In cooperation with

BORDTENNIS DANMARK



Welcome to the best public Table tennis camp in the world

B75 INTERNATIONAL TABLE TENNIS CAMP 2022

Aabybro, Denmark 4 to 19 days from July 11TH - July 29TH 2022



WORLD CLASS TRAINING

- 32 coaches each week, 7 from China. Every group of 16 players has 4 coaches.
- International top players in the best group as sparring, so every player at the camp can practice with someone equally good or better
- One of the coaches will be your personal coach, recording you on video, have conversations with you and in dialogue with you create your own online development plan.
  An individual online development plan to bring home from the camp
- 2 x 2,5 hours of training every day. One of the practices is individual multiball practice.
- Physiotherapist at the camp

INTERNATIONAL PLAYERS AT EVERY LEVEL

- 128 players every week from more than 40 different countries.
- From national players to beginners.
- Players between the age under 10 to plus 70 years old. Players at the age of 10 or younger has to be joined by an adult.
- The camp's values are respect and togetherness.

FANTASTIC PHYSICAL ENVIROMENT ON SITE



Proffesional gym



3 practice halls



Relax in warm water after practice

REGISTRATION

Register by fullfilling a form at https://b75.nemtilmeld.dk
You can register for one, two, three or four weeks of training. A training week is 4 days. There is a day off between each training week. The camp lasts for a total of 19 days.

PRICES PER WEEK

312 € Practice without staying and food, only fruit in the breaks
390 € In a class room - you need to bring mattress, sheets and duvets
420 € In a room with five beds
500 € In a double room.
680 € In a single room

OTHER COSTS

Extra night: Most players sleep one night extra prior or after the camp. Although, you have to leave your room at check out and get assigned a new room. An extra night that includes food costs 33€

Taxi shuttle: Do you travel by plain, train or ferry, you can ask for our Shuttle service to the camp from:
Aalborg Airport 10 € for one way and 20 € for return.
Hirtshals or Frederikshavn Ferry Terminal 18 € for one way and 36 € for return.
Aalborg Train Station 10 € for one way and 20 € for return.

Rent sheets, pillow and duvet: Every room except the class room have a bed, mattress and bed sheets. You can bring your own duvet or sleeping bag and pillow, or you can rent duvet and pillow from us for 11 € per week.
You must bring your own towels.

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

PLAYER'S COACHES OR PARENTS ARE MORE THAN WELCOME AT THE CAMP

B75 International Table Tennis Camp also wishes for the players' coaches and parents to join the camp if they want. If you join as a coach or parent we will help you get the most out of the camp. Coaches and parents get a 30% discount from the player's price.

IF YOU HAVE ANY QUESTIONS, THEN CONTACT:

lars@rokkjaer.com
B75ben@gmail.com

CORONA VIRUS

At B75 we take the corona virus seriously and will follow the development closely.
We are optimistic and hope for a Corona free camp.
Should Corona problems arise unexpectedly so that you can not attend the camp, you will get your money back

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 Tennbis player
Educated at the B75 Academy



Nicklas Bjerregård
Educated Danish Youth coach
Educated at the B75 Academy



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 Joubeily
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
National Coach for Faroe Island. Talent developer in Viby and in Jutland.



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 21National 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
Professionel 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.
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

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



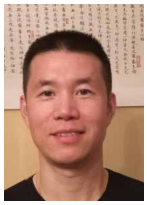
Jan Berner
Highest education from Sweden level 4.
22 years as national coach Norway, Australia, Finland, Estonia and Færoe islands.
Done olympics 2004 and many world championships as coach.
Work for ITTF in more then 25 countries.
Speak 5 language.
Current clubcoach in Oslo BTK.



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 Lœoyrion.



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.



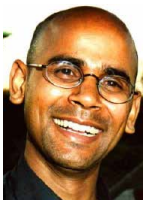
Robert Svanberg
Coach for 17 years, trained many Swedish elite players. Headcoach of Spårvägen Table Tennis Club at Stockholm.
Assistant Paralympic Coach for Swede



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
Provos 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
International High Performance coach from Belarus. Have 25 years of coaching experience in 4 continents with national teams of: India, Egypt, Colombia, Peru, Guatemala, Iceland and Norway. Since 2008 conducted more than 50 ITTF and ETTU coach education courses and training camps including ITTF World Hopes, Eurokids and Eurotalents. Currently coach in Norway.



Amandine Bauduin
Head coach at the St. Cyr sur Loire table tennis club with 180 players. Amandine has been playing since the age of 3. She is national trainer for players with mental handicap.



Christian Flader
Been working as a coach for 25 years for clubs like KFUM Flensborg, PSV Flensorg, Kieler Tischtennis Klub (Kids and 2. Bundesliga Women) and TTC Zugbrücke Grenzau in Kids, Europas biggest table tennis school, 1st Bundesliga). Has previously been working with all players from beginners to professionals. Worked for Butterfly Europa. Founder for the table tennis school tt-spin-doctor.

