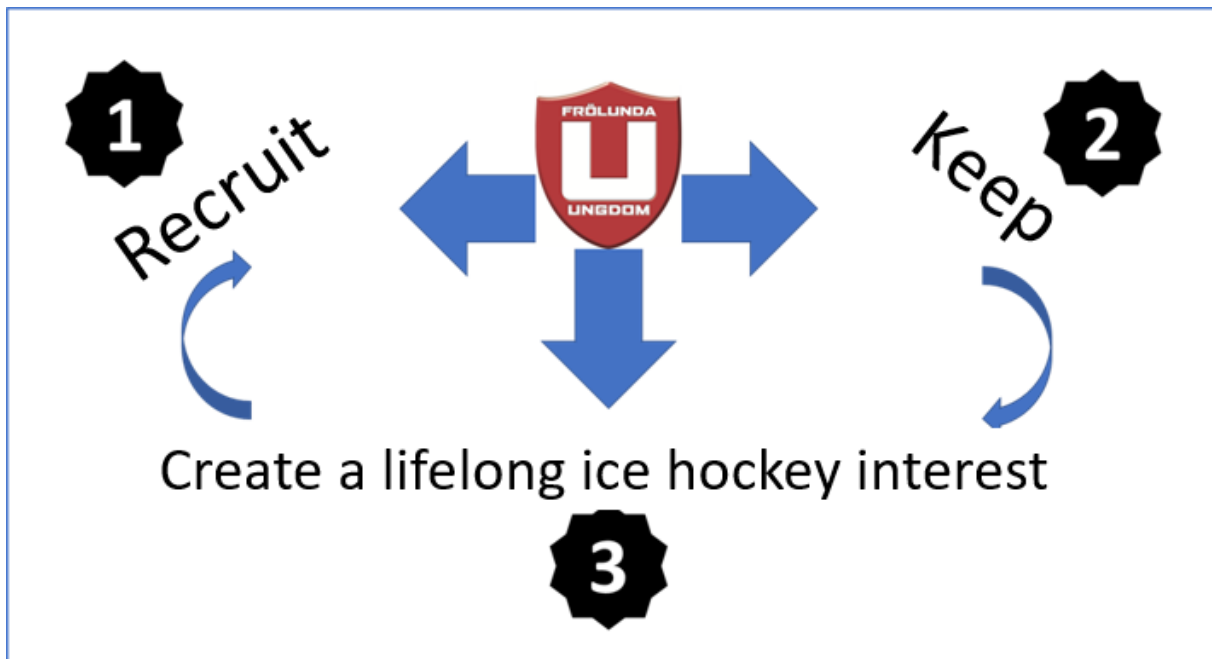




**Frölunda HC Hockeyskola
2018–2019**

English version

What is our mission?



Skating School

Here all beginners start to get to know the ice in a playful and fun way without club and puck.

Hockey School Older

born 2011 or older beginner - Ice hockey training based on play, games and ice skating.

Girl hockey school

Ice hockey training based on play, games and ice skating, where girls get a chance to train together as a clean girl group.

Goal for all parts of the Hockey School

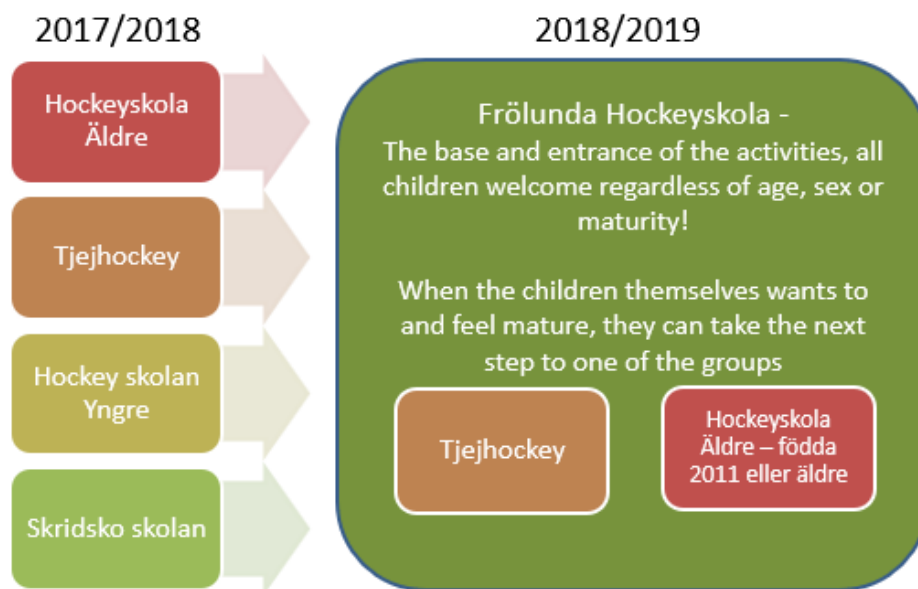
Increase the interest in sports among the children and their families. The operations must be based on play.

