



**WELCOME TO THE BEST
PUBLIC TABLE TENNIS CAMP IN THE WORLD**

B75 INTERNATIONAL TABLE TENNIS CAMP 2020

Hjørring, Denmark 5 to 17 days from 15 July - 31 July 2020



WORLD-CLASS TRAINING

- 28 coaches, including 7 from China Player:coach ratio is 4:1
- 4 top players as sparring partners so everyone can practice with a better player
- Two daily 2.5 hour training sessions combining exercises, multiball, and match play
- International physical trainer shows how top athletes train away from the table

INTERNATIONAL PLAYERS OF ALL LEVELS AND AGES

- 112 players from more than 35 nations, and from National team level to beginners
- Ages from over 70 to under 10, and everyone is given the same respect and attention

PRICE & REGISTRATION

Sign up by completing the registration form at <https://b75.nemtilmeld.dk>
You can register for one, two or three “training weeks” of 5 days each. There is a rest day between each week, for a total of 17 days.

THE COST PER WEEK INCLUDING ROOM AND MEALS IS:

490 € In a classroom, you must bring your own mattress and bedding

520 € In a Four bed room

592 € In a Double room

816 € In a Single room

388 € Training only with no meals or room



OTHER COSTS

Extra nights: Most players stay an extra night before or after camp. Each extra night now includes a meal and costs 33 €.

Taxi shuttle: If you come by plane, train or ferry please ask for our Shuttle service to the camp from: Aalborg Airport 18 € for single travel and 36 € for return. Hirtshals or Frederikshavn Ferry terminal 11 € single travel and 22 € return. Hjørring Railway station 4 € single trip and 8 € return.

Bedding rental: All rooms except classrooms are furnished with beds and mattresses. You can bring your own duvet / sleeping bag, and pillow, or rent a duvet and pillow for 14 € per week. Towels are not provided by the camp.

Extra meals: If you have chosen accommodation outside the camp you can buy meals. The costs are: Breakfast 7 €, Lunch 8 €, Dinner 11 €.

THE PLAYERS' COACHES AND PARENTS ARE WELCOME:

B75 International Table Tennis Camp also wants the players' coaches to participate if they have the opportunity. If you come as a trainer or parent, we will help you to make the most out of your stay. You get a 30% discount from the prices listed above.

IF YOU HAVE QUESTIONS CONTACT:

lars@rokkjaer.com
B75ben@gmail.com



PRESENTATION OF THE COACHES

The following are the coaches, however, there may be some changes which you will be able to view on our homepage www.b75.dk



Tanja Helle:
National Champion double in Holland. Professional Table Tennis player. A coach talent. Educated at the B75 Academy



Louis Chaerle
French Table Tennis player
Educated at the B75 Academy



Ellen Colliander
Swedish Table Tennis player
Educated at the B75 Academy



Nicklas Bjerregård
Educated Danish Youth coach
Educated at the B75 Academy



Christian Flader
Professional German coach.
Leader of the Table Tennis school: TT spindocto



Julien Contu:
Highschool teacher (Physical Education). Table tennis coach in Boston, USA 2012 -2014
Professional coach France
Teacher of educational support in highschool



Mario Genovese:
Head coach and CEO at Hitt Malta Table Tennis Academy
ITTF coach



Isabelle Joubely
Former youth National player England
Educated at the B75 Academy



Richard Pelc
Table Tennis player and coach in England.
Educated at the B75 Academy



Rory Scott
Professional English coach.
Educated at the B75 Academy



Alexander Borovik
Professional Coach in Russia.
Member of the coach team responsible for the National Cadet team.



Simon Nykær-Fisher
Landstræner på Færøerne.
Talentudvikler i Viby og region Jylland.



Elena Timina.
Three times participation at Olympic games representing Holland.
Former National coach in Holland. At the moment professional coach in Switzerland.
Elena Timina: "It is the coaches who will have to get used to the players' styles and preferences".



Martin Buch Andersen.
U 21 National player Denmark
Martin is not only a good player but has a developed analytical skill.



