



Team Sweden Women

Preliminary program  
Camp and 4 Nations Tournament in Oskarshamn, Sweden,  
during February 9-14 2016



Date	Time	Activity	Venue
<b>Tue. Feb 9</b>	~ 09.00	Bus to Oskarshamn (~5,5 h)	Arlanda T4
	~12.00	Lunch (45 min)	TBA
	~15.30	Arrival in Oskarshamn	Be-Ge Hockey Center
	~ 16.00	Check in and snack with pasta	Hotell Ett
	17.00	Team Meeting	Hotell Ett
	19.00-20.30	Ice practice	Be-Ge Hockey Center
	21.30	Dinner	Hotell Ett
<b>Wed. Feb 10</b>	07.30-08.00	Breakfast	Hotell Ett
	09.30-11.30	Ice practice	Be-Ge Hockey Center
	12.30	Lunch	Be-Ge Hockey Center
	14.45	Snack in locker room (Team arr)	Be-Ge Hockey Center
	16.00-18.00	Ice practice	Be-Ge Hockey Center
	18.00	Snack in locker room (Team arr)	Be-Ge Hockey Center
	18.00-19.00	Öppen träning (ev. Wikipedia)	Be-Ge Hockey Center
	20.00	Dinner	Hotell Ett
	20.45	Team Meeting	Hotell Ett
	21.30	Evening snack	Hotell Ett
	<b>Thu. Feb 11</b>	07.00-08.00	Breakfast
09.00-11.00		Ice practice	Be-Ge Hockey Center
12.00		Lunch	Be-Ge Hockey Center
14.30		Snack in locker room (Team arr)	Be-Ge Hockey Center
15.40-16.40		Ice practice	Be-Ge Hockey Center
		Snack in locker room (Team arr)	Be-Ge Hockey Center
18.00		Presentation i köpcenter	
19.00		Dinner	Hotell Ett
20.00		Team Meeting	Hotell Ett
21.30		Evening snack	Hotell Ett
<b>Fri. Feb 12</b>	08.30-09.30	Breakfast	Hotell Ett
	11.00-11.30	Ice practice	Be-Ge Hockey Center
	12.30	Lunch	Be-Ge Hockey Center
	13.15	Team Meeting	Hotell Ett
	16.00	Pre game snack	Hotell Ett
	<b>19.00</b>	<b>Game SWE - GER</b>	<b>Be-Ge Hockey Center</b>
	22.00	Dinner	Hotell Ett
	22.30	Team Meeting	Hotell Ett
<b>Sat. Feb 13</b>	07.00-08.00	Breakfast	Hotell Ett
	09.30-10.00	Ice practice	Be-Ge Hockey Center
	11.30	Lunch	Hotell Ett
	12.00	Team Meeting	Hotell Ett
	15.00	Pre game snack	Hotell Ett
	<b>17.30</b>	<b>Game SWE - FIN</b>	<b>Be-Ge Hockey Center</b>
	20.30	Dinner	Hotell Ett
21.00	Team Meeting	Hotell Ett	

<b>Sun. Feb 14</b>	07.00-08.00	Breakfast	Hotell Ett
	09.15-09.45	Ice practice	Be-Ge Hockey Center
	11.15	Team Meeting	Hotell Ett
	11.45	Lunch	Hotell Ett
	12.15	Check out	
	12.30	Snack in locker room (Team arr)	Be-Ge Hockey Center
	<b>14.30</b>	<b>Game SWE - RUS</b>	<b>Be-Ge Hockey Center</b>
		Team Meeting	Be-Ge Hockey Center
	~17.15	Dinner	Be-Ge Hockey Center
	17.30	Bus to Stockholm/Arlanda (~5 h)	
	~22.45	Arrival Stockholm/Arlanda	
	Home journeys		

<b>Mon. Feb 15</b>	Breakfast	Clarion Hotel Arlanda Airport
	Home journeys or overnight stay	

## Hotels

### Oskarshamn

Hotell Ett, Hantverksgatan 17, 572 57 Oskarshamn, Sweden  
E-mail: kontakt@hotellettoskarshamn.se

### Clarion Hotel Arlanda Airport

E-mail: cl.arlanda@choice.se

## Team leaders

Sara Arnestål	Team Manager
Leif Boork	Head Coach
Olof Östblom	Assistant Coach
Karl Danielsson	Video Coach
Fredrik Klevebro	Doctor
Caroline Fougman	Physiotherapist
Benny Andersson	Equipment Manager