



# TEAM SWEDEN

5 Nations Tournament in Berlin,  
Germany, during February 3-9 2020



## TEAM 19

Date	Time	Activity	Venue	
<b>Mon. Feb 3</b>	08.00	Assembly	Airport	
	10.10	Departure	Airport	
	11.45	Arrival	Airport	
			Bus to hotel and arena (approx. 1h) (water on the bus)	
	~13.30	Check in and lunch	Hotel	
	17.00	Dinner	Hotel	
	18.00	Bus to arena		
	19.15-20.15	Ice practice	Wellblechpalast	
	21.15	Bus to hotel		
	21.30	Dinner (pasta and sauce)	Hotel	
	<b>Tue. Feb 4</b>		Breakfast	Hotel
		07.45	Bus to hotel	
08.45-09.15		Ice practice	Wellblechpalast	
10.00		Bus to hotel		
10.15		Lunch	Hotel	
12.45		Pre game snack	Hotel	
13.15		Bus to hotel		
<b>15.30</b>		<b>GAME SWE-SUI</b>	<b>Wellblechpalast</b>	
18.30		Bus to hotel		
18.45		Dinner	Hotel	
21.30		Evening snack	Hotel	
<b>Wed. Feb 5</b>	07.00-07.45	Breakfast	Hotel	
	08.30	Bus to arena		
	09.30-10.00	Ice practice	Wellblechpalast	
	10.45	Bus to hotel		
	11.00	Lunch	Hotel	
	16.15	Pre game snack with (pasta & sauce)	Hotel	
	16.45	Bus to arena		
	<b>19.00</b>	<b>GAME GER-SWE</b>	<b>Wellblechpalast</b>	
	~22.00	Bus to hotel		
	~22.00	Dinner	Hotel	
<b>Thu. Feb 6</b>	07.00-07.45	Breakfast	Hotel	
	08.30	Bus to arena		
	09.30-10.00	Ice practice	Wellblechpalast	
	10.45	Bus to hotel		
	11.00	Lunch	Hotel	
	16.15	Pre game snack with (pasta & sauce)	Hotel	
	16.45	Bus to arena		
	<b>19.00</b>	<b>GAME FIN-SWE</b>	<b>Wellblechpalast</b>	
	~22.00	Bus to hotel		
	~22.00	Dinner	Hotel	



<b>Fri. Feb 7</b>	07.30-09.00	Breakfast	Hotel
	09.50	Bus to arena	
	11.00-12.00	Ice practice	Wellblechpalast
	13.00	Bus to hotel	
	13.15	Lunch	Hotel
	18.00	Dinner	Hotel
	21.30	Evening snack	Hotel
<b>Sat. Feb 8</b>		Breakfast	Hotel
	10.50	Bus to arena	
	<b>13.00</b>	<b>GAME SWE-CZE</b>	<b>Wellblechpalast</b>
	15.00	Bus to hotel	
	15.15	Lunch	Hotel
	18.30	Dinner	Hotel
	21.30	Evening snack	Hotel
<b>Sun. Feb 9</b>	06.15	Breakfast	Hotel
	06.45	Bus to airport	
	09.50	Departure	Airport
	11.30	Arrival	
	15.00	Departure	Airport
	16.00	Arrival	Airport
		Home journeys	

#### Team leaders

Jonas Fransson	Team Manager
Tomas Montén	Head Coach
Joel Rönnmark	Assistant Coach
Nitze Landén	Goalie Coach
Jakob Strandberg	Video Coach
Ryan Allenby	Doctor
Jonas Jonsson	Physiotherapist
Per-Åke Bäckman	Equipment Manager