



JOEL LUNDQVIST
HOCKEY CAMP



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A PART OF FRÖLUNDA INDIANS HOCKEY SCHOOLS

Every summer we gather boys and girls at Öckerö, an island right outside of Gothenburg. They spend six days in our arena to practice icehockey and they all love it!

SUMMER 2019 (July 7 -Aug 2)

Our very popular instructors leads the groups. Joel will visit one day per week, except for the last camp week, July 28-Aug 2. During this days, Frölunda's Pro, J20, J18 and the Academy's UI6 team will start their preseason's here.

GIRLS CAMP UI3-UI6

On the ice, we practice Frölunda Indians game idea with focus on stick handling, shooting and a lot of small games. Price including accommodation and full board. The price is the same if you choose to sleep at home.
Participants: 4 goalies and 30 players.
July 28-Aug 2, born 2004-2007..... **4400 SEK**

DEVELOPMENT DAY CAMP – NO ACCOMMODATION!

Focus on the basics of ice hockey, skating and a lot of small games. Price including lunch, dinner, and snack (no accomodation, breakfast and evening meal).
Participants per week: 32-34. Jul 28-Aug 2 also 4 goalies per group.
July 7-12, born 2008-2009
July 28-Aug 2, born 2008-2009
July 28-Aug 2, born 2010-2011..... **4000 SEK**

DEVELOPMENT CAMP

On the ice, we practice Frölunda Indians game idea with focus on stick handling, shooting, and a lot of small games. Price including accommodation and full board. The price is the same if you choose to sleep at home.
Participants per week: 30-32.
July 14-19, born 2007-20087
July 21-26, born 2006-2007..... **4800 SEK**

ELITE CAMP

More demanding camp with tough training both on and off the ice. On the ice, we use Frölunda Indians game idea with focus on puck control, shooting, and a lot of small games. Price including accommodation and full board. The price is the same if you choose to sleep at home. Participants per week: 28-30.
July 7-12, born 2005-2006
July 14-19, born 2005-2006
July 21-26, born 2004-2005 **5000 SEK**

All participants will get a custom designed Joel Lundqvist Hockey Camp hoodie and a cap. The camp is held at Öckerö, an island just outside Gothenburg – a perfect environment for recreation and exercise, close to everything; ice rink, housing, food and salt water. The accommodation is in a school rooms 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. Note that the camps require that you can stay away from your family five nights in a row. Our camp is demanding and sets a fast pace, of course, adapted to each level – be sure to arrive well prepared. Of course, both girls and boys are welcome.

Between the ice sessions there is time for recovery and socializing. On Wednesdays, all groups have a camp evening including barbeque and water activities (for participants with accomodation). The camp is conducted in cooperation with Lundqvist Goalie Camp. Participants of the Elite Camp will sometimes be used as shooters at the goalie's ice sessions.

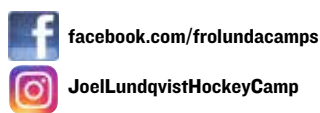
This hockey school is owned by Frölunda HC, Joel and Henrik Lundqvist and Skårgårdens SK, whose rink we are housed in.

Terms of payment:
Registration fee, 1000 SEK, is to be paid within 10 days after notification. After registration you will automatically receive an E-mail with further payment information. You will receive an invoice for the final payment to be paid no later than Apr 30.

READ MORE AND SIGN UP AT FROLUNDACAMPS.SE

If you have further questions, please contact Göran Pigenius, goran.pigenius@frolundaindians.com

Welcome!



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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 Skårgårdens SK



Frölunda Indians
HOCKEYSKOLOR