Patrick Lui
2013 – 2017
Hong Kong Table Tennis Association
• Coaching Hong Kong junior team players
• To assist carrying out training programs
From 2018 Professional coach and player in Sweden.



Theophile Dhotel
Theophile Dhotel is coach in the club Pioneer Union CreusotVarennis.
Coach for elite players with national Tournaments.



Maria Christoforaki
Coach/player in Sweden.
National player Greece.
Two wins over Top 50 players.
Maria is a passionate coach with focus on younger children.



Christian Björklund
Swedish topcoach with the highest Swedish education.
Christian works with players of all levels from beginners to elite.
He is fulltime coach and educator of coaches in the Swedish federation.



Qiuxia Li Professional Chinese coach. United State ITT table tennis club head coach. 2013-2014 Lexiang table tennis club manager 2014-til now. Speaks both Danish and English.



Tarek Hassan Shahin
Professional Coach in Egypt.
Former national coach of Egypt.
The coach of Omar Assar and his brother Khaled Assar.
Former Coach in B75



Bojan Besinger
Developer of the High Performance Course & Professional Coach. He is known as an online coach and organizes table tennis high-performance training courses throughout Germany with his coaching team.
In addition to the courses, he helps ambitious table tennis players on Instagram and YouTube to improve their performance. - mytischtennis.de



Andreas Rokkjær
Coach in B 75 International Hot Spot.
Expert in making individual development plans.
Educated from the philosophy of the camp.
This year the Headcoach for the Video and Roadmap coaches



Ralf Hamrik
Professional German coach. At the moment part-time coach. Head coach from 1997 to 2013.



Jan Berner
Highest education from Sweden level 4. 22 years as national coach Norway, Australia, Finland, Estonia and Færoe islands. Done olympics 2004 and many world championships as coach. Work for ITTF in more than 25 countries. Speak 5 language. Current clubcoach in Oslo BTK.



Michaela Karlsson.
Swedish Youth National coach. Educated in Sports Psychology. Former National player Sweden. A professional player in Greece.



AnShu
For many years one of the best players in Sweden. AnShu is a competent coach. Many good Swedish players has used AnShu as personal coach. He speaks both Swedish and English.



Shi Weidong
Has lived in Spain for 16 years. National Coach in Spain. He has been participating in the professional league as player. He won 3 times Spanish First League and 1 time Spanish Cup. An right hand offensive style penhold player.



Istvan Moldovan
Sportpsychologist and former world top 100 player. Independant Topsportscoach in Halmstadt Sweden. Designer of the Feedback Structures.



Zhao Weiguo
Former Chinese National Player, Chinese mixed double champion. Defensive specialis with long pimple. Pro A player and Headcoach in Argentan Bayard, France.



Claus Arnsbaek
Regional coach on Fyn. Pro tour coach for Danish national youth players. Head coach OB. He has a special talent for developing talents.



Fredrik Asklund
Fredrik Asklund, one of the co-founders of the Camps. Former responsible coach for Swedish kids 99-01 at National Level. Expert educated pedagogue.



Christine Loyrion
Experienced head coach at Romans sur Isère, France formed many of the actual young french internationals. Butterfly's coach o the year 2018.



Etienne Thibaut
Senior coach of both clubs (Genas and Caluire). Responsible for all club training. Co-management of the elite group with Christine Læoyrion.



Gang XU
French coach for 9 years - has been training the national team in France and everywhere in Europe. Coach for the Paralympics French team in 2016. Coach for Pro A in France.



Robert Svanberg
Coach for 15 years, trained many Swedish elite players. Headcoach of Spårvägen Table Tennis Club at Stockholm. Assistant Paralympic Coach for Swede



Yana Timina
Russian born Yana Timina, Headcoach for Amsterdam TT. Responsible for the Dutch girls talents.



Thomas Johansson
Coach at Spårvägen Table Tennis Club, Stockholm Sweden. Coach of Appelgren and Waldner at Ängby. Very experienced, two sided multiball trainer who led many of the Swedish international youth training camps.



