theory	Norrtälje Sportcentrum (locker room)
	09.30-10.30	Off ice practice	Friskis & Friskis
	10.30-11.45	Ice practice	Contigahallen
	12.30	Lunch	Roslagens Sportrestauranger
	13.00-14.00	Media	Norrtälje Sportcentrum
		Team meeting	Norrtälje Sportcentrum
	16.30	Bus to Arlanda Hotellby	
18.00	Check-in	Best Western Arlanda Hotellby	
18.30	Dinner	Best Western Arlanda Hotellby	
Wed. Dec 19		Breakfast	Best Western Arlanda Hotellby
		Bus to Arlanda	
	08.40	Departure with AY644	Arlanda T5
	10.35 ~11.15	Arrival to Helsinki Bus to the arena / hotel	Terminal 2

Wed. Dec 19	12.15	Lunch	Hotel Presidentti
	15.00	Bus to the Arena	
	17.00-18.30	Ice practice	Tikkurila Valtti Arena
		Off ice practice	
	19.30	Bus to the Hotel	
	20.00	Dinner	Hotel Presidentti
Thu. Dec 20		Breakfast	Hotel Presidentti
	08.15	Bus to the Arena	
	10.00-10.45	Ice practice	Tikkurila Valtti Arena
	12.00	Bus to the Hotel	
	12.30	Lunch	Hotel Presidentti
	15.00	Pre game meal	Hotel Presidentti
	16.30	Bus to the Arena	
	19.30	GAME USA – SWE	Tikkurila Valtti Arena
	~22.30	Dinner	Tikkurila Valtti Arena
	~23.00	Bus to the hotel	
Fri. Dec 21		Breakfast	Hotel Presidentti
	07.15	Bus to the arena	
	09.00-10.30	Ice practice	Tikkurila Valtti Arena
	11.30	Bus to the hotel	
	12.00	Lunch	Hotel Presidentti
	14.45	Team meeting and snack	Hotel Presidentti
	15.15	Bus to the Arena	
	17.00-18.30	Ice practice	Tikkurila Valtti Arena
		Off ice practice	
	19.30	Bus to the Hotel	
	19.45	Dinner	Hotel Presidentti
Sat. Dec 22		Breakfast	Hotel Presidentti
	07.00	Bus to the Arena	
	08.30-09.15	Ice practice	Tikkurila Valtti Arena
	10.15	Bus to the Hotel	
	11.00	Lunch	Hotel Presidentti
	12.30	Team meeting	Hotel Presidentti
	13.00	Bus to Helsinki Ice Hall (get the equipment from Vantaa)	
	16.00	GAME CAN – SWE	Helsinki Ice Hall
	~19.00	Dinner	Helsinki Ice Hall
	~19.30	Bus to Valtti Arena and the hotel	
21.30	Evening snack	Hotel Presidentti	
Sun. Dec 23		Breakfast	Hotel Presidentti
	08.30	Bus to the arena	
	10.00-11.00	Ice practice	Tikkurila Valtti Arena
	12.00	Bus to the hotel	
	12.30	Lunch	Hotel Presidentti
	15.45	Check out	Hotel Presidentti
	16.00	Team meeting and snack	Hotel Presidentti
	19.45	Dinner	Hotel Presidentti
	20.30	Bus to the Arena, pack the equipment	Hotel Presidentti
	21.30	Bus to Helsinki airport	Tikkurila Valtti Arena
21.45	Check in	Helsinki airport	
23.50	Departure with AY7235		



Mon. Dec 24	06.40	Arrival in Ufa Lunch Dinner	President Hotel President Hotel
Tue. Dec 25	07.30	Breakfast	President Hotel
	08.30	Bus to the Arena (~30 min)	
	10.00-11.00	Ice practice	Sports Palace
	12.00	Bus to the hotel	
	~12.30	Lunch	President Hotel
<i>Doctor</i>	15.00	<i>Team Medical Personnel Meeting</i>	<i>Ufa Arena – practice rink</i>
<i>Head Coach</i>	15.00	<i>Team Rule Information Meeting(TRIM)</i>	<i>Ufa Arena – practice rink</i>
<i>Team Manager</i>	15.00	<i>Passport Control Meeting</i>	<i>Ufa Arena – practice rink</i>
<i>Team Manager</i>	16.00	<i>Directorate Meeting #1</i>	<i>Ufa Arena – practice rink</i>
	17.00	Dinner	President Hotel
	20.30	Evening snack	President Hotel

