

# Match day Saturday 10 December

**Assembly time** 09.15 at Björknäshallen

**Completion** is estimated at around 17:00

## Match times

Sporthallen, Norrfjärden	
10:00	Norrfjärdens IF – Bodens BH HF
13:00	Bodens BH HF – Sävar IK
16:00	Sikeå SK – Bodens BK HF



## Food

In order for everyone to be strong all day, it is important that all children bring food to eat and drink or money to buy food for. There are some sales in the hall.

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

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

## 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.

- **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 during the day and enjoy it later in the evening instead.

## **Contact information for coaches**

- Daniel Widman 070 – 336 91 80
- Johan Larsson 070 – 612 67 70
- Daniel Hellberg 070 – 315 41 46
- Hanna Ögren 073 – 021 93 31
- Erik Andersson 070 – 330 59 98