



Team Sweden Women

Preliminary schedule
Tests and camp with 1 exhibition game in Falun
during November 4-8, 2019



| Date | Time | Activity | Venue |
|-------------------|--------------|---------------------------------------|-----------------------|
| Mon. Nov 4 | 06.30-07.30 | Breakfast | Hotel |
| | 07.30 | Team meeting | TBA |
| | 08.00 - | Tests, according to schedule | Lugnet |
| | 11.00-13.30 | Lunch | Lugnets restaurang |
| | 15.00-16.15 | Snack (Team arranged) | Lugnet |
| | 18.00 | Dinner | Hotel |
| | | Team meeting | Hotel |
| | 21.30 | Evening snack | Hotel |
| Tue. Nov 5 | 06.30-07.30 | Breakfast | Hotel |
| | 08.30-10.30 | Ice practice | Lugnets Ishall |
| | 11.00-12.00 | Lunch | Lugnets restaurang |
| | 13.30-14.50 | Ice practice | Lugnets Ishall |
| | | Snack (Team arranged) | Lugnet |
| | 15.50 | Bus to team activity with dinner | Lugnets Ishall |
| | 20.45 | Bus to hotel | TBA |
| | 21.45 | Evening snack | Hotel |
| Wed. Nov 6 | 06.30-07.30 | Breakfast | Hotel |
| | 08.30-10.30 | Ice practice | Lugnets Ishall |
| | 11.00-12.30 | Lunch | Lugnets restaurang |
| | 14.30-15.50 | Ice practice | Lugnets Ishall |
| | 17.00 | Dinner | Hotel |
| | | Team meeting | Hotel |
| | 21.00 | Evening snack | Hotel |
| Thu. Nov 7 | 06.30-08.00 | Breakfast | Hotel |
| | 09.00-11.00 | Ice practice | Lugnets Ishall |
| | 12.00-13.00 | Lunch | Lugnets restaurang |
| | 16.00 | Pre game snack | Hotel |
| | 19.00 | GAME SWE – Falu IF (3x 20 min) | Lugnets Ishall |
| | 22.00 | Dinner | Hotel |
| | | Team meeting | Hotel |
| Fri. Nov 8 | 06.30-08.00 | Breakfast and check out | Hotel |
| | 09.00-11.00 | Ice practice | Lugnets Ishall |
| | 12.00-12.30 | Lunch | Lugnets restaurang |
| | 12.45-13.30 | Team meeting | Lugnet |
| | ~ 14.00 | Home journeys | Lugnet |

Team leaders

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|--------------------|---------------------------------|
| Johanna Malmström | Team Manager |
| Ylva Martinsen | Head Coach |
| Oscar Dahlgren | Assistant Coach |
| Ola Kahem | Goalie Coach |
| Nanna Holm Glaas | Video Coach |
| Cecilia Åkesdotter | Sport Psychology Coach |
| Ingegerd Lantz | Doctor |
| Erica Svensson | Physiotherapist |
| Benny Andersson | Equipment Manager |
| Ida Kyrilis | Strength and Conditioning Coach |