

Match day Saturday the 19 November

Departure time / Return time

Assembly time 06.45, the bus departs from Boden Arena at 07.00

Homecoming time calculated at Boden Arena approx. 16.30

Match times

Sporthallen, Norrfjärden	
09:00	Norrfjärdens IF – Bodens BH HF
11:00	Bodens BH HF – Gimonäs IF 2
14:00	Gimonäs HF 1 – Bodens BK HF



Food

In order for everyone to be strong all day, it is important that all children bring food to eat and drinks or money to buy food for. There are some sales in the hall and we will stop and eat on the way home.

- Fruit or food to eat between the first and second game
- Lunch to eat during the day

Sales of hot sandwiches, hamburgers, sausages, snacks may be on site.

! Sales are not confirmed, so everyone has to bring lunch.

Important to bring

All children get a match shirt on site from us and below we have listed some important things to bring in addition to clothes to travel in there and home. Remember to bring warm outerwear!

- Training shoes
- Black shorts
- Socks
- Waterbottle
- Sweatpants / jersey to wear between matches
- Towel, shower cream
- Clean underwear

Other information

We will not have access to a lockable changing room, we will therefore collect valuables when we play the matches and we are therefore grateful if everyone minimizes the number of valuables we have to keep track of during the day.

As for sweets, snacks, we coaches want the children to avoid this at least until it is time for the trip home.

Accompanying parent

We have our own bus, so we have plenty of seats on the bus for accompanying cheerleaders.

Please let us know in advance if you intend to come along. The fee for the bus is:
Accompanying parent SEK 150 Players SEK 250

Contact information for coaches

- Daniel Widman 070 – 336 91 80
- Johan Larsson 070 – 612 67 70
- Daniel Hellberg 070 – 315 41 46