



Preliminary program
Summer Camp 4 "Finnkampen" in Uppsala, Sweden and
Mariehamn, Åland, Finland, during August 25-29 2014

Team Sweden Women

Date	Time	Activity	Venue
Mon. Aug 25	TBA	Bus to Uppsala by Ritorp and Arlanda T4	SIF-Kontoret
	11.30	Assembly and lunch	Scandic Uppsala Nord
	12.30	Team Meeting	Scandic Uppsala Nord
	14.00-16.00	Ice practice	Gränby Ishall, A-hallen
	17.15	Dinner and check in	Scandic Uppsala Nord
	19.00	SOK Tests (Fruit, Team arranged)	TBA
	22.00	Evening snack	Scandic Uppsala Nord
	Tue. Aug 26	07.00-08.15	Breakfast
09.30-10.30		Ice practice	Gränby Ishall, C-hallen
11.45		Lunch	Scandic Uppsala Nord
14.00-15.00		Ice practice	Gränby Ishall, C-hallen
16.00		Bus to hotel	Gränby Ishall
16.15		Pasta meal	Scandic Uppsala Nord
17.00		Bus to Kapellskär	Scandic Uppsala Nord
20.00-23.25		Ferry to Mariehamn	Kapellskär
20.00 (SWE)		Dinner – Barbecue Buffet	Bufférestaurangen
21.00-22.00 (SWE)		Team meeting	
23.25 (FIN)		Walk to hotel	Västra Hamnen - Mariehamn
23.45	Check in	Hotel Adlon	
Wed. Aug 27	06.30-08.00	Breakfast	Hotel Adlon
	09.15	Team meeting in locker room	Islandia
	10.30-11.15	Ice practice	Islandia
	12.30	Lunch	Hotel Adlon
	13.00	Team meeting	Hotel Adlon
	15.30	Pre game snack with pasta	Hotel Adlon
	18.00	Game FIN - SWE	Islandia
	21.30	Dinner and team meeting	Hotel Adlon
	Thu. Aug 28	06.30-08.00	Breakfast
08.15		Team meeting in locker room	Islandia
09.30-10.15		Ice practice	Islandia
11.30		Lunch	Hotel Adlon
12.00		Team meeting	Hotel Adlon
15.30		Pre game snack with pasta	Hotel Adlon
18.00		Game SWE - FIN	Islandia
21.30		Dinner and team meeting	Hotel Adlon
Fri. Aug 29		06.15-07.15	Breakfast and check out
		Team meeting in locker room	Islandia
	09.30	Game FIN - SWE	Islandia
	12.15	Walk to ferry	Islandia
	13.45-18.15	Ferry to Stockholm , Värtahamnen Silja Line	Västra Hamnen - Mariehamn
	14.00	Lunch	Bufférestaurangen
	15.00-17.30	Team meeting	
		Home Journeys Transport to / SIF-Kontoret – Stockholm C -Ritorp Arlanda T4	

Hotels

Uppsala Scandic Uppsala Nord, Gamla Uppsalagatan 50, 754 25 Uppsala

Mariehamn Hotel Adlon, Hamngatan 7, 22100 Mariehamn

Team leaders

Emelie Ederfors	Team Manager	Karl Danielsson	Video Coach
Leif Boork	Head Coach	Fomin Åsa	Physiotherapist
Olof Östblom	Assistant Coach	Benny Andersso	Equipment Manager