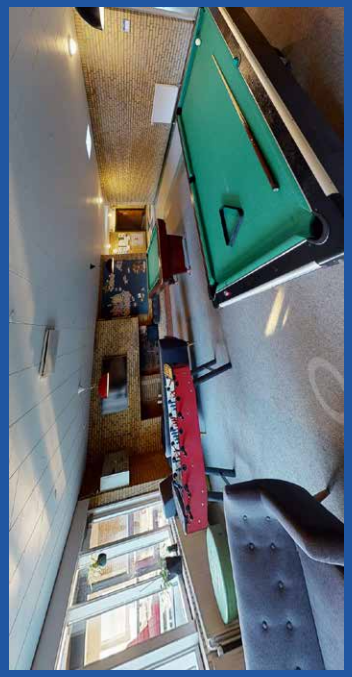
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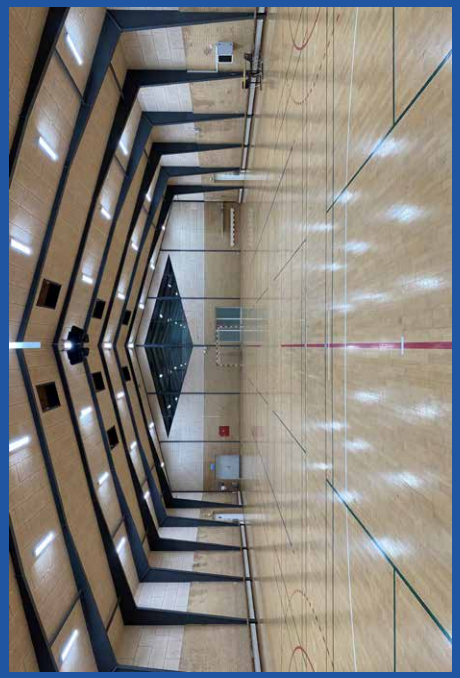
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SPORTSEFTERSKOLEN AABYBRO

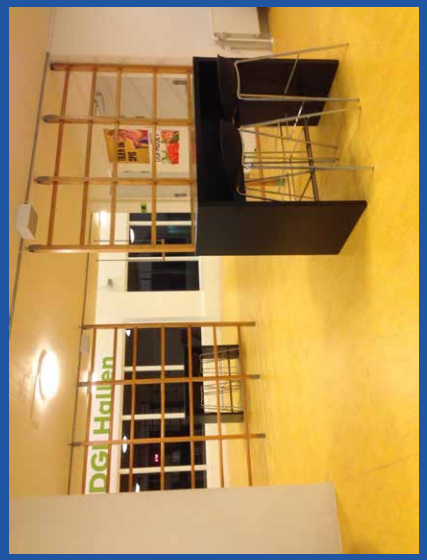




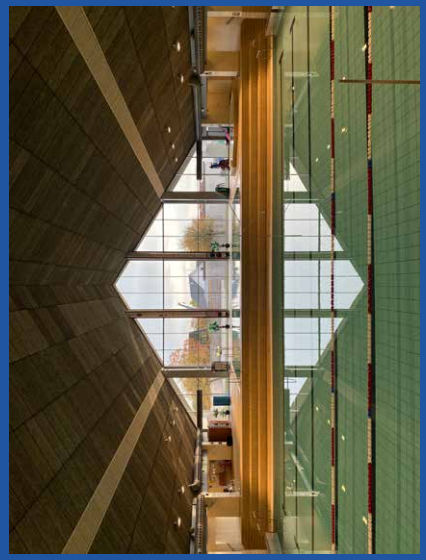
















PROGRAM B75 SUMMERCAMP 2022

First Day July 11TH, 16TH, 21TH , 26TH	**Second Day** July 12TH, 17TH, 22TH , 27TH	**Third Day** July 13TH, 18TH, 23TH , 28TH	**Fourth Day** July 14TH, 19TH, 24TH , 29TH	**Fifth Day** (day off) July 15TH, 20TH, 25TH
08:30 - 09:00 Official opening Ceremony	**07:30 - 08:30** Breakfast	**07:30 - 08:30** Breakfast	**07:30 - 08:30** Breakfast	**09:00 - 10:00** Breakfast
09:15 - 12:00 Preparation for road map	**08:30 - 08:55** Mobility and stretching	**08:30 - 08:55** Mobility and stretching	**08:30 - 08:55** Mobility and stretching	**1100-?** Departure for trip to the Beach, to Aalborg or...?
	09:00 - 12:00 Training session 1	**09:00 - 12:00** Training session 1	**09:00 - 12:00** Training session 1	
12:30 - 13:15 Lunch	**12:15 - 13:00** Lunch	**12:15 - 13:00** Lunch	**12:15 - 13:00** Lunch	
14:30 - 17:00 Training session 2	**13:15 - 13:40** Recovery	**13:15 - 13:40** Recovery	**13:15 - 13:40** Recovery	**1600 - 2000** Unformal Table Tennis tournament
	14:30 - 17:30 Training session 2	**14:30 - 17:30** Training session 2	**14:30 - 17:00** Training session 2, final report for those who leave	
17:15 - 18:00 Dinner	**17:45 - 18:45** Dinner	**17:45 - 18:45** Dinner	**17:45 - 18:45** Dinner	
19:30 - 21:00 Planning players and coaches	**19:00 - 20:00** Players feedback in groups	**19:00 - 20:00** Evening activity **20:00 - 21:00** Mental training	**19:00 - 20:00** If you stay for another week, you prepare your own video for the Road Map session	**2000 - 2100** dinner
21:15 – 22:00 Supper	**21:00 – 21:30** supper	**21:00 – 21:30** supper	**21:00 – 21:30** supper	
22:00 - Bedtime youngsters	**22:00 -** Bedtime youngsters	**22:00 -** Bedtime youngsters	**21:30 -** Social gathering led by the pedagogues	**2200 -** bedtime youngsters
22:30 - Bedtime all players	**22:30 -** Bedtime all players	**22:30 -** Bedtime all players	Untill 01:00 in the night social mingle in the restaurant og billiard room	**2230 -** bedtime all players



B75 International Table Tennis Camp











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WWW.B75.DK

SEA SPORTSEFTERSKOLEN AABYBRO

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