



HANNA OLSSON
HOCKEY CAMP



JOEL LUNDQVIST
HOCKEY CAMP

REGISTRATION OPEN UP THURSDAY 6 NOVEMBER at 5:00 PM

SUMMER HOCKEY CAMPS 2026



13-17 July

Hanna Olsson Hockey Camp - girls

20-24 & 27-31 July

Joel Lundqvist Hockey Camp - skaters

20-24 & 27-31 July

Lundqvist Goalie Camp - goalies

3-7 August

Frölunda Hockey Camps - goalies & skaters



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WWW.FROLUNDACAMPS.SE



FRÖLUNDA
HOCKEY CAMPS



Hanna Olsson Hockey Camp as a weekly camp was once more a success. We will continue in the summer of 2026 with the same arrangement.

13 – 17 JULY • ÖCKERÖ

Hanna participates in the camp.



HANNA OLSSON
HOCKEY CAMP

HANNA OLSSON HOCKEY CAMP

GIRLS 2008-2010 - ACCOMMODATION

Born: 2008-2010

Participants: 25-30 skaters
and four to six goalies

Price: Skaters 5.000 SEK,
goalies 3.000 SEK

GIRLS 2011-2012 – ACCOMMODATION

Born: 2011-2012

Participants : 25-30 skaters
and four to six goalies

Price: Skaters 5.000 SEK,
goalies 3.000 SEK

GIRLS 2013-2014 – ACCOMMODATION

Born: 2013-2014

Participants : 25-30 skaters
and four to six goalies

Price: Skaters 5.000 SEK,
goalies 3.000 SEK

GIRLS 2015-2017 – DAY CAMP

Born: 2015-2017

Participants : 25-30 skaters
and four to six goalies

Price: Saters 4.500 SEK,
goalies 2.500 SEK

**NOW WITH
ACCOMMODATION**

WWW.FROLUNDACAMPS.SE

GROUP DESCRIPTIONS

HANNA OLSSON HOCKEY CAMP

GIRLS 2015-2017

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

GIRLS 2011-2012, 2013-2014

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

GIRLS 2008-2010

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

Accommodation package

- player + relative

An ADDITION to Hanna Olsson Hockey Camp is that it is now also possible to book accommodation as an option for DAY CAMP students together with a relative. The accommodation for players and relatives includes a mattress, blanket and pillow in the school hall for 4 nights and an evening meal. For relatives, breakfast, lunch and dinner are also included, as well as the possibility of showering in another room.

ATTENTION ! The relative lives at the school and is responsible for the player after the end of the camp in the afternoon until the start of the camp in the morning.

Price: 1.500 SEK



20 - 24 JULY • ÖCKERÖ

Joel och Henrik will visit the camp during this week.



JOEL LUNDQVIST HOCKEY CAMP

SKATERS 2015-2016 – DAY CAMP

Born: 2015-2016

Participants: 25-30 skaters

Price: 5.400 SEK

SKATERS 2013-2014 - ACCOMMODATION

Born: 2013-2014

Participants: 25-30 skaters

Price: 5.900 SEK



LUNDQVIST GOALIE CAMP

LEVEL 1-2 – DAY CAMP

Born: 2015-2016

Participants: 24 goalies

Price: 5.900 SEK

LEVEL 3 – ACCOMMODATION

Born: 2013-2014

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

FRÖLUNDA HOCKEY CAMPS

Focus for everyone on the basics of ice hockey, skating and a lot of small team play.

The older the groups become, the more demanding the camp with tougher training both on and off the ice.

On the ice, we ALWAYS start from Frölunda's game idea with a focus on puck control, goal shooting and small team play.

27 - 31 JULY • ÖCKERÖ

Joel och Henrik will visit the camp during this week.



JOEL LUNDQVIST HOCKEY CAMP

SKATERS 2013-2014 – ACCOMMODATION

Born: 2013-2014

Participants: 25-30 skaters

Price: 5.900 SEK

SKATERS 2011-2012 - ACCOMMODATION

Born: 2011-2012

Participants: 25-30 skaters

Price: 5.900 SEK



LUNDQVIST GOALIE CAMP

LEVEL 3 – ACCOMMODATION

Born: 2013-2014

Participants: 24 goalies

Price: 6.400 SEK

LEVEL 4 – ACCOMMODATION

Born: 2011-2012

Participants: 24 goalies

Price: 6.400 SEK

3 – 7 AUGUST • ÖCKERÖ

Frölunda senior team visit us during the week.



FRÖLUNDA HOCKEY CAMPS : for GOALIES and SKATERS

2013-2014 – DAY CAMP

Born: 2013-2014

Participants: 25-30 skaters and four to six goalies

Price: Skaters 4.900 SEK, goalies 3.000 SEK

2015-2016 – DAY CAMP

Born: 2015-2016

Participants: 25-30 skaters and four to six goalies

Price: Skaters 4.900 SEK, goalies 3.000 SEK

2017-2018 – DAY CAMP

Born: 2017-2018

Participants: 25-30 skaters and four to six goalies

Price: Skaters 4.900 SEK, goalies 3.000 SEK



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, 13-17 July, 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 13-17 July and 3-7 August also includes one separate ice session for goalies per day.

The camps 20-24 and 27-31 July are arranged in collaboration between Joel Lundqvist Hockey Camp and Lundqvist Goalie Camp, which means that the oldest group of skaters each week are shooters at the younger goalies' ice session. For the older goalkeepers, we have shooters from Frölunda's academy. The goalkeepers, in turn, are included in the skaters' ice sessions according to schedule.

Day camp includes breakfast, lunch, dinner and snacks (no evening snacks or accommodation). 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 camps with accommodation 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 och Henrik will visit the camps one day per week July 20-24 and 27-31. Hanna Olsson participates in the girls camp week and the last week 3-7 August the camp is visited by Frölunda senior team.

Visit 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



SIGN UP AT 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!

Welcome to our hockey camp!

Hanna Olsson, Henrik and Joel Lundqvist

in collaboration with med Frölunda HC and Skärgårdens SK



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