



# LUNDQVIST GOALIE CAMP

A PART OF FRÖLUNDA INDIANS HOCKEY SCHOOLS

Welcome to our popular hockey camp located at Öckerö, an island right outside of Gothenburg. Here we have all the ingredients to give you a rewarding stay in beautiful surroundings.

## SUMMER 2019 (July 7 -Aug 2)

Our very popular instructors leads the groups. Most of them has been with us for many years now. Henrik will visit one day per week, except for Elite Camp.

### LEVEL 1/2 – GOALIES born 2008-2009

The basic techniques of being a goalie.

Participants per week: 24.

July 7-12 and July 14-19..... **5400 SEK**

### LEVEL 3 – GOALIES born 2006-2007

We build of the basics and start practice on the details in the game.

Ice sessions at a relatively high pace.

Participants per week: 24.

July 7-12 juli and July 21-26..... **5900 SEK**

### LEVEL 4 – GOALIES born 2004-2005

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

Participants per week: 24.

July 14-19 and July 21-26..... **6400 SEK**

### LEVEL 5 – ELITE CAMP

NEW! We move this camp closer to upcoming season and hold the camp Sunday til Thursday. For goalies with pro ambitions. We refine the details of the game with coaches from pro leagues. Tough physical training and demanding ice sessions at a high pace. More focus on theory/off-ice/rest. NOTE! Henrik will not be visiting this week.

Participants: 18. Age: born no later than 2004.

July 28- Aug 1..... **6400 SEK**

Prices include full board and accommodation. The price is the same if you choose to sleep at home. All participants will get a special designed Lundqvist Goalie 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 salty 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 (except for Elite Camp). 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 Joel Lundqvist Hockey Camp and we sometimes use participants from their groups. Also, a special group from Frölunda Indians junior teams is available, especially for Level 4 and 5. During the camp, goalies might participate on Joel Lundqvist Hockey Camp's ice sessions.

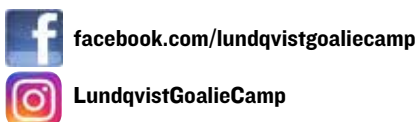
This hockey school is owned by Frölunda HC, Joel and Henrik Lundqvist and Skärgårdens SK, whose rink we are housed in.

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](mailto:goran.pigenius@frolundaindians.com).

Welcome!



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 Skärgårdens SK



Frölunda Indians HOCKEYSKOLOR