



In cooperation with



NORLYS

spar nord



Welcome to the best public Table Tennis Camp in the world

B75 INTERNATIONAL TABLE TENNIS CAMP 2024

Aabybro, Denmark 4 to 19 days from July 10TH - July 28TH



WORLD CLASS TRAINING

- 24 coaches, including 6 from China
- Training in groups of 8 players with similar level
- Teams of four coaches work with two training groups (16 players)
- International top players are sparring in the best group
- We also use strong sparring partners in other groups to make sure everyone can have the exercises they need to improve
- One coach will record video of you, and in dialogue together you will create a personal development plan for your training.
- 2 x 2,5 hours of training every day. One of the practices is individual multiball and the other is group exercises.

INTERNATIONAL PLAYERS OF ALL LEVELS AND AGES

- 96 players from more than 30 nations, and from National team level to beginners
- Players ranging from under 10 to over 70 years old.
- Players at the age of 10 or younger must be joined by an adult.
- The camp's values are respect, togetherness and empowerment of the players.

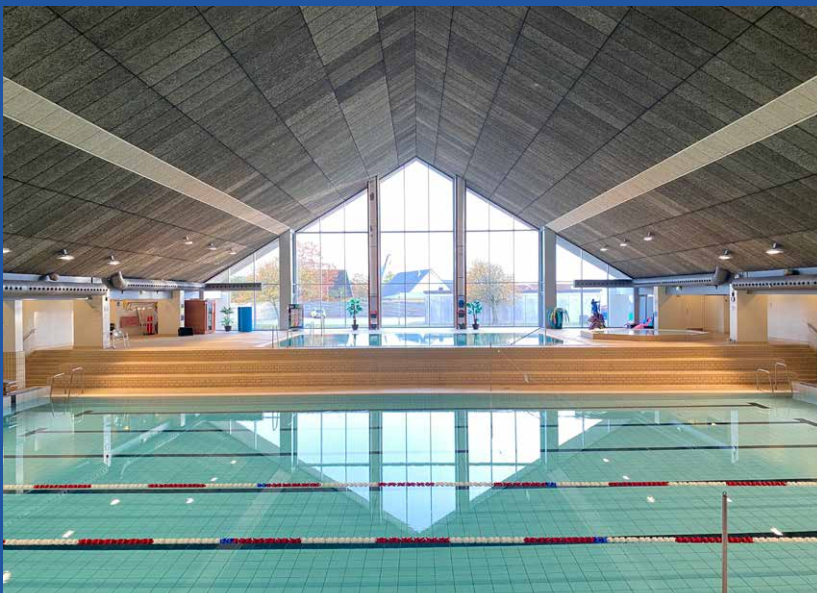
NEW - WE ALSO WELCOME PLAYERS WITH PARKINSON'S

- From world players to beginners.
- Educated coaches with knowledge in Parkinson's and Parkinson's exercises.
- You will get a personal coach and a plan you also can use in the future.
- Caregivers are more than welcome.
- Opportunity for relaxing in hot water all day.
- Special transportation from Aalborg Airport to camp and back.
- Same fee and info as for other players.
- If any questions, phone +45 2341 15555 or email: Elisabeth@ildal.com



Elisabeth Ildal

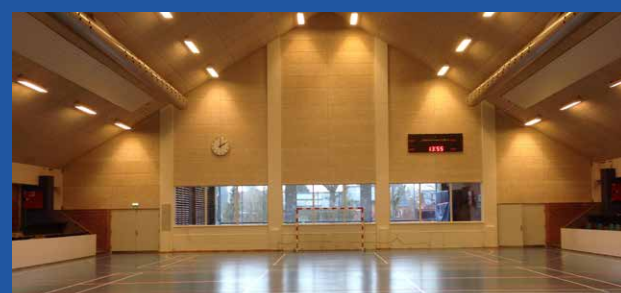
FANTASTIC PHYSICAL ENVIROMENT ON SITE



You can use the swimming pools during public opening hours



Professional gym



3 practice halls

REGISTRATION

Everyone must register online at <https://b75.nemtilmeld.dk>

You can register for one, two, three or four training periods.

A training period is 4 days and three nights.

There is a rest day between each training period.



Go to the form

PRICES PER TRAINING PERIOD

Early registration price available until 30 April, 2024. From 1 May full price will be charged.

Refunds: Full refunds given through 10 May. After 10 May refunds will be considered case-by-case.

Cost for each training period (4 days and 3 nights)	Until 30 April	From 1 May
No room; stay outside camp - per person	€ 400	€ 440
Classroom (floor) - per person	€ 445	€ 490
4 to 6 person room - per person	€ 480	€ 530
2 person room - per person	€ 570	€ 630
1 person room	€ 775	€ 855
DGI Huset 1 person room with shower [limited places]	€ 1000	€ 1100
DGI Huset 4 person room with shower [limited places]	€ 2400	€ 2640

OTHER COSTS

Extra night: An extra night that includes a meal costs 50€. Most players stay one night extra before or after the camp. You may have to move to a classroom for one night after your last training session.

Taxi shuttle: If you travel by plane, 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 20 € for one way and 40 € for return. Aalborg Train Station 10 € for one way and 20 € for return.

Extra meals: Visitors to the camp can buy meals. The costs are: Breakfast 10 €, Lunch 10 €, Dinner 13 €, Evening Coffee 10 €

Pool and gym access: Pools, sauna and gym in the DGI Huset are available for their daily rate.

NEW in 2024

Sheets, pillow and duvet are now included with all rooms. You must bring your own towels.

LIMITED number of rooms with private shower available at the DGI Huset.

