Olympic Camp		Saturday		Other things or	Sunday			Monday		Other things or
page 1 (2)		May 13		OSF / Partners /	May 14			May 15		OSF / Partners /
Ver. 2017-05-12_V3		Group B+C+D	Group A	SOK-Board / Coaches	Group A+D	Group B	Group C	OSF + SOK-Board	Group A+B+C	Group D	SOK-Board / Coaches
07:00-07:30	07:00	Optional Morning run or Yoga at the beach with instructor - 07:00-07:45			Optional Morning run or Yoga at the beach with instructor - 07:00-07:45				Optional Morning run or Yoga at the beach with instructor - 07:00-07:45		
07:30-08:00		Breakfast			Breakfast				Breakfast		Breakfast 07:00-08:00
08:00-08:30	08:00	07:30-10:00			07:00-09:00				07:00-09:30		08:00-09:30 (conference hall)
08:30-09:00					08:30-09:30	08:30-11:30 Group B	08:30-09:30	08:30-10:00			Coaches education #2
09:00-09:30	09:00				Social media	Biathlon + Skateing + Figure Skating	Social media	OS 2026 info +			Coaches / team staff
09:30-10:00					Training	10:30-12:30 Curling Male + Women	Training	discussions, Room:	09:30-10:00 Adecco: Your future (conference hall)		
10:00-10:30	10:00	08:00-10:30			Training	Accreditation	Training	Italian Resturante	Training / *Tests	10:00-12:30 Group D	10:30-12:00
10:30-11:00		Pick up 'Olympic Team' clothes (conference hall)			Training	Photo	Training	"Azzurro"	Training	Accreditation + Photo	OSF+SOK-Board in conference hall
11:00-11:30	11:00	11:00-12:00			Training	Clothes	Training		Training	Clothes	Olympic Rights
11:30-12:00		Welcome to Olympic Camp --> Host Apollo + SOK (everyone in conference hall)			Training	Adecco	Training		Training	Adecco	SOK Support Team (4x15min)
12:00-12:30	12:00	Lunch 12:00-14:30 or Training	Lunch 12:00-13:00	12:30 Opening and	Lunch 12:00-14:00 or...	* Discovery Green screen	Lunch 12:00-14:00 or...	Lunch	Lunch 12:00-13:30 or...	* Discovery Green Screen	Lunch 12:00-13:30
12:30-13:00		Lunch/Training	Lunch	Friendship Ceremony	Lunch/Training	Lunch 12:30-14:00	Lunch/Training	Lunch	Lunch/Training	Lunch 12:30-13:30	Lunch
13:00-13:30	13:00	Lunch/Training	13:00-15:00 Group A (Hockey	13:00	Lunch/Training	Lunch	Lunch/Training	Lunch	Lunch	Lunch	Lunch
13:30-14:00		Lunch/Training	Accreditation + Clothes	Press conference	Lunch	Lunch	Lunch	Lunch	13:30-14:30 Olympic experiences (conference hall)		12:30-13:30
14:00-14:30	14:00	Lunch/Training	Adecco	1st team selection	14:00-16:00 Info Sydkorea + OS 2018				...in crossover groups, session 1		Accreditation + Clothes
14:30-15:00		14:30-15:30	*Discovery for Alpine kl.13-15		(conference hall)				14:30-15:00 Olympic Team Photo		SOK-Board + SOK-resursteam
15:00-15:30	15:00	Social media (conference hall)	** OBS! Discovery + Photo		incl. Snacks 15:00-15:20				15:00-15:30 Snacks		
15:30-16:00		15:30-16:30			Discovery´s OS-sändningar				15:30-16:30 Olympic experiences		15:30-16:30 Photo for Accreditation
16:00-16:30	16:00	Snacks & mingel med media & partners at 'Snack Plaza'			Training 16:00-18:00	Training 16:00-18:00	16:00-18:00 Group C		...in crossover groups, session 2		OSF+SOK-Board+SOK-resursteam
16:30-17:00		16:30-19:00 assembly conference hall		16:45-18:45	Training	Training	Accreditation + Photo		Training	Training	15:30-16:30
17:00-17:30	17:00	Olympic Team' competition #1 - (athletes outdoor)		Coaches	Training	Training	Clothes + Adecco		Training	Training	Accreditation + Clothes + Photo
17:30-18:00		crossover sports		education #1	Training	Training	* Discovery Green Screen		Training	Training	SOK-personal exkl. resursteam
18:00-18:30	18:00	with SOK-partners		Coaches / team staff	18:00-18:30 Training / Snacks				Training	Training	18:00-21:00 Ice hockey
18:30-19:00				(conference hall)	18:30-19:15				Training	Training	* Accreditation Photo + Green screen
19:00-19:30	19:00	19:00-20:30 Dinner			Lecture 'Experienced Olympian' (conference hall)				Dinner 19:00-21:00		Dinner 19:00-20.00
19:30-20:00		Dinner			19:15-20:00 Dinner preparation				Dinner/Training		Dinner
20:00-20:30	20:00	Dinner			Dinner for all starts at 20:18 !				Dinner/Training		20:00-21:00 Conference Hall
20:30-21:00		20:30-21:15			Greek-Dinner				Dinner/Training		Johan Wallberg
21:00-21:30	21:00	The Olympic Family + Stockholm OS 2026 (conference hall)			Greek-Dinner				21:00-22:00 Anti-Doping Group (conference hall)		Träningsfilosofi (coaches)
21:30-22:00		21:30-22:15			Greek-Dinner				(ADG) for athletes + coaches / team staff		"Hur jag tänker träning"
22:00-22:30	22:00	Guest panel / interview with 'Experienced Olympians' (conference hall)									20:00 OSF+SOK-Board
22:30-23:00		22:15-23:00 Evening Meal in Restaurant									Coffee and camp wrap-up (Hotel Bar)
			Notes:			Notes:	Notes:		Notes:	Notes:	Notes:
			* Discovery Green screen			* Discovery Green screen	* Discovery Green screen		* Tests - Ice hockey travel by bus	* Discovery Green screen	* Ice hockey kl. 18:00-21:00
			(15min/pers, se separat schema)			(15min/pers, se separat schema)	(15min/pers, se separat schema)		to Chania Stadium kl. 10:00	(15min/pers, se separat schema	Discovery Green screen
			Alpine kl. 13.00-15.00			Assembly Conference hall 08:20	Assembly Conference hall 15:50			* Cross country kl. 10:00-10:15	(15min/pers, se separat schema)
			Assembly Conference hall 12:50			* Biathlon kl. 8:30-10:15	* Ski cross kl. 16:00-17:00			* Snowboard kl. 10:15-11:15	+ Accreditation Photo 5min/pers.
						* Skating kl. 10:15-10:45	* Slopestyle kl. 17:00-18:00			* Moguls kl. 10:45-11:15	Assembly Conference hall 17:50
			** OBS! Ice hockey has			* Figure Skating kl. 10:45-11:15				* Skeleton kl. 11:15-11.30	
			Accreditation Photo and								
			Discovery Green screen			Assembly Curling Conference hall 10:30					
			(15min/pers) at			* Curling kl. 11:15-12:45					
			Monday 18:00-21:00								

