

# The Elite Training Summer Camp Bosön 2018

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**BE THE NEXT**

Perfect opportunity for off  
season Strength and Fitness  
development before the  
summer holidays!

Ski Coach Oscar Larsson and  
former professional rugby  
player Oriol Ripol are  
organising the 2018 Elite  
Training Summer Camp at  
Bosön 20 - 21/6, 25/6 - 1/7.

There will be 2 groups of 12 spots each  
Group 1: Seniors/Juniors and racers born 2002  
Group 2: Ski racers born 2003-2004-2005

## **Program**

20/6 Testing day  
21/6 Morning and afternoon training sessions  
25/6 – 1/7 Morning and afternoon  
training sessions

### **Schedule Group 1**

Session 1	09:15-10:45
Lunch	10:45-12:45
Session 2	12:45-14:15

### **Schedule Group 2**

Session 1	10:45-12:15
Lunch	12:15-14:15
Session 2	14:15-15:45

Lunch is not included however you can bring your own lunch or eat at the Bosön restaurant.

## **Training content focus**

Mobility & Flexibility

Strength & Stability

Weight lifting & technique

Speed & coordination

Aerobic & anaerobic endurance

Cognitive conditioning games

Team Building & Values in sport

3900 kr

**BOOK NOW!**

Email name, date of birth, and contact details to:

[larssonnorberg@gmail.com](mailto:larssonnorberg@gmail.com)

## **Important**

Insurance: Not included

Cancellation policy: 50% refund with cancellations by the 5th of June, no refund after the 5th of June. The organisation is not liable for any injuries during the course of the training camp.

No money is refunded due to illness, sickness or injuries before, under and after the camp.