Keywords for the activities

- Meet friends
- Joy and good friendship
- Learn new things - create interest
- Create good habits

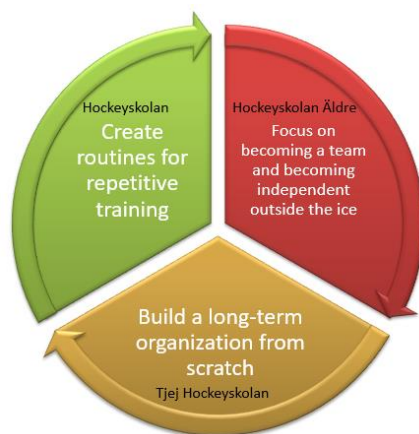
What's new for this season?

4 groups become 3



What opportunities does this creates, do we think?

- All children are offered at least 3 ice passes a week
- Individual custom exercises regardless of maturity degree
- The girls get their own group "on real" in HS and the opportunity for 4-5 ice passes a week in combination with the Saturdays
- Later starting children born 2011 or older can catch up groups in same age
- An open activity that creates opportunities after interest and ambition
- Saturday's training does not close to late starting children who want to start playing hockey
- The hockey school elderly has their own time to "build teams" as well as the opportunity for 4 ice passes a week



Saturdays

Skating school 11.00-11.50 (Half rink)

Here all beginners start to get to know the ice in a playful and fun way without hockey stick and puck. Here, even parents are welcome on the ice if it is an advantage so that you child will feel safe for the first time. The only requirement is helmet and skates.

Girls Hockey School 11.00-11.50 (Half rink)

Ice hockey practice based on play, games and ice skating, where girls get a chance to work together as a separate girl group if you want this.

Hockey School - Small scale game 12.00-12.50 (Full rink)

Small scale game, we divide the rink in several small areas and divide the kids into teams, somewhat after maturity and release the puck for 2 goal games.

Hockey School Station Exercises 13.00-13.50 (Full rink)

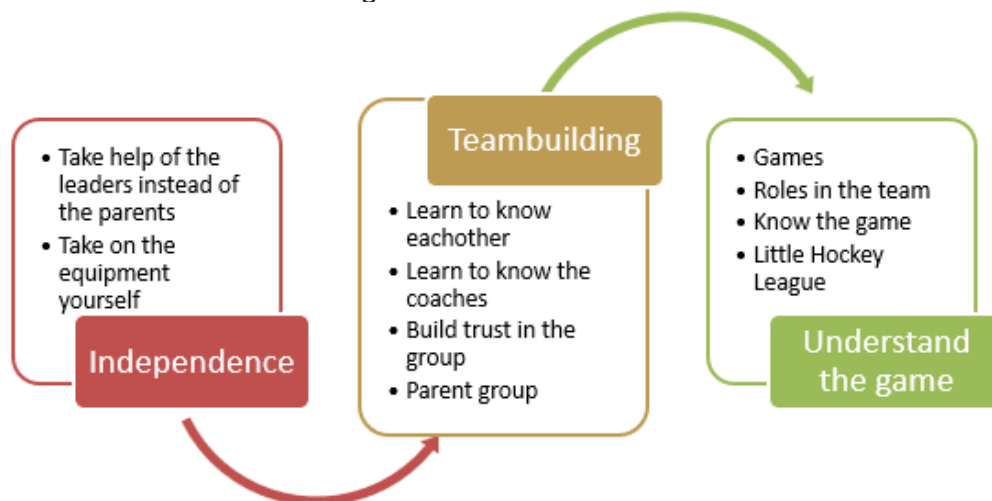
Technique exercises based on club technique, shooting and skating, same stations over time so the children recognize the stations from Saturday to Saturday and through this easily noting their progress by themselves.



Thursdays

Hockey School Older (Girls and boys born 2011 or older) 16.00-16.50

Ice hockey training based on play, games and ice skating. Here we raise the level a little more on our exercises, but as usual we always have fun that we have fun and the children will be able to be challenged a little more.



Free skating

Free skating hour in Wallenstam together with other Frölunda youth (Own responsibility, no leaders or parents on the ice, parents are responsible)

- Mondays 15.00-15.50

- Tuesdays 15.00-15.50

- Fridays 16.00-16.50

Check out the calendar for current days.

Gather some friends and go down and play spontaneous hockey!

Note, full equipment is a requirement for Hockey School activists as there are many older, more experienced activists out on the ice at the same time!

