



**VELKOMMEN TIL DEN BEDSTE OFFENTLIGE  
BORDTENNIS TRÆNINGLEJR I VERDEN**

# **B75 INTERNATIONAL TABLE TENNIS CAMP 2020**

Hjørring, Danmark 5 til 17 dage fra 15 Juli - 31 Juli 2020





## VERDENSKLASSE TRÆNING

- 32 trænere hver uge, 7 er fra Kina. Hver gruppe af 16 spillere har 4 trænere.
- Der er internationale topspillere I den bedste gruppe som sparring, så alle I lejren kan træne opad.
- En af trænerne optager spillerne på video og samtaler med dem om optagelsen under træningen.
- Alle spillere får en individuel undervisningsplan med hjem fra lejren.
- Der er dagligt to 2 ½ time træning. Den ene er individuel med kinatræning.
- Fysioterapeut er tilknyttet lejren.
- Der laves højt specialiseret mad hver dag både vegetarisk og med kød.

## INTERNATIONALE SPILLERE PÅ ALLE NIVEAUER

- 128 spillere hver uge fra mere end 40 nationer.
- Niveauet er fra landsholdspillere til begyndere.
- Alderen spænder fra over 70 år og til under 10 år. Under 11 år kun ifølge med en voksen.
- Lejrens værdier gennemsyres af respekt og nærvær.

## PRISER OG TILMELDING:

**Du tilmelder dig ved at gennemføre et registreringskema på <https://b75.nemtilmeld.dk>**

Du kan registrere en, to eller tre "trænings uger". En trænings uge er 5 dage. Der er en hviledag mellem hver uge totalt varer lejren 17 dage.

## PRISER PR. UGE INKLUSIV TRÆNING, OVERNATNING OG MAD

490 € I et klasseværelse, du medbringer selv madras, lagen, pude og dyne

520 € I et rum med 4 senge.

592 € I et double rum

816 € I et single rum

388 € Træning uden overnatning og mad, dog med frugt I pauserne.



## ANDRE PRISER:

**Ekstra nat:** De fleste spillere overnatter en ekstra nat før eller efter lejren. Dog skal man forlade sit rum ved check out og får tildelt et nyt rum.

En ekstra nat, der også inkluderer et måltid koster 33 €.

**Taxi shuttle:** Kommer du med fly, tog eller færge kan du bede om vores Shuttle service til lejren fra :

Aalborg lufthavn 18 € for enkelt og 36 € for retur.

Hirtshals eller Frederikshavn færgeterminal 11 € for enkelt og 22 € for retur.

Hjørring jernbanestation 4 € for enkelt og 8 € for retur.

**Leje af linned, dyne eller pude:** Alle rum undtagen klasseværelse har seng, madras og lagen.

Du kan medbringe din egen dyne eller sovepose samt pude. Eller du kan leje dyne og pude af os for 14 € pr. uge. Du skal selv medbringe håndklæder.

**Ekstra måltider:** Hvis du har valgt at bo udenfor lejren eller er på besøg, kan du købe dine måltider:

**Prisen er:** Morgenmad 7 €, Middagsmad 8 €, Aftensmad 11 € og "aftenskafe" 7 €.

## SPILLERNES TRÆNERE ELLER FORÆLDRE ER MERE END VELKOMMEN TIL LEJREN:

B75 International Table Tennis Camp also ønsker at spillerens træner eller forældre skal følge med hvis de har lyst og mulighed. Hvis du kommer som træner eller forældre hjælper vi dig med at få mest ud af opholdet.

Forældre og trænere får 30% discount ud fra spillerens priser

## HAR DU SPØRGSMÅL SÅ KONTAKT:

[lars@rokkjaer.com](mailto:lars@rokkjaer.com)

[B75ben@gmail.com](mailto:B75ben@gmail.com)





# PRÆSENTATION AF TRÆNERNE

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



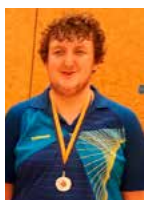
**Julien Contu:**  
Highschool teacher (Physical Education). Table tennis coach in Boston, USA 2012 -2014  
Professional coach France  
Teacher of educational support in highschool



**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](http://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 than 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

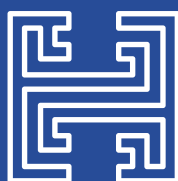
First Day (15 July, 21 July, 27 July)	Second Day (16, 22 and 28 July)	Third Day (17, 23 and 29 July)	Fourth Day (18, 24 and 30 July)	Fifth Day (19, 25 and 31 July)	Sixth Day (day off) (20 and 26 July)
<b>0845 - 0900</b> Opening gathering	<b>0730 - 0830</b> breakfast	<b>0730 - 0830</b> breakfast	<b>0730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







## OVERNATNING PÅ HALVORSMINDE I 2, 3 ELLER 4 PERSONERS VÆRELSER



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

[www.halvorsminde.dk](http://www.halvorsminde.dk)

