

Flow summer hockey camp

Telfs, Austrian Alps

27.6.2023-7.7.2023

I would like to invite you to ice hockey summer camp in the Austrian Alps, from 27th of June to 7th of July, 2023. The camp is aimed at the highest level of players from seven different countries (Sweden, Slovakia, the Czech Republic, Hungary, Italy, Austria and Germany). The main goal of this camp is to connect hockey players from different countries and to create a competitive environment for the players.

The camp has a DAILY schedule with start every morning at 8:00 and ending around 17:00.

Group capacity and age categories will be limited.

Coaching staff

Head coach: Mgr. Mikuláš Mihňák

Coaching Licence: A+

Languages: Slovakian, English

Education:

Comenius University in Bratislava

Bachelor programme (Degree: Bc.)

2014-2017

Comenius University, Bratislava, Slovakia, Faculty of Physical Education and Sports,
Department of Games - Ice Hockey, Specialization: Ice Hockey

Palacky University

Master study programme (Degree: Mgr.)

2019-2021

Palacky University, Olomouc, Czech Republic, Faculty of Physical Culture, Department of Sport, Specialization: Teaching Physical Education for Lower Secondary and Higher Secondary Schools with Specializations



Work experiences:

2015: HC Slovan Bratislava U6 & U7, Assistant Coach
2016-2017: HC Slovan Bratislava U8, Assistant Coach
2017-2019: MHC 46 Bardejov U6,U8,U10, Head Coach
2019-2021: SK Prostejov 1913 U6,U8,U10, Head Coach
2019-2021: SK Prostejov 1913 U11,U13,U14,U18, Assistant Coach
2021-2022: Vipiteno/Sterzing Broncos U7,U9,U11, Head Coach
2021-2022: Vipiteno/Sterzing Broncos U13,U15,U17, Assistant Coach
2021-2022: Vipiteno/Sterzing Broncos U7-U17, Skills Coach
2021-2022: Falcons Brixen, Skills Coach
2022-2023: Linköping HC U14, Head Coach
2022-2023: Linköping HC U12, U13, U14, U15, Skills Coach
2022-2023: Linköping HC J20, J18, U16, Division 2 (W), Division 1 (W), Skills Coach

Assistant coach: Kevin Reiniš

Languages: Czech, English, Italian, German

Coaching Licence: B



Work experiences:

2013-2014 HC Milevsko 2010 U7, Assistant Coach
2014-2015 HC Milevsko 2010 U8, Assistant Coach
2014-2015 HC Milevsko 2010 U7, Head Coach
2015-2016 HC Feltregghiaggio Junior U7,U9,U11,U13,U15,U18, Head Coach
2016-2017 HC Feltregghiaggio Junior U7,U9,U11,U13,U15, Head Coach
2017-2018 HC Feltregghiaggio Junior U7,U9,U11,U13,U15, Head Coach
2018-2019 HC Feltregghiaggio Junior U7,U9,U11,U13,U15, Head Coach
2018-2019 HC Feltregghiaggio Serie C, Head Coach
2019-2020 Vipiteno/Sterzing Broncos U7,U9,U11,U13,U15 Head Coach
2020-2021 Vipiteno/Sterzing Broncos U7,U9,U11,U13,U15 Head Coach
2021-2022 Vipiteno/Sterzing Broncos U7,U9,U11, Assistant Coach
2021-2022 Vipiteno/Sterzing Broncos U13,U15 Head Coach
2022-2023 Vipiteno/Sterzing Broncos U7,U9,U11,U17 Assistant Coach
2022-2023 Vipiteno/Sterzing Broncos U13,U15 Head Coach
2022-2023 Südtirol - Alto Adige U14,U15 Head Coach

Program

Extensive program with a lot of hard work and fun activities for all participants.

The program will be as follows:

2 practices of 80 min On Ice a day with focus on up turn skating technique, individual defense and offense skills (fake moves, puck control, protecting puck, play in situations 1 against 1...).

2 practices of 60 min Off Ice a day with the focus on developing basic movement skills such as speed, agility, strength, reaction, coordination, stickhandling technique and shooting options.

Training will be recorded and analyzed with each player.

1 theory lesson of 60 min per day.

Camp weeks

1st camp week

27.6.2023 – 1.7.2023

Group 1: year of birth 2006-2009.

Group 2: year of birth 2010-2014.

2nd camp week

3.7.2023 -7.7.2023

Group 1: year of birth 2006-2009.

Group 2: year of birth 2010-2014.

Capacity

Each camp week max 25 players + 2 goalies.

Deadline of registration

Register for the camp by sending an email to mikulasmihnak@gmail.com no later than **15.3.2023**.

Binding registration will be confirmed by mail answer + by paying a deposit 250€ (2800 sek, 6000 czk) to one of these bank accounts:

Euro account **IBAN: SK66 1100 0000 0080 1428 3749**

Swedish krona account **IBAN: SE13 8000 0848 0676 4156 8691**

Czech krona account **IBAN: CZ37 5500 0000 0012 9369 0002**

Prices for camp

1 camp week 480€ per player

1 camp week 350€ per goalie

2 camp weeks 850€ per player

2 camp weeks 500€ per goalie

Price includes

15 hours on ice practices (30h/2 camp week)
10 hours off ice practices (20h/2 camp week)
5 theory sessions (10h/2 camp week)
lunch + dinner
water

Price does not include

Accommodation
Transport

Transport

Own

For players travelling from Sweden, option to travel by bus with extra fee!

Bus transport (Sweden-Austria-Sweden)

Start from Linköping 25.6.2023 in the afternoon (around 16:00-18:00)

Return from Austria (Telfs) 7.7.2023 in the afternoon

Price: 2990 SEK per person RETURN ticket

You can order bus through the email address: soc.skatingcamp@gmail.com

Accommodation option

For interest of accommodation contact the following email address and mention that you register for HOCKEY CAMP

soc.skatingcamp@gmail.com

Accommodation

Official hotel for the camp: Harry's Home Hotel Telfs

www.harrys-home.com

For discount prices use: "Summer of Champions 2023" booking code at

soc.skatingcamp@gmail.com

Prices per room and night:

Standard-Room-Single:	€ 100,00
Standard-Room-Double/Twin:	€ 105,00 (€ 52,50 per person and night)
Studio-Room-Triple:	€ 150,00 (€ 50,00 per person and night)

Mentioned prices include VAT and breakfast. Excluding city tax of € 2,00 per person and night. Weekly room-cleaning included.

For questions, please contact:

mikulasmihnak@gmail.com

+46 76 212 64 05

Best regards

Mikuláš Mihňák