Registration only with credit card payment at <https://b75.nemtilmeld.dk>

PLAYER'S COACHES OR PARENTS ARE 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 CONTACT: 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



Zhao Weiguo

Former Chinese National Player, Chinese mixed double champion.
Defensive specialist 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.



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.



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.



Wang Quing

Former Coach at the Swedish National Center.
Former Chinese National Player.
Owner Table Tennis school in China.



Elena Timina

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



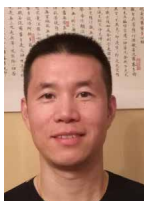
Patrick Lui

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.



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. Independent Topsportscoach in Halmstadt Sweden.
Designer of the Feedback Structures.



Valeria Hachard

Former Estonian national team player. Head coach for Virum BTK with players in youth Danish national team. Player in France in N1.
Speak 5 languages



Vincent Aumoitte

Coach in Canada.
Coach for Mens Pro B team Metz TT.
Coach Ladies Pro A team Grand-Quevilly.



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.
Head Coach in B75.



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.



Luba Sadovska

Co-owner and head coach at North Shore Table Tennis Club in Vancouver, B.C. Canada.
ITTF PTT Level 1 Certified Competition Development Coach
High Performance coach
Table Tennis Canada, Master Coach Developer, Learning Facilitator and Coach Evaluator
PARA National team coach recently at Copa Costa Rica



Mamata Prabhu

I was national level players... A part of Indian women's team and played Commonwealth Games, world Championship, Saf games
I have played pro tours also
My highest performance is 2nd place at national championship
I am ITTF LEVEL 1 COACH
Coach at ITTF Hopes camp

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



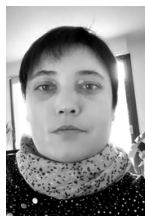
Thomas Johansson

Coach at Spärvägen 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.



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.



Amila Thilakarathna

Former national player Sri Lanka. Headcoach Greenhouse Sports Table Tennis London.



Etienne Thibaut

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



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.

Our Pedagogic Coaches are all educated in our Road Map Concept at B75 Academy.



Tanja Helle

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



Andreas Rokkjær

Coach in B 75 International Hot Spot. Expert in making individual development plans. Educated at the B75 Academy.



Louis Chaerle

French Table Tennis player Educated at the B75 Academy



Nicklas Bjerregård

Educated Danish Youth coach Educated at the B75 Academy



Richard Pelc

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



Emiliano Franzini

Youth and personal coach at Amsterdam's biggest table tennis club TTV Tempo-Team. Former assistant coach and sparring partner for the Dutch national girls. Educated at the B75 Academy.



Ben Swift

Educated at the B75 Academy



Victor Rosager Christensen

Assisten coach in Brønshøj and individual trainer. Educated at the B75 Academy



Martin Lund

Former national Coach Greenland. Head coach for the youth development in B75. Educated at the B75 Academy

Kind words from players and coaches ...

This one week at your camp has been the best experience I had in the whole last years. Emotional, human, togetherness, learning and exchange with a lot of different people from different countries, cultures and with different histories and a lot more I can't describe with words. And I didn't even play. Thank you for the opportunity to be a part of that experience. My son asked me if we can go for two weeks this time. I wish you the best

Regards

— Jan from Finsterwalde/ Germany

I would like to express my views on your B75 Table Tennis Camp. The whole experience of being part of this camp has had a huge positive impact on me. I had never imagined that such an environment existed where there is so much positive energy and respect for each other. The warmth felt by all players from your volunteers and coaches was an experience which can not be described in few words. This camp has managed to put together a small community which can coexist without any differences or barriers. In this day and age it is almost difficult to achieve what is done and I can only compare the camps philosophy with such great souls like M K Ghandi / Nelson Mandela. I have certainly gained a lot in terms of my Table Tennis skills which would not be possible without this Camp. I was also well impressed with the politeness of our team og coaches and couldn't believe that no one ever raised their voices which is a common occurrence in our society. Please pass on my special thanks to Martin for his hard work and looking after me.

Regards

Mukesh

So many players come to our camp because it is the only place where a player can work so close to so many competent coaches. We had players who experienced a development far beyond their wildest expectations. We have players who come to this camp because it is much more than Table Tennis. It is a privilege as coach working at this camp

— The coaches.



Anders Lind and Lars Rokkjær from opening ceremoni 2023.

Housing for the camp is at Sportsefterskolen Aabybro.



SPORTSEFTERSKOLEN AABYBRO



PROGRAM B75 SUMMERCAMP 2024

First Day July 10 TH , 15 TH , 20 TH , 25 TH	Second Day July 11 TH , 16 TH , 21 TH , 26 TH	Third Day July 12 TH , 17 TH , 22 TH , 27 TH	Fourth Day July 13 TH , 18 TH , 23 TH , 28 TH	Fifth Day (day off) July 14 TH , 19 TH , 24 TH
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	1600 - 2000 Unformal Table Tennis tournament
14:30 - 17:00 Training session 2	13:15 - 13:40 Recovery	13:15 - 13:40 Recovery	13:15 - 13:40 Recovery	
	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	2000 - 2100 dinner
19:30 - 21:00 Planning players and coaches	19:00 - 20:00 Players feedback in groups	19:00 - 20:00 Evening activity	19:00 - 20:00 If you stay for another week, you prepare your own video for the Road Map session	
		20:00 - 21:00 Mental training		
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	Until 01:00 in the night social mingle in the restaurant and billiard room	2230 - bedtime all players



B75 International Table Tennis Camp



In cooperation with
STAG

DGI Huset
AABYBRO



B75 BORDTENNIS
A CLUB FOR ALL
ANNO 1975

WWW.B75.DK

SEA
SPORTSEFTERSKOLEN
AABYBRO

Sportsefterskolen Aabybro
Kærvej 9 · 9440 Aabybro

