



REEBOK SUMMARCAMP 2010 GISLAVED/SWEDEN

WELCOME TO PRE HOCKEYCAMP SWEDEN HIGH LEVEL TRAINING FOR SENIORS PLAYERS.

Intensive high-level training for hockey players ages 20 years and older.

- Three sessions on-ice daily.
- Individual techniques stickhandling.
- Advanced Powerskating with pros.
- Game situations.
- Video Analysis.
- Strength training for hockeyplayers.
- Hockey Agency visitors us.



Dates: 28 – 29 – 30 – 31 JULY 2010, start time 28 july is **12.00**.

Location: Gislaved/South Sweden, 1,5 hour from Gothenburg Airport.

Instructors: Professional instructors from Sweden.

Program:

Four day programs with special exercises for defender and forward players, e.g advanced Powerskating - Explosive Starts, Resistance Drills, Over speed, Agility Maneuvers, Powerful Crossovers, Tight turns, video analysis, puck kontroll, stickhandling, shooting and Game situations.



Where are the Camp in Sweden?

Location – The town of Gislaved in the south of Sweden. Deep forests, glassy lakes and high mountains. Meadows, strawberries and grazing cows. Beautiful wildflowers and red, red lingonberries. Moose, roe deer and interesting birds. Museums, fast cars and green golf courses. Fishing, skiing and canoeing.

Welcome to Gislaved - a good part of Småland!

Number of players, requirement and age

There is two group with 12 players and one group of maximum 6 goalies at the camp.

The camp is for ages 20 years older.

Lodging, Application and Fee.

The price from Wednesday lunch until Saturday afternoon (4 days) for players staying at the camp is **SEK 3490**. This includes training, lunch, dinner and snacks. The cost for players staying at Gislepark Cabins in 4 bedroom is **SEK 4200**. This includes training, Lodging, Breakfast, lunch, dinner and snacks. All participants receive a T – shirt and water bottle from **Reebok Hockey**. Price also include fees for Swimming, Sauna and Strength Training.

The Camp is a daycamp. If you not want to stay in Gislepark Cabins, We recommend all so **Hotell Carlsson** is **SEK 1000** for 4 days includes breakfast. *Inchecking on 28 july.*
Booking lodging E-mail: marten@swetechockey.com

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As soon as your application is confirmed you will receive an invoice covering a deposit of **SEK 1800**. The balance **SEK 1690**, respectively **SEK 2400** is due on May 28, 2010 at the latest. Players from outside Sweden check if you need an extra insurance during the camp.

Note that in the event of cancellation, all money is non-refundable. A credit for the following summer will be given only for medical reasons with doctor's confirmation in writing. This is a subject to a **SEK 900** administration fee.

SEND THE APPLICATION SOON!

We hope that you like our initiative to continue and extend the hockeycamp for you are a serious hockey player. You will meet many excellent top players and you will get more knowledge of hockey from really qualified professional instructors.

If you wish to participate in this exciting training camp we recommend you to send the application today! Kindly use the application from the website to register at the Hockeycamp.

Some highlights

- 15 hours of on-ice instruction. (4 days).
- Advanced Powerskating sessions.
- Individual Video Analysis with program Dartfish.
- Shooting techniques: wrists, snap, backhand and short slapshots.
- Puck control: dribbles, fakes and protection.
- Individual defence/offensive play with application for defencemen and forwards.
- Off-ice training develop flexibility, explosive power and coordination.
- Sessions on mental preparation and attitude.
- Intense goaltending program improving mobility, agility and balance.
- Strength training in gym.
- Sessions on Nutrition.

Some offers

- Professional instructors from Sweden.
- Athletic therapist and trainer.
- Sport complex with Olympic sized and 1,5 ice courses.
- Off-ice training room and video room.
- Equipment manager sharpen skates, washing underwear.
- Chance to swim and having sauna
- Professional Nutrition coach.
- Quality Swedish food.



Looking forward to seeing you next summer!

SWETEC Hockey

Box 9022
291 09 Kristianstad/SWEDEN
Phone: +46 44245564
Fax: +46 44245564
Page: www.swetechockey.com
E-mail: info@swetechockey.com

Person to Contact: SWETEC Hockey – Dag Wenstrom +46 708457302

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