



Preliminary schedule  
Camp in Upplands Väsby, Sweden, and  
National Games in Vierumäki, Finland,  
During February 6-12 2017



Team Sweden Women

Date	Time	Activity	Venue
<b>Mon. Feb 6</b>	~ 12.15	Assembly and check in	Scandic Upplands Väsby
	12.30	Lunch	Scandic Upplands Väsby
	15.30-17.00	Ice practice	Vilundaparkens Ishall
	18.00	Dinner	Scandic Upplands Väsby
	19.00-20.00	Team meeting	Scandic Upplands Väsby
	21.30	Evening snack	Scandic Upplands Väsby
<b>Tue. Feb 7</b>	07.00-08.00	Breakfast	Scandic Upplands Väsby
	09.00-11.00	Ice practice	Vilundaparkens Ishall
	12.00	Lunch	Scandic Upplands Väsby
	16.30	Snack	Scandic Upplands Väsby
	18.00-19.20	Ice practice	Vilundaparkens Ishall
	20.30	Dinner	Scandic Upplands Väsby
<b>Wed. Feb 8</b>	05.45	Bus to Arlanda T5, by the arena	Scandic Upplands Väsby
		Breakfast	Clarion Hotel Arlanda Airport
	08.40	Departure to Helsinki Flight SK704	Arlanda Airport T5
	10.40	Arrival	Helsinki Airport T1
	11.15	Lunch	Cesar's Little Italy T2
	~ 11.45	Bus to Vierumäki	Helsinki Airport T1
	~ 13.00	Check in	Vierumäki Sports Institute
	15.00	Team meeting	Vierumäki Sports Institute
	15.30	Pre-game snack with pasta	Vierumäki Sports Institute
	<b>18.30</b>	<b>Game FIN – SWE</b>	<b>Vierumäki Rink 2</b>
21.30	Dinner	Vierumäki Sports Institute	
22.00	Team Meeting	Vierumäki Sports Institute	
<b>Thu. Feb 9</b>	07.00-08.00	Breakfast	Vierumäki Sports Institute
	09.00-09.30	Ice practice	Vierumäki Rink 2
	11.00	Team meeting	Vierumäki Sports Institute
	11.30	Lunch	Vierumäki Sports Institute
	14.00	Bus to Jyväskylä (2 h)	Vierumäki Sports Institute
	16.00	Pre-game snack with pasta	Jyväskylä, Synergia Areena
	<b>18.30</b>	<b>Game FIN - SWE</b>	<b>Jyväskylä, Synergia Areena</b>
	21.30	Dinner	Jyväskylä, Synergia Areena
	22.15	Bus to Vierumäki Sports Institute	Jyväskylä, Synergia Areena
<b>Fri. Feb 10</b>	08.30-09.30	Breakfast	Vierumäki Sports Institute
	11.10-12.00	Ice practice	Vierumäki Rink 2
	13.00	Lunch	Vierumäki Sports Institute
	16.30	Snack	Vierumäki Sports Institute
	18.10-19.30	Ice practice	Vierumäki Rink 2
	20.30	Dinner	Vierumäki Sports Institute

<b>Sat. Feb 11</b>	06.30-07.30	Breakfast	Vierumäki Sports Institute
	08.20-08.50	Ice practice	Vierumäki Rink 1
	11.00	Team meeting	Vierumäki Sports Institute
	11.30	Lunch	Vierumäki Sports Institute
	<b>14.30</b>	<b>Game SWE – RUS</b>	<b>Vierumäki Rink 1</b>
	17.30	Dinner	Vierumäki Sports Institute
	18.00	Team meeting	Vierumäki Sports Institute
	21.00	Evening snack	Vierumäki Sports Institute

<b>Sun. Feb 12</b>		Breakfast and check out	
	05.30	Bus to Helsinki-Vantaa Airport	Vierumäki Sports Institute
	09.10	Departure to Stockholm flight: SK705	Helsinki-Vantaa Airport
	09.10	Arrival	Arlanda Airport T5
		Home journeys	

## Hotels

### Scandic Upplands Väsby

Hotellvägen 1  
194 35 Upplands Väsby

### Sports Institute of Finland,

Urheilupuistontie 373, 19120  
Vierumäki, Finland

## Team leaders

Sara Arnestål	Team Manager
Leif Boork	Head Coach
Jared Cipparone	Assistant Coach
Karl Danielsson	Video Coach
Caroline Fougman	Physiotherapist
Benny Andersson	Equipment Manager