

Match day Saturday the 21th of January

Departure time / Return time

Assembly time 05.45, the bus departs from BBKs club office (Björknäs) at 06.00

Homecoming time calculated at BBKs club office (Björknäs) approx. 23.30

Match times

Ersängshallen, Umeå	
14:00	Bodens BK HF – Gimonäs IF 1
17:00	Gimonäs IF 2 – 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.

- Breakfast to eat on the trip down
- Lunch to eat before the first match
- A light snack/fruit to eat between matches
- Money to buy dinner on the way home

Some sales of may be on site but no guarantee, so bring food!

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!** We will activate the boys outside before the first game.

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

Since we ride together in the bus with BBK P16, we have a limited number of seats in the bus and can therefore not guarantee the exact number of seats for accompanying.

But those parents who wish to ride the bus must report this to daniel.widmans@gmail.com or mobile 070-3369180, first registered gets a seat.

The fee for the bus is: Accompanying parent SEK 150 Players SEK 250

Digital broadcast of the matches

We will probably not be able to broadcast the matches this time as we are only two leaders with us unless a parent chooses to come along on the trip. If so we broadcast the matches in our private Facebook group "Boden Handboll – Pojkar 2010/2011" If you are not a member there, register via this link

<https://www.facebook.com/groups/1198749590320970/?ref=share>

Important! If any of you parents do not want your child to be seen in the picture, you must contact one of us coaches before the match day.

Contact information for coaches

- Daniel Widman 070 – 336 91 80
- Johan Larsson 070 – 612 67 70