Explanations:	**Group A**	Ice hockey
	Group B	Biathlon + Curling + Figure skating + Skating (speed+short track)
	Group C	Alpine + Ski cross + Slopestyle
	Group D	Cross country + Moguls + Skeleton + Snowboard

Yellow = Meal & beavarage

Red = Assembly for whole 'Olympic Team' in Conference Hall (athletes + coaches + OSF + SOK-Board)

Green = Training option

Purple = Optional: Social Media Panel Discussion / Lectures within Nutrition or Sport Psychology / Topp &Talang-information (all in conference hall)

Blue = Assembly for all coaches / team staff

SOK:s Läkare på plats:	**SOK:s Sjukgymnaster på plats:**	**Personer att kontakta vid frågor specifikt rörande:**		**Om ett tillbud sker på hotellet vänligen kontakta receptionen.**
Lykke Tamm +33 621 121 497 , Date May 12-19	Peter Drugge +46 708 68 78 99	Schema/Träning/Träningstransporte	Mårten Fredriksson +46 70 603 29 12	**Om ett tillbud sker utanför hotellområdet ring 112 för...**
Per Andersson +46 730 44 80 54 , Date May 12-14	Jörgen Sandberg +46 706 20 00 01	Resor-Transfers/Boende/Kläder	Marja Von Stedingk +46 70 791 45 05	Ambulans
		IT-frågor/Ackreditering/lokaler	Anders Åberg +46 732 56 18 85	Polis
Information/service nummer under campen:		Partnerfrågor/OSF-gäster/SOK-styrelse/schema Lotta Olsson +46 70 982 80 40		Brandkår
+46 70 24 24 560				

