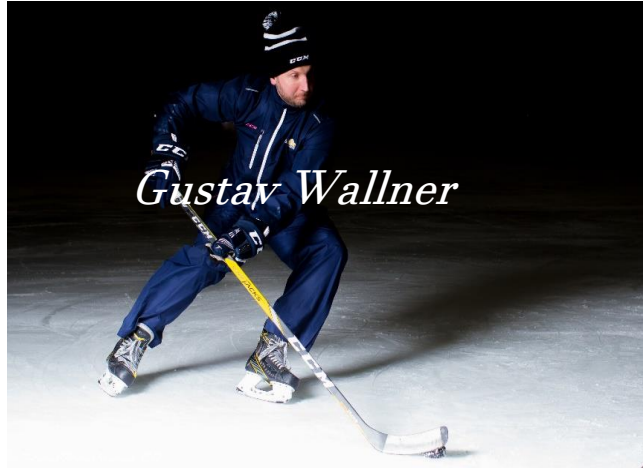


# HOCKEYCAMP SWEDEN SOUTH AFRICA



*Gustav Wallner*



*Mattias Valente*



HOCKEYCAMP SWEDEN  
SOUTH AFRICA

CAPE TOWN



SOUTH AFRICAN  
ICE HOCKEY  
FEDERATION

**STARZONE**  
SPORTS



# HOCKEY CAMP SWEDEN SOUTH AFRICA

Location: Cape Town  
Arena: The Ice Station Grand West

Date: 19<sup>th</sup> -22<sup>nd</sup> of January  
Price: 2950 Rand

Info and Registration: <https://starzonesports.com/camper/hockey-camp-sweden-south-africa-cape-town/>



## CUSTOMER REVIEWS

- The ice-sessions and the coaches are awesome. Very good drills with variations and clear instructions. You can feel the development of each player on the ice!
- When arriving at home my son was lyrical and told me so many positive facts about the camp and the coaches. Amazing and instructively, the best Camp he ever attended. Thank you Starzone!
- Great planning and execution of the Camp with a great crew of Skills Coaches. The Camp was challenging and he was very pleased when we home after Camp.
- The Ice sessions was challenging in a good and positive manner. I felt that I got a good individual development on the ice sessions

## PAYMENT DETAILS:

Account name – SAIHF    Account NR – 221 001 336  
Branch Code– 018005    Swift code – 018005  
Use Name and Surname as payment reference

## ABOUT HOCKEYCAMP SWEDEN SOUTH AFRICA

Starzone Sports is proud to present **Hockeycamp Sweden South Africa.**


We offer 4 days of high intensity and quality training for players that wants to focus on their individual development. Hockeycamp Sweden South Africa is a unique possibility for South African players to train together with Starzones world wide renowned skills coaches to optimize individual skills development.

During our Camp you will get 8 hours of ice training with focus on detailed skills training. There is also 8 hours of Off-Ice training for a complete experience of training that will help you reach the next level of hockey skills.

## SKILLS COACHES:



## ALL THIS IS INCLUDED

- Stickhandling ball from Hockey Revolution 
- 6 ice sessions.
- 6 hours of hockeyspecific Off-ice training.
- Off-ice includes Physio, skills training and classroom sessions.
- On- ice Powerskating training with parachutes and restrain bands.
- Each coach is specialized within their skills competence to give you the optimal learning.
- Specific and detailed skills-training according to the 360 degrees training methodology .
- Classroom sessions with specific themes about mental aspect, food and training methodology.