Provas Mondal
Provas Mondal is a professional Top coach. For many years one of the Top coaches at Werner Schlager Academy. Coach at many ITTF camps. At the moment coach in Stockholm.



Aleksey Yefremov
ITTF High Performance coach from Belarus, conducted more then 50 ITTF and ETTU coach education courses and training camps including ITTF World Hopes,

Eurokids and Eurotalents. Has been National coach of many national teams: Guatemala, India, Egypt, Colombia, Peru, UAE. Currently coach of Norway





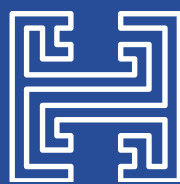
PROGRAM B75 SUMMERCAMP 2020

First Day (15 July, 21 July, 27 July)	Second Day (16, 22 and 28 July)	Third Day (17, 23 and 29 July)	Fourth Day (18, 24 and 30 July)	Fifth Day (19, 25 and 31 July)	Sixth Day (day off) (20 and 26 July)
0845 - 0900 Opening gathering	0730 - 0830 breakfast	0730 - 0830 breakfast	0730 - 0830 breakfast	0730 - 0830 breakfast	0900 - 1000 breakfast
0915 - 1045 Coaches and players present themselves to each other	0845 - 0915 Morning stretching	0845 - 0915 Morning stretching	0845 - 0915 Morning stretching	0845 - 0915 Morning stretching	1100-? Departure for trip to Trip to the Beach or to Skagen.
1100 - 1230 Training session 1	0930 - 1200 training session 1	0930 - 1200 training session 1=competition part 1	0930 - 1200 training session 1	0930 - 1200 training session 1	
1230 - 1315 Lunch	1200 - 1245 lunch	1200 - 1245 lunch	1200 - 1245 lunch	1200 - 1245 lunch	1600 - 2000 Unformal Table Tennis tournament
	1315 - 1340 Recovery	1315 - 1340 Recovery	1315 - 1340 Recovery	1315 - 1340 Recovery	
15.00 Official opening ceremony	1500 - 1730 training session 2	1500 - 1730 training session 2	1500 - 1730 training session 2	1430 - 1700 training session 2, final report for who leaves	2000 - 2100 dinner
1530 - 1800 Training session 2					
1815 - 1915 Dinner	1745 - 1845 dinner	1745 - 1845 dinner	1745 - 1845 dinner	1745 - 1845 dinner	2000 - 2100 dinner
1930 - 2100 Planning players and coaches	1900 - 2000 Evening activity 2000 - 2100 Mental training	1900 - 2000 Midweek feedback	1900 - 2000 Evening activity 2000 - 2100 Mental training	1900 - 2000 groups session feedback and service for those who stay	
2100 - 2130 Supper	2100 - 2130 supper	2100 - 2130 supper	2100 - 2130 supper	2100 - 2130 supper	
2200 - Bedtime youngsters	2200 - bedtime youngsters	2200 - bedtime youngsters	2200 - bedtime youngsters	2130 - social gathering for the kids and informal meeting trainers	2200 - bedtime youngsters
2230 - Bedtime all players	2230 - bedtime all players	2230 - bedtime all players	2230 - bedtime all players		2230 - bedtime all players
2230 - 0000 Adults over 21 years can relax in the restaurant. Both players and coaches.	2230 - 0000 Adults over 21 years can relax in the restaurant. Both players and coaches.	2230 - 0000 Adults over 21 years can relax in the restaurant. Both players and coaches.	2230 - 0000 Adults over 21 years can relax in the restaurant. Both players and coaches.	2230 - 0000 Adults over 21 years can relax in the restaurant. Both players and coaches.	2230 - 0000 Adults over 21 years can relax in the restaurant. Both players and coaches.





STAY AT SCHOOL WITH TWO-, THREE- OR FOUR-PERSON ROOMS



Halvorsminde Efterskole og Fri Fagskole
Halvorsmindevej 107-109, DK-9800 Hjørring

www.halvorsminde.dk

