WELCOME TO THE BEST PUBLIC TABLE TENNIS CAMP IN THE WORLD

B75 INTERNATIONAL TABLE TENNIS CAMP 2021
Hjørring, Denmark 4 to 19 days from 13 July - 31 July 2021
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 record the players on video, and will have conversations with the players about the video
- Every player gets an individual education 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
- Newly made food of high quality every day. Vegetarian as well as meat.

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.

PRICE AND 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 INCL. PRACTICE, LODGING AND FOOD

392 € In a class room - you need to bring mattress, sheets and duvets.
416 € In a room with four beds.
473 € In a double room.
653 € In a single room
310 € Practice without staying and food, only fruit in the breaks.

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 18 € for one way and 36 € for return.
Hirtshals or Frederikshavn Ferry Terminal 11 € for one way and 22 € for return.
Hjørring Train Station 4 € for one way and 8 € 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 food:** If you have chosen to live outside of the camp or is visiting, you can buy your food:

**Price:** Breakfast 7 €, Lunch 8 €, Dinner 11 € og “evening coffee” 7 €.

**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 very seriously, and will not jeopardize the players, coaches and parents’ safety during the 2021 Summer Camp.

To make sure that everybody is safe from the corona virus, everybody attending the camp will have to take a negative corona test prior to their stay at the camp.

Every staff member, coach, parent etc. coming in to the camp will also have to take a corona test.

Furthermore, it will not be possible to go in and out of the bubble. We will make sure that the bubble is safe and that the attendents can get what the need inside the bubble.
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

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

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
Provos 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-spindoctor.

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 Loyrion.

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 Sweden.

Yana Timina

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

Thomas Johansson

Coach at Spårvägen Table Tennis Club, Stockholm Sweden. Coach of Appelgren and Waldner at Ångby. Very experienced, two sided multiball trainer who led many of the Swedish international youth training camps.
<table>
<thead>
<tr>
<th>Time</th>
<th>First Day</th>
<th>Second Day</th>
<th>Third Day</th>
<th>Fourth Day</th>
<th>Fifth Day (day off)</th>
</tr>
</thead>
<tbody>
<tr>
<td>08:30 - 09:00</td>
<td>Official opening ceremony</td>
<td>07:30 - 08:30 Breakfast</td>
<td>07:30 - 08:30 Breakfast</td>
<td>07:30 - 08:30 Breakfast</td>
<td>09:00 - 10:00 Breakfast</td>
</tr>
<tr>
<td>09:15 - 12:00</td>
<td>Preparation for road map</td>
<td>08:30 - 08:55 Mobility and stretching</td>
<td>08:30 - 08:55 Mobility and stretching</td>
<td>08:30 - 08:55 Mobility and stretching</td>
<td>11:00-Departure for trip to Trip to the Beach or to Skagen.</td>
</tr>
<tr>
<td></td>
<td>09:00 Departure Multiball</td>
<td>09:00 Departure Multiball</td>
<td>09:00 Departure Multiball</td>
<td>09:00 Departure Multiball</td>
<td></td>
</tr>
<tr>
<td></td>
<td>09:30 - 12:00 Training session 1</td>
<td>09:30 - 12:00 Training session 1</td>
<td>09:30 - 12:00 Training session 1</td>
<td>09:30 - 12:00 Training session 1</td>
<td></td>
</tr>
<tr>
<td>12:30 - 13:15</td>
<td>Lunch</td>
<td>12:15 - 13:00 Lunch</td>
<td>12:15 - 13:00 Lunch</td>
<td>12:15 - 13:00 Lunch</td>
<td>16:00 - 20:00 Unformal Table Tennis tournament</td>
</tr>
<tr>
<td>14:00 - 17:00</td>
<td>Training session 2</td>
<td>15:00 - 17:00 Training session 2</td>
<td>15:00 - 17:00 Training session 2</td>
<td>15:00 - 17:00 Training session 2</td>
<td>14:30 - 17:00 Training session 2, final report for those who leave</td>
</tr>
<tr>
<td>17:45 - 18:45</td>
<td>Dinner</td>
<td>17:45 - 18:45 Dinner</td>
<td>17:45 - 18:45 Dinner</td>
<td>17:45 - 18:45 Dinner</td>
<td></td>
</tr>
<tr>
<td>19:30 - 21:00</td>
<td>Planning players and coaches</td>
<td>19:00 - 20:00 Players feedback in groups</td>
<td>19:00 - 20:00 Evening activity</td>
<td>19:00 - 20:00 Evening activity</td>
<td>19:00 - 20:00 If you stay for another week, you prepare your own video for the Road Map session the 27th.</td>
</tr>
<tr>
<td>21:15 - 22:00</td>
<td>Supper</td>
<td>21:00 - 21:30 Supper</td>
<td>21:00 - 21:30 Supper</td>
<td>21:00 - 21:30 Supper</td>
<td>21:00 - 21:30 Supper</td>
</tr>
<tr>
<td>22:00</td>
<td>Bedtime youngsters</td>
<td>22:00 - Bedtime youngsters</td>
<td>22:00 - Bedtime youngsters</td>
<td>22:00 - Bedtime youngsters</td>
<td>22:00 - Bedtime youngsters</td>
</tr>
<tr>
<td>22:30</td>
<td>Bedtime all players</td>
<td>22:30 - Bedtime all players</td>
<td>22:30 - Bedtime all players</td>
<td>22:30 - Bedtime all players</td>
<td>22:30 - Bedtime all players</td>
</tr>
</tbody>
</table>
LODGING AT HALVORSMINDE SCHOOL
IN ROOMS WITH 2, 3, OR 4 BEDS.

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

www.halvorsminde.dk