



# REEBOK SUMMARCAMP 2010 GISLAVED/SWEDEN

## WELCOME TO REEBOK HOCKEYCAMP! HIGH LEVEL TRAINING FOR YOUNG PLAYERS.

Hockey players ages 10 – 15 years High Level Trainingcamp 2010

- 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:** 1 – 2 – 3 – 4 – 6 – 7 – 8 AUGUST 2010, start time 1 aug is **15.00**.  
**Location:** Gislaved/South Sweden, 1,5 hour from Gothenburg Airport.  
**Instructors:** Professional instructors from Sweden.

### Program:

Six 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, 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 24 players and one group of maximum 8 goalies at the camp.

**The camp is for ages from 10 to 15 years older.**

### Lodging, Application and Fee.

The price from Sunday afternoon until Sunday afternoon (7 days) for players staying at the camp is **SEK 4590**. This includes training, lunch, dinner, snacks and fees for Swimming for players. All participants receive a T – shirt and water bottle from **Reebok Hockey**.

The Camp is a daycamp. We recommend **Gilsapark Cabins** and so **Hotell Carlsson**. If you want more information about lodging contact by E-mail: [marten@swetechockey.com](mailto:marten@swetechockey.com)

As soon as your application is confirmed you will receive an invoice covering a deposit of **SEK 1800**. The balance **SEK 2790** is due on May 31, 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 ta a **SEK 900** adminstration fee.

COOPERATION WITH

# Reebok

**NutriGuard**  
TILLSKOTT FÖR AKTIVA

# PROSHARP



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## 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

- 5 hours on-ice instruction daily. (6 days).
- Advanced Powerskating sessions.
- Shooting techniques: wrists, snap, backhand and short slapshots.
- Puck control: dribbles, fakes, passes, protection and deking.
- Individual defence/offensive play with application for defencemen and forwards.
- Winning all one-on-one situations
- Individual defence concept with special applications for defencemen and forwards
- Individual offensive play with special applications for defencemen and forwards
- Offensive and defensive cheching strategy
- Off-ice training develop flexibility, explosive power and coordination.
- Sessions on mental prepartion and attitude.
- Intense goaltending program improving mobility, agility and balance.
- Sessions on Nutrition
- 3 Games

### Some offers

- Full time Professional instructors from Sweden and Europe.
- Sport complex with Olympic sized.
- Off-ice training room and video room.
- Equipment manager sharpen skates.
- Professional Nutrition coach.
- Quality Swedish food.



**Looking forward to seeing you next summer!**

### SWETEC Hockey

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