



“RUSSIN” CAMP Men Team 18

In Falun during May 26-30 2019

Date	Time	Activity	Venue
Sun. May 26		Assembly, see travel plan	Falun
		Off ice practice/tests	Falun
	tba	Bus from Arlanda T4 to Falun	Arlanda T4
	12.00	Assembly all players	Falun
	12.00	Lunch	Falun
	13.00-19.30	Off ice practice/tests	Falun
	20.30-21.30	Ice practice	Lugnets ishall
Mon. May 27	07.30	Breakfast	Scandic Lugnet
	09.00-10.15	Ice practice, yellow	Lugnets ishall
	10.30-11.00	Ice practice, goalie	Lugnets ishall
	14.00-14.30	Ice practice, goalie	Lugnets ishall
	14.30-15.20	Ice practice, yellow	Lugnets ishall
	18.30-19.00	Ice practice, goalie	Lugnets ishall
	19.00-20.15	Ice practice, yellow	Lugnets ishall
	Tue. May 28	07.30	Breakfast
10.30-11.00		Ice practice, goalie	Lugnets ishall
11.15-12.30		Ice practice, yellow	Lugnets ishall
17.00-17.45		Ice practice, goalie	Lugnets ishall
18.00		GAME YELLOW – BLUE (3x15 min)	Lugnets ishall
Wed. May 29	07.30	Breakfast	Scandic Lugnet
	13.00-13.30	Ice practice, goalie	Lugnets ishall
	13.45-15.00	Ice practice, yellow	Lugnets ishall
	17.30-18.00	Ice practice, goalie	lugnets ishall
	18.00-19.15	Ice practice, yellow	Lugnets ishall
Thu. May 30	07.30	Breakfast	Scandic Lugnet
	09.00-09.45	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