2013 IIHF Ice Hockey U20 World Championship

Wed. Dec 26	07.30	Breakfast	President Hotel
	08.30	Bus to the Arena	
	09.45-10.15	Game skate	Sports Palace
	11.00	Bus to the Hotel	
	~11.30	Lunch	President Hotel
	15.15	Pre game meal	President Hotel
	15.30	Bus to the Arena	
	18.00	GAME CZE - SWE	Sports Palace
	~21.00	Bus to the Hotel	
	~21.30	Dinner	President Hotel
Thu. Dec 27	08.30	Breakfast	President Hotel
	11.00	Lunch	President Hotel
	11.15	Bus to the Arena	
	12.45-13.45	Ice practice	Sports Palace
	14.45	Bus to the Hotel	
	~15.15	Lunch	President Hotel
	18.30	Dinner	President Hotel
	21.00	Evening snack	President Hotel
Fri. Dec 28	08.00	Breakfast	President Hotel
	08.45	Bus to the Arena	
	09.45-10.15	Game skate	Sports Palace
	11.00	Bus to the Hotel	
	~11.30	Lunch	President Hotel
	15.15	Pre game meal	President Hotel
	15.30	Bus to the Arena	President Hotel
	18.00	GAME SWE - SUI	Sports Palace
	~21.00	Bus to the Hotel	
	~21.30	Dinner	President Hotel
Sat. Dec 29	08.30	Breakfast	President Hotel
	09.30	Bus to the Arena	
	10.30-11.00	Game skate	Sports Palace
	11.45	Bus to the Hotel	
	~12.15	Lunch	President Hotel
	15.15	Pre game meal	President Hotel

Sat. Dec 29	15.30	Bus to the Arena	President Hotel
	18.00	GAME LAT - SWE	Sports Palace
	~21.00	Bus to the Hotel	
	~21.30	Dinner	President Hotel
Sun. Dec 30	09.00	Breakfast	President Hotel
	09.30	Bus to the Arena	
	11.00-12.00	Ice practice	Sports Palace
	13.00	Bus to the Hotel	
	~13.30	Lunch	President Hotel
	17.30	Dinner	President Hotel
	21.00	Evening snack	President Hotel
Mon. Dec 31	08.00	Breakfast	President Hotel
	08.45	Bus to the Arena	
	09.45-10.15	Game skate	Sports Palace
	11.00	Bus to the Hotel	
	~11.30	Lunch	President Hotel
	15.15	Pre game meal	President Hotel
	15.30	Bus to the Arena	President Hotel
	18.00	GAME SWE - FIN	Sports Palace
	~21.00	Bus to the Hotel	
	~21.30	Dinner	President Hotel

January 1 - 5 *Schedule depending on result*

Sun. Jan 6		Breakfast	President Hotel
		Bus to Ufa airport	
	06.25	Departure with AY7242	
	05.30	Arrival to Helsinki	Terminal
		Lunch	TBA
	13.10	Departure with AY641	Terminal 2
	13.05	Arrival to Stockholm	Arlanda T5
	Home journeys		

Hotels

Hotel Roslagen, Stockholmsvägen 53, 761 43 Norrtälje, Sweden
 Best Western Arlanda Hotellby, Bristagatan 22, 190 45 Stockholm-Arlanda, Sweden
 Hotel Presidentti, Etelainen Rautatiekatu 4, 00100 Helsinki, Finland
 Hotel Complex President Hotel, 450092, Ufa, Avrora str. 2, Russia

Team leaders

Jonas Fransson Team Manager
 Roger Rönnerberg Head Coach
 Robert Ohlsson Assistant Coach
 Rikard Grönberg Assistant Coach
 Stefan Persson Goalie Coach
 Johan Andersson Video Coach
 John Jansson Psychological Coach
 PA Bergsten Doctor during Dec 15-28
 Björn Sandström Doctor during Dec 28 – Jan 6
 Pär Thures Physiotherapist
 Per-Åke Bäckman Equipment Manager
 Per Lindholm Equipment Manager
 Anders Feltenmark Media Manager