Seasons fee 2018/2019

After a couple of years at no cost for participation, it has been decided to charge a family fee of 500: - included in this fee:

- Training Saturdays (all) & Thursdays (f2011 or older) in Wallenstam
- One fee and all children in the family welcome to participate
- Free lending of equipment, subject to availability
- Free ride 3 weekdays, Monday, Tuesday and Fridays (without Coaches and parents on the ice)
- Discount on selected A-team matches in Scandinavium, information is ongoing
- Try for free 3 times, collective invoices are sent out at certain dates during the season

How does an ordinary ice hockey practice look like in Wallenstam?

We are careful about attendance and enrollment, due to document the presence is a basis for contributions to the association, but also an important part of the insurance for the children.

1. At the entrance to Wallenstam we have the reception desk, there is an attendance station where the children (if they want and can) look up their names in the list and click to participate in the training. Here, staff always at hand to help. A prerequisite that the name is in place is that you have previously been registered via our website (<https://frolundahockeyclub.myclub.se/hockeyskolan>)

2. The children then choose a shirt color. The color does not matter when you are out on the ice, but everyone can choose the color you like best for the moment. When we play small-scale games, we hand out vests to distinguish the teams out on the ice, this is taken care of by the ice-leaders on the spot.

3. When registering and selecting shirt color, it is time to pick up equipment or if you have your own equipment, you go directly to the locker rooms located behind the player box.

4. Borrowing equipment: We have relatively much equipment for lending. Normally, there is enough for everyone, but in some Saturdays, it may be a little difficult to get together when we are many on the ice. At the opposite side of the entrance (preferably in a counterclockwise direction around the ice) we have a supply of hockey bags for lending, there is also the possibility to pick up complete equipment bags by size. Here, staff are always available to help find the right one. NOTE: We need our equipment all the time, so we do not allow you to lend the equipment and take home.

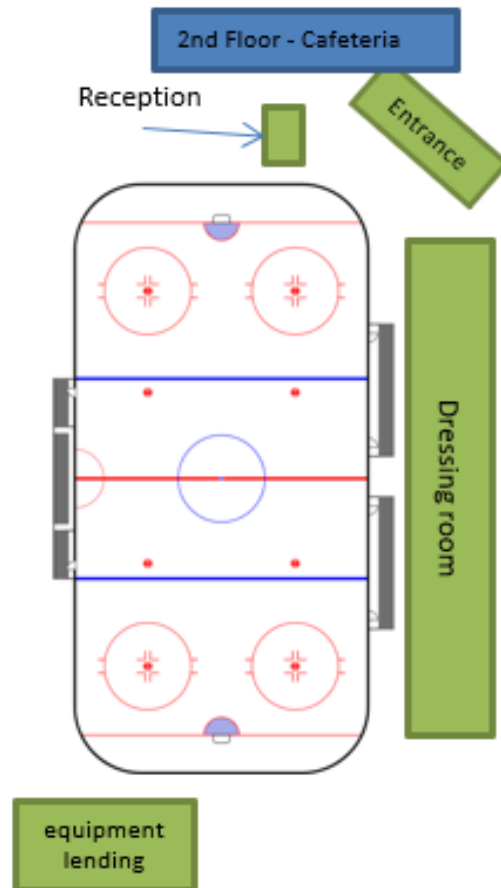
5. When you have all the equipment, you go to the locker rooms that are located behind the player's box, here are some signs that tell us where we can sit and change, we are new to this year's own room for the girls who wants this.

6. After the training has finished, put the equipment back in the same bag, be sure to bring all the equipment back in the bag back to the delivery. This makes it easier for materials responsible and that we can easily trust that the bags are complete. Should you find that something is broken, we appreciate you announcing this so that we can fix the broken for the next training.

Parents are welcome to stand in the booth during exercise so that the children feel safe and have you in the vicinity if something happens or to keep an eye on your water bottle ready when drinking breaks are announced. There is also a small cafe above the reception on the "second" floor overlooking the ice plan for those who want a little overview.

The best tip we can provide is being on time, we have many needs to borrow equipment and change clothes at the same time.

Map over Wallenstam



Advice to parents:

- Be positive, encourage, support, and strengthen your children.
- Let the children be independent when exercising, when they feel that they are mature.
- Be a parent and help your child to have a lifelong hockey interest.
- Frölunda's process is long-term, try to ensure the long-term development of your child / children.

We are many who are beginners and sometimes there will be children and parents who have never been in an ice hall before, please help if you are used to and have the knowledge. We all leaders as volunteers in the organization and sometimes it can be difficult to get the time needed to support all at the same time.

All parents needed!

#framåttillsammans

See you in Wallenstamshallen!



Contact information

We are constantly working on developing the activity and we welcome all feedback and thoughts on how to improve our Hockey School.

Do not hesitate to talk to any of our leaders about your thoughts!

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