



**WELCOME TO
HOCKEYFABRIKEN SKILLSCAMP FALLBREAK – 2017
MÄRSTA, STOCKHOLM**





Welcome to Hockeyfabriken Skillscamp Fallbreak – 2017

We welcome you to an exciting Fallbreak Camp where you will face individual skills training with focus on individual skills within all areas, such as skating, stick skills, passing and shooting. Our ambition is that our Camp will deliver high quality, ambitious players and a lot of fun.

The Skills coaches for the Camp that will make this week educational and fun are:

The coaches for the Camp during this summer are:

- **Ansis Straupe**, Skills coach
- **Mattias Valente**, Skills coach
- **Gustav Wallner**, Skills coach
- **Martin Engstedt** Assistant Skills coach
- **Johan Simonsson**, strength and conditioning coach
- **Viktor Helander**, strength and conditioning coach
- **Alexander Hamberg Goalie coach**, one hour of dedicated goalie sessions every day.
- **Group leaders**, one for each group
- **Mattias Engström** Camp administration, locker room and main contact for parents during Camp.

Part of successful Camp is to be clear around the rules of the Camp. I would like to introduce with them and make sure that all the players will know what is expected from them. The rules are made to provide the best conditions for best Camp experience.

The rules for Hockeyfabriken Skillscamp Fall Break are:

- We have zero tolerance regarding all forms of bullying, both physical and verbal;
- Candy, sodas and energy drinks are forbidden at the Camp. We are there to develop as hockey players and need to drink and eat responding to that.

We expect all the players to take responsibility for:

- Cleaning and keep it clear in the locker rooms and other off-ice facilities;
- Be at time for all activities with the right equipment;
- Listen and respect the coaches and leaders;
- Compete at all time considering "Fair play" rules.

If you don't follow our Camp rules as a player the following consequences apply:

1. Warning
2. Yellow card – suspended for rest of the day, but you are welcome back next day;
3. Red card – you must leave the Camp.

Our goal is to prevent any problems, but we want to be clear what to expect about player behavior. Also we won't allow bad behavior to reflect the other players at the Camp. We have not been forced to give any player a red card yet, and, of course that's our goal for coming Camps.



Points to consider:

- There is everyday lunch and snacks but a lot of players need extra snacks to have stamina throughout the day. In the schedule there will be rest time for players eat extra snack.
- Bring your own waterbottle;
- Bring a stickhandling/shooting stick for off-ice training use;
- Have off-ice clothes for outdoor training sessions;
- You can sharpen your skates at the Camp. You will be able to purchase a skate card for 80 SEK or pay for each sharpening (50 SEK).
- If there is accident at the camp that needs to be checked by medical personal we need to be able to reach you as a parent. Of course we will handle it but we need to be able as soon as possible get your assistance.
- Registration for each group is Monday morning in this order:
 - 07:15 Group 1 (born 2007-2009)
 - 07:15 Group 2 (born 2005-2005)
 - 08:15 Group 3 (born 2005-2003)
- Make sure you are on time Monday morning. The registration entrance is on the right side of the arena by the janitor office.
- The Camp is held at Pinbacken Arena, Nymärstagatan, Märsta. We will be there prior to registration to handle registration and guide the player to the right locker room.
- We will within the different groups divide the groups on and off the ice depending on age and skills level. The goals is to have every player compete against players at the same level as themselves. Most of the training is individual and not depending on age parameters.
- Each group will have an dedicated group leader that follows the group for all activities.



SCHEDULE

Se separate schedule at the website.

Conditions for Hockeyfabriken Skillscamp Fallbreak:

- Payment must be on Starzones account prior to Camp start for the player to participate at the Camp. If you are missing any payment information, please let us know via email, info@starzonesports.com.
- There is no refund if you get sick or injured during the Camp.
- All players must make sure they have an insurance from their club that allows them to participate at the Camp.
- All players are responsible for their clothes and gear. Starzone can never be liable for loss of clothes, gear or other personal belongings.
- Starzone will take pictures and videos at the Camp for social media publication. If you don't allow us to us pictures of your players please inform us in writing to thomas@starzonesports.com

Parents, follow the Camp through our social media plattform:

Facebook: <https://www.facebook.com/starzonesportsab/>

Instagram: <https://www.instagram.com/starzonesports/>

We are all looking forward meeting you for a great Camp.

If you have any questions, please dont hesitate to contact us.

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Mattias Engström (Camp administrator), +4676-877 10 49

Kind regards

Ansis, Mattias och Gustav