

REGISTRATION OPENS THURSDAY 5 NOVEMBER AT 5:00 PM

FRÖLUNDA HOCKEY CAMPS

# SUMMER HOCKEY 2027



**HANNA OLSSON**  
HOCKEY CAMP



**LUNDQVIST**  
GOALIE CAMP



**JOEL LUNDQVIST**  
HOCKEY CAMP

|                          |                                                                                                                                                                      |                   |
|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| July 12-16               | Hanna Olsson Hockey Camp                                                                                                                                             | Girls             |
| July 19-23<br>July 26-30 | Joel Lundqvist Hockey Camp<br><i>* Unfortunately, Joel and Henrik will not be able to visit the camp from July 26-30. Other special guests will join us instead.</i> | Skaters           |
| July 19-23<br>July 26-30 | Lundqvist Goalie Camp<br><i>* Unfortunately, Joel and Henrik will not be able to visit the camp from July 26-30. Other special guests will join us instead.</i>      | Goalies           |
| August 2-6               | Frölunda Hockey Camps                                                                                                                                                | Goalies & skaters |



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[www.frolundacamps.se](http://www.frolundacamps.se)





HANNA OLSSON HOCKEY CAMP

# 12-16 JULY • ÖCKERÖ



● **Hanna participates at the camp**  
The success of the Hanna Olsson Hockey Camp continues in the summer of 2027. We are adjusting the age groups to give even younger girls the opportunity to join the 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 the ice, we focus on the fundamentals of ice hockey, skating skills, and plenty of small-area games.

## Girls 2014-2017

We follow Frölunda's training philosophy, with a strong focus on the fundamentals: stickhandling, shooting, and small-area games with gradually increasing difficulty and intensity.

## Girls 2011-2013

A more demanding camp with challenging training both on and off the ice. On the ice, we follow Frölunda's playing philosophy, focusing on puck control, shooting, and small-area games.



### ADD-ON July 12-16 Accommodation package – player + relative

Day camp players can book accommodation together with a parent or relative for 2 or 4 nights. Accommodation is in the school hall, with a mattress, blanket, and pillow provided. The package also includes an evening meal, as well as breakfast, lunch, dinner, and access to shower facilities for accompanying relatives.

**NOTE!** The accompanying parent or relative stays at the school and is responsible for the player from the end of the camp day until the camp starts again the following morning.

PRICE 1,500 SEK / 750 SEK

SUMMER HOCKEY 2027 • ÖCKERÖ

# 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



GROUP DESCRIPTIONS

LUNDQVIST GOALIE CAMP

- Level 1–2**  
Focus on fundamental techniques, including stance and positioning.
- Level 3**  
We build on the fundamentals and focus on the finer details of the game. Ice sessions are held at a relatively high pace.
- Level 4**  
For goalies fully committed to the position. Tough physical training combined with demanding ice sessions, with a strong focus on details and advanced techniques.

WEEK 30

## 26–30 July

\* Unfortunately, Joel and Henrik will not be able to visit the camp from July 26–30. Other special guests will join us 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 teams will visit the camp 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.



# MORE INFORMATION

## LOCATION

Our camps are held on Öckerö in the Gothenburg archipelago, a perfect setting for both training and recreation. Everything is close by, including the ice rink, accommodation, meals, and swimming in the sea.

## WHO CAN JOIN

July 12–16: Girls only.

July 19–23: Boys and girls.

July 26–30: Boys and girls.

August 2–6: Boys and girls. The Gothenburg district teams for girls and boys will also join us during this week.

## FORMAT

The camp runs from Monday morning to Friday afternoon, with at least two ice sessions per day, as well as theory sessions and off-ice training.

During July 12–16 and August 2–6, goalies will also have one dedicated goalie session each day.

During July 19–23 and July 26–30, Joel Lundqvist Hockey Camp and Lundqvist Goalie Camp are run together. The oldest skater group joins the younger goalies' ice sessions as shooters, while the older goalies train with shooters from Frölunda's academy.

The goalies also join the skaters' regular ice sessions according to the camp schedule.

## FOOD, HOUSING AND GEAR

Day camp includes breakfast, lunch, dinner, and snacks. Accommodation and evening snacks are not included.

Overnight camp includes full board and accommodation on a mattress in a school hall, approximately a ten-minute walk from the ice rink. The price remains the same if you choose to sleep at home instead.

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

## OVERNIGHT CAMPS

Please note that participants in the overnight camp need to be comfortable staying away from their families for four consecutive nights.

Between training sessions, there is plenty of time for recovery and socializing.

On Monday evenings during July 12–16, July 19–23, and July 26–30, we get together for a barbecue and crab fishing by the sea.

## GOOD TO KNOW

The camps are demanding and fast-paced, with training adapted to each level, so make sure you arrive well prepared!

## GUESTS

The hockey school is jointly owned by Frölunda HC, Joel and Henrik Lundqvist, and Skärgårdens SK.

Hanna Olsson will visit the camp during July 12–16, and Joel and Henrik Lundqvist during July 19–23. Frölunda's senior team will visit during August 2–6.

Please note: Unfortunately, Joel and Henrik will not be able to visit the camp during July 26–30. Other special guests will join us instead.

## SIGN-UP AND QUESTIONS

All information about registration, payments, cancellations, and insurance is available at [www.frolundacamps.se](http://www.frolundacamps.se).

For questions, please contact Hockey School Director Göran Pegenius at [goran.pegenius@frolundahockey.com](mailto:goran.pegenius@frolundahockey.com).



With a focus on developing as a hockey player through dedicated training, we create memories that inspire both on and off the ice. Guided by our core values, **TRAINING, JOY and TEAM SPIRIT**, we want players, parents, and coaches to bring a positive attitude and share our ambition to create a world-class hockey camp.

Welcome to Frölunda Hockey Camps!

**Hanna Olsson, Henrik and Joel Lundqvist**

in collaboration with Frölunda HC and Skärgårdens SK



SIGN UP AT

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