

REGISTRATION OPENS THURSDAY 5 NOVEMBER AT 5:00 PM

SUMMER HOCKEY 2027



HANNA OLSSON
HOCKEY CAMP



JOEL LUNDQVIST
HOCKEY CAMP

WEEK **28**

Hanna Olsson Hockey Camp

Girls

WEEK **29–30**

Joel Lundqvist Hockey Camp

Skaters

** Unfortunately, Joel and Henrik cannot visit the camp in week 30 – other guests will come instead.*

WEEK **29–30**

Lundqvist Goalie Camp

Goalies

** Unfortunately, Joel and Henrik cannot visit the camp in week 30 – other guests will come instead.*

WEEK **31**

Frölunda Hockey Camps

Goalies & skaters



SIGN UP AT

www.frolundacamps.se



FRÖLUNDA
HOCKEY CAMPS



HANNA OLSSON HOCKEY CAMP

12–16 JULY • ÖCKERÖ

Week 28 • Hanna participates in the camp

The success of Hanna Olsson Hockey Camp continues. In the summer of 2027, we are adjusting the age setup so that younger girls can join too.



HANNA OLSSON
HOCKEY CAMP

GROUP	FORMAT	SKATERS	GOALIES
Girls 2011–2013	BOARDING	5,200 SEK	3,000 SEK
Girls 2014–2015	BOARDING	5,200 SEK	3,000 SEK
Girls 2016–2017	DAY CAMP	4,700 SEK	2,500 SEK
Girls 2018–2019	DAY CAMP 3 days, Mon–Wed	3,000 SEK	2,000 SEK

Each group: 25–30 skaters and 4–6 goalies.

Girls 2018–2019

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

Girls 2014–2017

We start from Frölunda's training philosophy with the main focus on the basics – stick handling, shooting and small team games with increasing difficulty and pace.

Girls 2011–2013

A more demanding camp with tough training both on and off the ice. On ice, we start from Frölunda's game idea with a focus on puck control, shooting and small team games.



ADD-ON WEEK 28

Accommodation package – player + relative

Day camp players can book accommodation with a relative: mattress, blanket and pillow in the school hall for 4 nights, plus an evening meal. Relatives also get breakfast, lunch, dinner and a shower.

NOTE! The relative stays at the school and is responsible for the player from the end of camp in the afternoon until the start the next morning.

PRICE 1,500 SEK / 750 SEK

SIGN UP AT
www.frolundacamps.se

FRÖLUNDA HOCKEY CAMPS

WEEKS 29–31

WEEK 29 19–23 July

Joel and Henrik visit the camp during the week.



JOEL LUNDQVIST HOCKEY CAMP
Skaters • 25–30 spots/group

Born 2016–2017 5,500 SEK
DAY CAMP

Born 2014–2015 6,000 SEK
BOARDING



LUNDQVIST GOALIE CAMP
Goalies • 24 spots/group

Level 1–2 6,000 SEK
DAY CAMP Born 2016–2017

Level 3 6,500 SEK
BOARDING Born 2014–2015

WEEK 30 26–30 July

* Unfortunately, Joel and Henrik cannot visit the camp in week 30 – other guests will come instead.



JOEL LUNDQVIST HOCKEY CAMP
Skaters • 25–30 spots/group

Born 2014–2015 6,000 SEK
BOARDING

Born 2012–2013 6,000 SEK
BOARDING



LUNDQVIST GOALIE CAMP
Goalies • 24 spots/group

Level 3 6,500 SEK
BOARDING Born 2014–2015

Level 4 6,500 SEK
BOARDING Born 2012–2013

WEEK 31 2–6 August

Frölunda's senior team visits us during the week.



FRÖLUNDA HOCKEY CAMPS
Goalies and skaters

GROUP	FORMAT	SKATERS	GOALIES
Born 2014–2015	DAY CAMP	5,000 SEK	3,000 SEK
Born 2016–2017	DAY CAMP	5,000 SEK	3,000 SEK
Born 2018–2019	DAY CAMP	5,000 SEK	3,000 SEK

Each group: 25–30 skaters and 4–6 goalies.



GROUP DESCRIPTIONS

LUNDQVIST GOALIE CAMP

Level 1–2

Focus on basic technique – stance and positioning.

Level 3

We build on the basics and practise the details of the game. Ice sessions at a relatively high pace.

Level 4

For those fully committed to the goalie position. Tough physical training and demanding ice sessions focused on details.

JOEL LUNDQVIST HOCKEY CAMP & FRÖLUNDA HOCKEY CAMPS

Focus for everyone on the basics of ice hockey, skating and lots of small team play. The older the group, the more demanding the camp, with tougher training on and off the ice.

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



MORE INFORMATION

LOCATION

Our camps are located on Öckerö in the Gothenburg archipelago – a perfect environment for recreation and exercise, close to everything: ice rink, housing, food and swimming in the sea.

WHO CAN JOIN

Week 28 is for girls only. Weeks 29–31 welcome both boys and girls. In week 31, the Gothenburg district teams for girls and boys also join.

FORMAT

Monday morning to Friday afternoon. At least two ice sessions per day plus theory and physical training. Weeks 28 and 31 add a daily goalie session.

In weeks 29–30, the camps are run jointly by Joel Lundqvist Hockey Camp and Lundqvist Goalie Camp. The oldest skater group shoots at the younger goalies' ice sessions, and the older goalies get shooters from Frölunda's academy. The goalies in turn join the skaters' ice sessions according to the schedule.

FOOD, HOUSING AND GEAR

Day camps include breakfast, lunch, dinner and snacks (no accommodation or evening snack). Overnight camps include full board and a mattress in a school hall, ten minutes' walk from the rink. The price is the same if you choose to sleep at home.

All participants get a hoodie and a cap. Goalies also get a practice jersey.

OVERNIGHT CAMPS

Note that overnight camps require that you can sleep away from your family four nights in a row. Between sessions there is time for recovery and socializing. On Mondays in weeks 28, 29 and 30 we have a shared evening with a barbecue and crab fishing by the sea.

GOOD TO KNOW

The camps are demanding and keep a high pace, adapted to each level – so arrive well prepared!

GUESTS

The hockey school is owned by Frölunda HC, Joel and Henrik Lundqvist and Skärgårdens SK. Hanna Olsson visits the camp in week 28 and Joel and Henrik in week 29. In week 31, Frölunda's senior team visits.

** Unfortunately, Joel and Henrik cannot visit the camp in week 30 – other guests will come instead.*

SIGN-UP AND QUESTIONS

All information about signing up, payments, cancellations and insurance is at www.frolundacamps.se.

Questions? Contact hockey school director Göran Pegenius:
goran.pegenius@frolundahockey.com



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

Hanna Olsson, Henrik and Joel Lundqvist

in collaboration with Frölunda HC and Skärgårdens SK