Olympic Camp		Tuesday		Wednesday		Thursday	Friday
page 2 (2)		May 16	Other things or	May 17		May 18	Travel day
Ver. 2017-05-12_V3		Group A+B+C+D	OSF / Partners	Group A+B+C+D	Other things	Group A+B+C+D	May 19
07:00-07:30	07:00	Optional Morning run or Yoga at the beach with instructor - 07:00-07:45		Breakfast		Breakfast	Breakfast from
07:30-08:00		Breakfast		07:00-10:30		07:00-10:30	07:30-09:30
08:00-08:30	08:00	07:00-10:30					
08:30-09:00		*Tests 08:30-12:00	Departure Time				
09:00-09:30	09:00	**Training	from Hotel ca. 09:20	Training / *Tests 09:30-13:00		Training	
09:30-10:00		Training	Biathlon	Training		Training	
10:00-10:30	10:00	Training		Training		Training	10:00
10:30-11:00		Training	Departure Time	Training		Training	Departure Hotel
11:00-11:30	11:00	Training	from Hotel ca. 10:00	Training		Training	Cava Spada
11:30-12:00		Training	Flight Chania-ARN	Training	Ice hockey	Training	
12:00-12:30	12:00	Training	12:40-17:30	Training	11:30-13:30	Training	
12:30-13:00		Training		Training	Team meeting, conference hall	Training	
13:00-13:30	13:00	Lunch 13:00-15:00	13:00	Lunch 13:00-15:00		Lunch 13:00-15:00	13:05 Departure
13:30-14:00		Lunch/Rest	Ceremony of	Lunch		Lunch	Chania
14:00-14:30	14:00	Lunch/Rest	Start building	Lunch	14:00-15:00	Lunch	
14:30-15:00		Lunch/Rest	Olympic pool	Lunch	** Info om Topp & Talang programmet	Optional: Lecture Nutrition 2, kl. 14:30-15:00	
15:00-15:30	15:00	15:00-15:30 Snacks***		15:00-17.00	15:00-16:00	Optional: Lecture Sport Psychology 2, kl. 15:00-15:30	
15:30-16:00		Training		Olympic Team competition #2	Anti-Doping Group + Medical-info	15:30-16:00 Snacks	
16:00-16:30	16:00	Training		incl. Snacks 15:30-16:00	For all coaches / team staff	Optional: Lecture Nutrition 3, kl. 16:00-16:30	16:00 Arrival ARN
16:30-17:00		Training		(for athletes)	incl. 10min	Optional: Lecture Sport Psychology 3, kl. 16:30-17:00	
17:00-17:30	17:00	Training		Training	SOK-policy Anti-doping,	Training	
17:30-18:00		Training		Training	Dr Lykke T. / Dr Per A.	Training	
18:00-18:30	18:00	Training	Ice hockey Meeting	Training		Training	
18:30-19:00		Training	17:30-19:30	Training		Training	
19:00-19:30	19:00	Dinner 19:00-20.30	Conference hall	Training/Dinner		Training	
19:30-20:00		Dinner		Training/Dinner		Dinner 19:30 for all including	
20:00-20:30	20:00	Dinner		Dinner		Team competition Price ceremony	
20:30-21:00		Optional: Lecture Nutrition 1, kl. 20:30-21:00		Dinner			
21:00-21:30	21:00	Optional: Lecture Sport Psychology 1, kl. 21:00-21:30		Dinner			
21:30-22:00		21:30-22:00 Hotel Evening meal					
22:00-22:30	22:00						
22:30-23:00							

	Notes:	Notes:	Notes:
	* Tests 08:30-12:00 at outdoor MO-Gym for sports;	* Tests 09:30-13:00 at Chania Stadium.	** Obligatoriskt för
	Curling	Transport from hotel kl. 09:30 for sports;	'Talangselektions-aktiva' på campen,
	Moguls	Curling	valfritt för övriga aktiva + ledare.
	Slopestyle	Moguls	
	Snowboard	Slopestyle	
	+ individuals in the 'Top & Talent selection'	Snowboard	
		+ individuals in the 'Top & Talent selection'	
	** Speed skating & Skeleton transport from hotel to		
	Chania Stadium kl. 09:00		
	*** Ice hockey having 'Pelle Snacks' kl. 16.45-17.15		

Optional Lectures Nutrition 1 (Tuesday) ***Specifikt för OS 2018; Tidsomställning och acklimatisering – hur skall jag äta för att förbereda mig på bästa sätt för att vara på topp i PyeongChang?***

Optional Lectures Nutrition 2 (Thursday) ***Prestationsmaten; Så bygger du ett återhämtnings- och uppladdningsmål. Teori i all ära men hur blir det på tallriken? Konkreta exempel beträffande livsmedelsval och mängder.***

Optional Lectures Nutrition 3 (Thursday) ***Tillskott; Prestationshöjande tillskott – finns de, hur fungerar de och i så fall för vem? Om koffein, kreatin, bikarbonat, nitrat och betaalanin.***

Optional Lectures Sport Psychology 1 (Tuesday) ***Från drömmar och visioner till praktisk handling – målsättningsarbete i praktiken.***

Optional Lectures Sport Psychology 2 (Thursday) ***Att lära känna mitt prestationsjag – min mästerskapsplan.***

Optional Lectures Sport Psychology 3 (Thursday) ***Att våga prestera i skarpt läge – tankar, känslor och beteenden på OS.***

Optional Wednesday kl. 14:00-15:00 - information om SOK:s 'Topp- & Talangprogram' (obligatoriskt för Talangselektions-aktiva, valfri möjlighet för övriga aktiva + ledare / coacher.

SOK:s Läkare på plats:	**SOK:s Sjukgymnaster på plats:**	**Personer att kontakta vid frågor specifikt rörande:**
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Lykke Tamm +33 621 121 497	Jörgen Sandberg +46 706 20 00 01	Resor-Transfers/Boende/Kläder Marja Von Stedingk +46 70 791 45 05
		IT-frågor/Ackreditering/lokaler Anders Åberg +46 732 56 18 85
Information/service nummer under campen:		Partnerfrågor/OSF-gäster/SOK-styrelse/schema Lotta Olsson +46 70 982 80 40
+46 70 24 24 560		