



In cooperation with



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 every week, from all over the world
- 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
- Coaches and players will record video, and in dialogue with you, 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 teams 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.
- From world class players to beginners.
- Educated coaches with knowledge in Parkinson's and Parkinson's exercises.
- You will get a personal coach and a plan you can use in the future.
- Parents are more than welcome.
- A warm water pool, 8 x 12 metres, with massage jets
- Special transportation from Aalborg Airport to camp and back.
- If any questions, phone +45 2341 15555 or email: Elisabeth@ildal.com



Elisabeth Ildal
Cure4Parkinson.com

WE ALSO WELCOME PLAYERS WITH PARKINSON'S

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



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. Works for Bordtennis Danmark.



Christine Loyrion

Experienced head coach at Romans sur Isère, France formed many of the actual young french internationals.
Butterfly's coach of the year 2018.



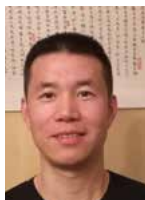
Yana Timina

Top ITTF Coach.
Headcoach for Amsterdam TT.
Responsible for the Dutch girls talents.



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.



Natalia Grigelova

National player Slovakia.
Coach for the junior national team in Slovakia and TTC Portsmouth.
Sport psychologist



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.



Tarek Hassan Shahin

Head Coach and Director in B75.
Former national coach in Egypt.



Yoeke Gusing

Former youth national player in Holland.
Educated at the B75 Academy.



Eric Glod

National player for Luxembourg.
Play in superleague in Austria.
Coach in B75 camp 2023 with great succes.



Lucien Filmon

World champion 2024 in +40 group. Headcoach Paris region.



Clement Haendler

Coach in Switzerland and France.
I am a very observant coach who likes to look for the small technical detail that can change everything in a player.
I focus my teaching on many parameters but especially the feet, the placement of the body, feeling your body weight on the front of your feet, etc.



Simon Fisher

Ny landstræner på Færøerne.
Formand for Viby bordtennis klub og træner for deres elitespillere.
Yoga instruktør.



Sam Wilson

Specialist in coaching players using pimple rubbers. This year we will make special group for pimple players.
I played professionally on the international scene for over 3 years.
Coaching is now my main passion as I try to pass on all the knowledge I have gained throughout the years to help others reach their potential.



Ti Long

Professional Table Tennis coach with his own acadamy in Vietnam .
Practicing table tennis will help you make life better.
Always smiling and friendly. His goal is to help players gaining the ability to be the best version of them self.



Eric Labrune

Head Coach in Provence region.
Responsibility for the coaching 14 clubs.



Liidia Andreeva

Former national player Estonia.
Youth National Coach Estonia.
Educated Psychologist, speciality children.



Etienne Thibaut

U15 coach of Lyon's district
Coach « Soyez PRO » (mental training)
Coach full time in Romans-sur-Isere



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.

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 Ångby. 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.



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



Domino Tran
Coach in Germany. Coach last year B75 International Table Tennis Camp



Tanja Helle
National Champion in Holland 2024. Professional Table Tennis player. 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.



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.



Nicklas Bjerregård
Educated Danish Youth coach
Educated at the B75 Academy



Antonio Herrera
Owns his own academy in Venezuela Academia Pingis Carora Antonio is a very skilled coach who also works for the Eskilstuna Bordtennisklubb / Eskilstuna Pingis and is a coach educator for the Swedish Table Tennis Association



Martin Lundkvist
Former national coach for the women's national team. Former director of Table Tennis Denmark. Coach in Roskilde today.



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



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.

Administration



Ben Swift
Head of registration



Irina Rokkjær
Camp Manager



Lars Rokkjær
Founder of the camp

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 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	
	21:15 - 22:00 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



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STAG

DGI Huset
AABYBRO



WWW.B75.DK



Sportsefterskolen Aabybro
Kærvej 9 · 9440 Aabybro

