

Joel Lundqvist Hockey Camp, Lundqvist Goalie Camp,  
Hanna Olsson Hockey Camp and Frölunda Hockey Camps presents

# SUMMER OF 2024



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**FRÖLUNDA**  
HOCKEY CAMPS

## ■ JULY 15 - 19 • ÖCKERÖ

Joel and Henrik will visit the camp during this week.

### **JOEL LUNDQVIST HOCKEY CAMP**

#### **DEVELOPMENT DAY CAMP**

**Born:** 2013-2014

**Participants:** 25-30 skaters

**Price:** 5.400 SEK

#### **ELITE CAMP**

**Born:** 2011-2012

**Participants:** 25-30 skaters

**Price:** 5.900 SEK

### **LUNDQVIST GOALIE CAMP**

#### **LEVEL 1-2 DAY CAMP**

**Born:** 2013-2014

**Participants:** 24 goalies

**Price:** 5.900 SEK

#### **LEVEL 3**

**Born:** 2011-2012

**Participants:** 24 goalies

**Price:** 6.400 SEK



### **GROUP DESCRIPTIONS**

#### **LUNDQVIST GOALIE CAMP**

##### **LEVEL 1-2**

We focus on the basic techniques of being a goalie.

##### **LEVEL 3**

We build from the basics and start practice on the details in the game. Ice sessions at a relatively high pace.

##### **LEVEL 4**

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

#### **JOEL LUNDQVIST HOCKEY CAMP**

##### **DEVELOPMENT**

Focus on the basics of ice hockey, skating, and lots of small games.

##### **ELITE**

More demanding camp with tough training both on and off the ice. On ice, we focus on puck control, shooting, and lots of small games.

## ■ JULY 22 - 26 • ÖCKERÖ

Joel and Henrik will visit the camp during this week.

### **JOEL LUNDQVIST HOCKEY CAMP**

#### **DEVELOPMENT DAY CAMP**

**Born:** 2011-2012

**Participants:** 25-30 skaters

**Price:** 5.400 SEK

#### **ELITE CAMP**

**Born:** 2009-2010

**Participants:** 25-30 skaters

**Price:** 5.900 SEK

### **LUNDQVIST GOALIE CAMP**

#### **LEVEL 3 DAY CAMP**

**Born:** 2011-2012

**Participants:** 24 goalies

**Price:** 5.900 SEK

#### **LEVEL 4**

**Born:** 2009-2010

**Participants:** 24 goalies

**Price:** 6.400 SEK

## ■ JULY 29 - AUGUST 2 • ÖCKERÖ

### **FRÖLUNDA HOCKEY CAMPS**

#### **DEVELOPMENT DAY CAMP**

**Born:** 2011-2012

**Participants:** 25-30 skaters, and four to six goalies

**Price:** Skaters 4.900 SEK, goalies 3.000 SEK

#### **DEVELOPMENT DAY CAMP**

**Born:** 2013-2014

**Participants:** 25-30 skaters, and four to six goalies

**Price:** Skaters 4.900 SEK, goalies 3.000 SEK

#### **DEVELOPMENT DAY CAMP**

**Born:** 2015-2016

**Participants:** 25-30 skaters, and four to six goalies

**Price:** Skaters 4.900 SEK, goalies 3.000 SEK







## NEW! A week next summer exclusively for girls

For several years we have had separate girls' groups at our summer hockey school. A novelty past summer was Hanna Olsson Hockey Camp, which turned out to be a success. Our goal was that the three-day camp would be extended to week exclusively for girls and we are proud to say that this will take place in July 2024.

## ■ JULY 8 - 12 • ÖCKERÖ

Hanna Olsson participates in the camp.

### HANNA OLSSON HOCKEY CAMP

#### **GIRLS 2007-2009**

**Participants:** 25-30 skaters, and four to six goalies

**Price:** Skaters 4.900 SEK, goalies 3.000 SEK

#### **GIRLS 2010-2011 GIRLS**

**Participants:** 25-30 skaters, and four to six goalies

**Price:** Skaters 4.900 SEK, goalies 3.000 SEK

#### **GIRLS 2012-2013 DAY CAMP**

**Participants:** 25-30 skaters, and four to six goalies

**Price:** Skaters 4.400 SEK, goalies 2.500 SEK

#### **GIRLS 2014-2016 DAY CAMP**

**Participants:** 25-30 skaters, and four to six goalies

**Price:** Skaters 4.400 SEK, goalies 2.500 SEK

### **GROUP DESCRIPTIONS**

#### **HANNA OLSSON HOCKEY CAMP**

##### **GIRLS 2014-2016**

On ice, we focus on the basics of ice hockey, skating, and lots of small team games.

##### **GIRLS 2010-2011, 2012-2013**

We focus on the basics of ice hockey, stick technique, shots and small team games with increasing difficulty and pace.

##### **GIRLS 2007-2009**

More demanding camp with tough training both on and off the ice. On ice, we focus on puck control, shooting, and lots of small games.



## MORE INFORMATION

Our camps are located on Öckerö, an island just outside Gothenburg – a perfect environment for recreation and exercise, close to everything; ice rink, housing, food, and baths in salt water.

Hanna Olsson Hockey Camp, July 8-12, is exclusively for girls. To all other camp weeks, we welcome both boys and girls.

The camp starts Monday morning and ends Friday afternoon.

The camp schedule includes minimum two ice sessions per day, theory and physical training. The camps July 8-12 and July 31-August 2 also includes one separate ice session for goalies per day.

Day camp includes breakfast, lunch, dinner and snacks (no accommodation or evening snacks). All other camps include full board and accommodation. The accommodation, where we sleep on mattresses provided by the camp, is at a school located ten minutes walk from the rink. The price is the same if you choose to sleep at home.

All participants will get a custom designed hoodie and a cap. The goalies will also get a practice jersey.

Our camp is demanding and sets a fast pace, adapted to each level – be sure to arrive well prepared.

Note that the camp requires that you can sleep away from your family four nights in a row.

Between the ice sessions there is time for recovery and socializing. The weeks with overnight camps includes a Monday gathering with barbeque and activities by the sea.

This hockey school is owned by Frölunda HC, Joel and Henrik Lundqvist, and Skärgårdens SK. Joel and Henrik will visit the camps one day per week July 15-19 and 22-26. Hanna Olsson participates in the girls camp week.

Visit [www.frolundacamps.se](http://www.frolundacamps.se) to see all information regarding signing up, payments, cancelling policies and insurances. For further questions, please contact Göran Pegenius, [goran.pegenius@frolundahockey.com](mailto:goran.pegenius@frolundahockey.com)

## SIGN UP AT [WWW.FROLUNDACAMPS.SE](http://WWW.FROLUNDACAMPS.SE)

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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 SOCIALIZATION** 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.

**Hanna Olsson, Henrik and Joel Lundqvist**  
in collaboration with Frölunda HC and Skärgårdens SK



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**JOEL LUNDQVIST**  
HOCKEY CAMP



**LUNDQVIST**  
GOALIE CAMP



**HANNA OLSSON**  
HOCKEY CAMP