



In cooperation with



Welcome to the best public Table tennis camp in the world

# B75 INTERNATIONAL TABLE TENNIS CAMP 2023

Aabybro, Denmark 4 to 19 days from July 10<sup>TH</sup> - July 28<sup>TH</sup>



## 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.
- Opportunities in relaxing I hot water all day.
- There will be super special sleeping madras', only available for Parkinson's.
- 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

Register by fulfilling 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.

Early registration price available until 31st of May. From 1st of June full price will be charged.

## PRICES PER WEEK

Room cost per Week	Until 31.5.23	From 1.6.23
Practice without room and food, only fruit in the breaks	344 €	378 €
In a class room - you need to bring mattress, sheets and duvets	430 €	473 €
In a room with five beds	462 €	508 €
In a double room	550 €	605 €
In a single room	748 €	822 €

## OTHER COSTS

**Extra night:** Most players stay one night extra before 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 40€

**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.

**Rent sheets, pillow and duvet:** Every room except the class room has a bed and mattress. You can rent sheets, duvet and pillow from us for 11 € per week, or you can bring your own.

**You must bring your own towels.**

**Extra meals:** If you have chosen accommodation outside the camp you can buy meals. The costs are: Breakfast 10 €, Lunch 10 €, Dinner 13 €, Evening Coffee 10 €.

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

[B75ben@gmail.com](mailto: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](http://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".



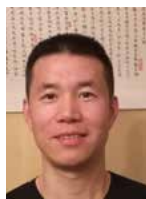
## Patrick Lui

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

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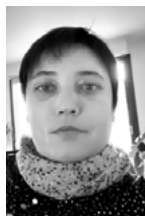
## Thomas Johansson

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.



## 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



# Introduction



- Stag was started in 1922 by Lala Arjan Das Kohli.
- We have our headquarters in Meerut, Uttar Pradesh.
- Stag has grown from a small family business into a renowned multi-sport brand catering to 202 countries the world over.
- Our product range today covers over 19 major sports including equipment for: netball, basketball, athletics, tchoukball, gymnastics and many other sports, with a specific focus on table tennis.
- Stag in collaboration with ITTF, has undertaken development projects in 116 countries so far. The programme called "Sports for All- Equipment for All", aims to provide equal opportunities for underprivileged people around the world to have access to sports' equipment.
- We are proud partners of the International Table Tennis Federation (ITTF) and a supplier pool member of European Table Tennis Union (ETTU).



## Brand Philosophy

The Stag dream is to hone talent at the grassroots and be at the forefront of sports development.



# Our Philosophy



- We believe in price-quality match. Each of our products go through stringent quality control measures to help us provide our consumers with the best quality possible.
- We create and innovate inhouse. With our factory, we have the freedom to build and create unique products from scratch in significantly less time.
- Our strength lies in our factory workers who are highly skilled and dedicated to the success of the brand.
- We believe in building long lasting relationships and have the third/fourth generation of some of our past employees still working with us.
- The Stag dream is to hone talent at the grassroots and produce an Olympic Champion from India in table tennis. To realise this dream, along with the Table Tennis Federation of India, we have launched three very ambitious projects namely

Stag-TTFI One million players by 2020  
Stag Talent Search  
Stag Olympic Dream

## WE SPONSOR AND SUPPORT

52

National Teams

28

State Teams

150+

Clubs & Academies

180+

Players

200+

Coaches





Housing for the camp is at Sportsefterskolen Aabybro. [Click here for a virtual tour.](#)



SPORTSEFTERSKOLEN AABYBRO



# PROGRAM B75 SUMMERCAMP 2023

<b>First Day</b> July 10 <sup>TH</sup> , 15 <sup>TH</sup> , 20 <sup>TH</sup> , 25 <sup>TH</sup>	<b>Second Day</b> July 11 <sup>TH</sup> , 16 <sup>TH</sup> , 21 <sup>TH</sup> , 26 <sup>TH</sup>	<b>Third Day</b> July 12 <sup>TH</sup> , 17 <sup>TH</sup> , 22 <sup>TH</sup> , 27 <sup>TH</sup>	<b>Fourth Day</b> July 13 <sup>TH</sup> , 18 <sup>TH</sup> , 23 <sup>TH</sup> , 28 <sup>TH</sup>	<b>Fifth Day (day off)</b> July 14 <sup>TH</sup> , 19 <sup>TH</sup> , 24 <sup>TH</sup>
<b>08:30 - 09:00</b> Official opening Ceremony	<b>07:30 - 08:30</b> Breakfast	<b>07:30 - 08:30</b> Breakfast	<b>07:30 - 08:30</b> Breakfast	<b>09:00 - 10:00</b> Breakfast
<b>09:15 - 12:00</b> Preparation for road map	<b>08:30 - 08:55</b> Mobility and stretching	<b>08:30 - 08:55</b> Mobility and stretching	<b>08:30 - 08:55</b> Mobility and stretching	<b>1100-?</b> Departure for trip to the Beach, to Aalborg or...?
	<b>09:00 - 12:00</b> Training session 1	<b>09:00 - 12:00</b> Training session 1	<b>09:00 - 12:00</b> Training session 1	
<b>12:30 - 13:15</b> Lunch	<b>12:15 - 13:00</b> Lunch	<b>12:15 - 13:00</b> Lunch	<b>12:15 - 13:00</b> Lunch	<b>1600 - 2000</b> Unformal Table Tennis tournament
<b>14:30 - 17:00</b> Training session 2	<b>13:15 - 13:40</b> Recovery	<b>13:15 - 13:40</b> Recovery	<b>13:15 - 13:40</b> Recovery	
	<b>14:30 - 17:30</b> Training session 2	<b>14:30 - 17:30</b> Training session 2	<b>14:30 - 17:00</b> Training session 2, final report for those who leave	
<b>17:15 - 18:00</b> Dinner	<b>17:45 - 18:45</b> Dinner	<b>17:45 - 18:45</b> Dinner	<b>17:45 - 18:45</b> Dinner	<b>2000 - 2100</b> dinner
<b>19:30 - 21:00</b> Planning players and coaches	<b>19:00 - 20:00</b> Players feedback in groups	<b>19:00 - 20:00</b> Evening activity <b>20:00 - 21:00</b> Mental training	<b>19:00 - 20:00</b> If you stay for another week, you prepare your own video for the Road Map session	
	<b>21:00 - 21:30</b> supper	<b>21:00 - 21:30</b> supper	<b>21:00 - 21:30</b> supper	
<b>22:00 -</b> Bedtime youngsters	<b>22:00 -</b> Bedtime youngsters	<b>22:00 -</b> Bedtime youngsters	<b>21:30 -</b> Social gathering led by the pedagogues	<b>2200 -</b> bedtime youngsters
<b>22:30 -</b> Bedtime all players	<b>22:30 -</b> Bedtime all players	<b>22:30 -</b> Bedtime all players	Until 01:00 in the night social mingle in the restaurant and billiard room	<b>2230 -</b> bedtime all players



B75 International Table Tennis Camp





In cooperation with  
**STAG**

**DGI Huset**  
AABYBRO



**BORDTENNIS**  
**B75**  
A CLUB FOR ALL  
ANNO 1975

[WWW.B75.DK](http://WWW.B75.DK)



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