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 china 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 is respect and togetherness.

PRICE AND REGISTRATION:

Registrate by fullfilling a form at https://b75.nemtilmeld.dk
You can registrate 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

490 € In a class room - you need to bring mattress, sheets and duvets.
520 € In a room with four beds.
592 € In a double room.
816 € In a single room
388 € 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 14 € 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 € and “evening coffee” 7 €.

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**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.

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**IF YOU HAVE ANY QUESTIONS, THEN 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

**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
Ralf Hamrlik
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 Faroe islands. Done Olympics 2004 and many world championships as coach. Work for ITTF in more than 25 countries. Speak 5 language. Current club coach in Oslo BT.

Michaela Karlsson

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.

Zhao Weiguo
Former Chinese National Player, Chinese mixed double champion. Defensive specials with long pimple. Pro A player and Headcoach in Argentinan 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 Askland
Fredrik Askland, 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. Head coach of Spårvägen Table Tennis Club at Stockholm. Assistant Paralympic Coach for Sweden.

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

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

Thomas Johansson
Coach at Spårvägen Table Tennis Club, Stockholm Sweden. Coach of Appelgren and Waldner at Angby. 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
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.

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.
## PROGRAM

<table>
<thead>
<tr>
<th>First Day</th>
<th>Second Day (14, 19, 24, and 29 July)</th>
<th>Third Day (15, 20, 25, and 30 July)</th>
<th>Fourth Day (16, 21, 26, and 31 July)</th>
<th>Fifth Day (day off) (17, 22, and 27 July)</th>
</tr>
</thead>
<tbody>
<tr>
<td>08:30 - 09:00</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>09:00 - 10:00 Breakfast</td>
</tr>
<tr>
<td>09:15 - 12:00</td>
<td>Preparation for road map</td>
<td>Mobility and stretching</td>
<td>Mobility and stretching</td>
<td>11:00-? Departure for trip to Trip to the Beach or to Skagen.</td>
</tr>
<tr>
<td>12:30 - 13:15</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>16:00 - 20:00 Unformal Table Tennis tournament</td>
</tr>
<tr>
<td>14:00 - 17:00</td>
<td>Departure Multiball</td>
<td>Departure Multiball</td>
<td>Departure Multiball</td>
<td>20:00 - 21:00 Dinner</td>
</tr>
<tr>
<td>17:15 - 18:00</td>
<td>Dinner</td>
<td>Dinner</td>
<td>Dinner</td>
<td>22:00 - Bedtime all players</td>
</tr>
<tr>
<td>19:30 - 21:00</td>
<td>Planning players and coaches</td>
<td>Players feedback in groups</td>
<td>Evening activity</td>
<td>23:30 - Bedtime all players</td>
</tr>
<tr>
<td>21:15 – 22:00</td>
<td>Supper</td>
<td>Supper</td>
<td>Supper</td>
<td>Until 1:00 in the night</td>
</tr>
<tr>
<td>22:00 - Bedtime</td>
<td>Bedtime youngsters</td>
<td>Bedtime youngsters</td>
<td>Social gathering led by the pedagogues</td>
<td>22:30 - Bedtime all players</td>
</tr>
<tr>
<td>22:30 - Bedtime</td>
<td>Bedtime all players</td>
<td>Bedtime all players</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### First Day (13, 18, 23, and 28 July)
- **08:30 - 09:00**: Official opening ceremony
- **09:15 - 12:00**: Preparation for road map
- **12:30 - 13:15**: Lunch
- **14:00 - 17:00**: Departure Multiball
- **17:15 - 18:00**: Dinner
- **19:30 - 21:00**: Planning players and coaches
- **21:15 – 22:00**: Supper
- **22:00 - Bedtime**

### Second Day (14, 19, 24, and 29 July)
- **08:30 - 08:55**: Mobility and stretching
- **09:00**: Departure Multiball
- **09:30 - 12:00**: Training session 1
- **12:15 - 13:00**: Lunch
- **13:15 - 13:40**: Recovery
- **14:30**: Departure Multiball
- **15:00 - 17:30**: Training session 2
- **17:45 - 18:45**: Dinner
- **19:00 - 20:00**: Players feedback in groups
- **21:00 – 21:30**: Supper
- **22:00 - Bedtime youngsters**

### Third Day (15, 20, 25, and 30 July)
- **08:30 - 08:55**: Mobility and stretching
- **09:00**: Departure Multiball
- **09:30 - 12:00**: Training session 1
- **12:15 - 13:00**: Lunch
- **13:15 - 13:40**: Recovery
- **14:30**: Departure Multiball
- **15:00 - 17:30**: Training session 2
- **17:45 - 18:45**: Dinner
- **19:00 - 20:00**: Evening activity
- **21:00 – 21:30**: Supper
- **22:00 - Bedtime youngsters**

### Fourth Day (16, 21, 26, and 31 July)
- **08:30 - 08:55**: Mobility and stretching
- **09:00**: Departure Multiball
- **09:30 - 12:00**: Training session 1
- **12:15 - 13:00**: Lunch
- **13:15 - 13:40**: Recovery
- **14:30**: Departure Multiball
- **15:00 - 17:30**: Training session 2
- **17:45 - 18:45**: Dinner
- **19:00 - 20:00**: Mental training
- **21:00 – 21:30**: Supper
- **22:00 - Bedtime youngsters**

### Fifth Day (day off) (17, 22, and 27 July)
- **09:00 - 10:00**: Breakfast
- **11:00-?**: Departure for trip to Trip to the Beach or to Skagen.
- **16:00 - 20:00**: Unformal Table Tennis tournament
- **20:00 - 21:00**: Dinner
LODING 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