



Foto: T. Crona

# LUNDQVIST GOALIE CAMP

## A PART OF FRÖLUNDA INDIANS HOCKEY SCHOOLS

Welcome to our popular hockey camp located at Öckerö, an island just outside of Gothenburg. Here we have all the ingredients to give you a rewarding stay in beautiful surroundings.

# SUMMER 2017 (July 2 -28)

## We are expanding our camps with an additional group of Level 1-2

Our very popular instructors leads the groups. Henrik will visit one day per week, except for Level 5, July 2-7.

### LEVEL 1/2 – GOALIES born 06-07

The basic techniques of being a goalie.

Participants per week: 24.

July 16-21 and July 23-28..... **5000 SEK**

### LEVEL 3 – GOALIES born 04-05

We build of the basics and start practice on the details in the game.

Ice sessions at a relatively high pace.

Participants per week: 24.

July 9-14 juli and July 23-28..... **5800 SEK**

### LEVEL 4 – GOALIES born 02-03

For goalies who are fully committed to the goalie position. Tough physical training and demanding ice sessions where we build on the details.

Participants per week: 24.

July 9-14 and July 16-21..... **6400 SEK**

### LEVEL 5 – ELITE CAMP

For goalies with pro ambitions. We refine the details of the game. Tough physical training and demanding ice sessions at a high pace. New for this summer, we focus more on theory/off-ice/rest. These goalies does not participate in the players ice sessions. NOTE! Henrik will not be visiting this week.

Participants: 18. Age: born no later than 2002.

July 2-7..... **7000 SEK**

Prices include full board and accommodation. The price is the same if you choose to sleep at home. All participants will receive a specially designed Lundqvist Goalie Camp hoodie, a cap and photos, both individual and group.

The camp is held at Öckerö, an island just outside Gothenburg – a perfect environment for recreation and exercise. Here we are close to everything; ice rink, housing, food and salty water. The accommodation is in a school located a ten minute walk from the rink.

The camp starts on Sundays at 2 pm and ends on Fridays between 2 pm and 5 pm. Remember that the camps require that you can stay away from your

family five nights in a row. Our camps are demanding and sets a fast pace, of course, adapted to each level– be sure to come well prepared.

Between time on the ice there is time for recovery and socializing with other participants. On Wednesdays, all groups have a camp evening including barbeque and activities in the water. All camps also contain theory lessons. Of course, both girls and boys are welcome to our camp.

The camp is conducted in cooperation with Joel Lundqvist Hockey Camp and we use shooters from their groups. In addition, a special group shooters from e g Frölunda Indians junior teams is available. During the camp, all goalies, except for Level 5) also participate on Joel Lundqvist Hockey Camp's ice sessions.

The hockey school is owned by Frölunda HC, Joel and Henrik Lundqvist and Skärgårdens SK, whose rink we are housed in.

Terms of payment: Registration fee, 1000 SEK, is to be paid within 10 days after notification. After registration you will automatically receive an email with further payment information. The entire fee is to be paid no later than Apr 30.

Read more about payment terms, cancellations, insurance information and more on [www.frolundacamps.se](http://www.frolundacamps.se). If you have any questions, please contact Göran Pigenius, [goran.pegenius@frolundaindians.com](mailto:goran.pegenius@frolundaindians.com).

Welcome!



With focus on becoming a better hockey player and with dedicated training, we want to create memories that will inspire on and off the ice. With our three key words; **PRACTICE, JOY and SOCIALIZING** we want players, coaches and parents to join our camp with a positive attitude and with an ambition to create a world-class hockey camp.

**Henrik and Joel**

in collaboration with Frölunda HC and Skärgårdens SK



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**Frölunda Indians  
HOCKEYSKOLOR**