



“RUSSIN” CAMP Team 17

In Falun during May 17-22 2017

Date	Time	Activity	Venue
Wed. May 17	08.30	Assembly, see travel plan	Falun
	09.00	Off ice practice/tests	Falun
	TBA	Bus from Arlanda T4 to Falun	Arlanda T4
	12.30	Assembly all players	Falun
	13.00	Lunch	Falun
	14.00-19.00	Off ice practice/tests	Falun
	20.30-21.30	Ice practice	Lugnets Ishall
Thu. May 18	08.00	Breakfast	Scandic Lugnet
	13.00-13.30	Ice practice, goalie	Lugnets Ishall
	13.45-15.00	Ice practice, blue	Lugnets Ishall
	18.00-18.30	Ice practice, goalie	Lugnets Ishall
	18.45-20.00	Ice practice, blue	Lugnets Ishall
Fri. May 19	07.30	Breakfast	Scandic Lugnet
	11.00-12.15	Ice practice, blue	Lugnets Ishall
	13.15-14.15	Ice practice, goalie	Lugnets Ishall
	15.30-16.30	Ice practice, goalie	Lugnets Ishall
	18.00	GAME YELLOW – BLUE (3x15 min)	Lugnets Ishall
Sat. May 20	07.30	Breakfast	Scandic Lugnet
	08.15-09.15	Ice practice, goalie	Lugnets Ishall
	09.30-10.45	Ice practice, blue	Lugnets Ishall
	13.15-14.15	Ice practice, goalie	Lugnets Ishall
	14.30-15.20	Ice practice, blue	Lugnets Ishall
	15.30-16.30	Ice practice, goalie	Lugnets Ishall
	18.00	GAME YELLOW – BLUE (3x15 min)	Lugnets Ishall
Sun. May 21	07.30	Breakfast	Scandic Lugnet
	09.15-10.00	Ice practice, goalie	Lugnets Ishall
	10.15-11.30	Ice practice, blue	Lugnets Ishall
	15.15-16.00	Ice practice, goalie	Lugnets Ishall
	16.15-17.15	Ice practice, blue	Lugnets Ishall
Mon. May 22	07.30	Breakfast	Scandic Lugnet
	08.30-09.30	Ice practice, goalie	Lugnets Ishall
	10.00	GAME YELLOW – BLUE (3x15 min)	Lugnets Ishall
	14.00	Bus to Arlanda T4 Home journeys	

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