

B75 INTERNATIONAL TABLE TENNIS SUMMER CAMP

15th July – 31th July 2014

Sindalhallerne, Islandsgade 22, 9870 Sindal



**8 players,
2 coaches,
2,5 hours multiball
per day!**



**1 Chinese Coach,
1 European Coach
per group**

**5-15 DAYS
ELITE TRAINING CAMP**
with some of the world's best coaches



Welcome to the B75 International Table Tennis Summer Camp 2014

"What is the ideal training for European players? How can we once again bring European players to match Chinese players at the Olympics and at the World Cup? We believe the solution may lie in the force that occurs when we bring Chinese coaches together with European coaches in a balanced and equal cooperation. We place you as a player in the center of this unique collaboration. We listen to you, we involve you and we give you responsibility for your own development. This year you will practice in a group with seven other players, led by one Chinese and one European coach. Welcome to an exciting international environment, with coaches and players from around the world."

Lars Rokkjær

The work continues!

From the 15th to the 31st of July you can join the experience of our intense training Camps, you can share your love for your sport with others and help to develop coaching and training to the highest level.

We invite Young players from all over the world to prepare their season with some of the best coaches from the east and the west. Groups of

8 players are accompanied by two coaches who divide their time between multi-ball and group training.

You decide what happens. Where do you want to work upon? How do you measure your progress? How will your coach help you to attain your goals? Daily feedback guarantees that you go where you want to go.

The camp is built around the best insights in modern teaching and coaching and the intense positive atmosphere makes you progress very quickly.

You work 7 hours per day, one week might be a good idea for starters. If you think you can handle that, then two weeks is even better; three weeks is for players who like to exhaust themselves and want to achieve a big goal. We train people from good to absolute top-level, from very young to pro-player.

There's simple food on top sports level, dormitories are in the local school. There are experts available on all disciplines; from physical therapist to sports psychologists. The camp is organised by a non-profit organisation (B75 Hirtshals).

What does it cost?

You can apply for one, two or three units of 5 days.

-One unit costs 425 Euro.

-Two units cost 820 Euro (one day break with board and lodging included).

-Three units cost 1195 Euro (two days break with board and lodgings included).

Board and lodgings are included, you bring your own sleeping bag and mattress, if you don't bring a mattress, you can rent one for 8 euro.

If you come by plane or train you can ask for our taxi- service which brings you to the camp for 15 euros from Aalborg Airport or Railway Station or from Frederikshaven Ferry.



PROGRAM SUMMER CAMP 2014

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)
0730 - 0830 breakfast	0730 - 0830 breakfast	0730 - 0830 breakfast	0730 - 0830 breakfast	0730 - 0830 breakfast
0900 - 0945 opening ceremony	0930 - 1200 training session 1	0930 - 1200 training session 1=competition part 1	0930 - 1200 training session 1	0930 - 1200 training session 1
1000 - 1200 matches in the groups	1200 - 1300 lunch	1200 - 1300 lunch	1200 - 1300 lunch	1200 - 1300 lunch
1200 - 1300 lunch	1430 - 1700 training session 2	1430 - 1700 training session 2=feedback on competition and group exercise	1430 - 1700 training session 2	1430 - 1700 training session 2, final report for who leaves
1430 - 1630 training session 1 standard				
1700 - 1800 dinner	1700 - 1800 dinner	1730 - 1830 dinner	1730 - 1830 dinner	1700 - end
1930 - 2130 training session 2 standard	1900 - 2000 group FB/service	2000 - 2130 training session 3=competition part 2 (shorter matches to see back results)	1900 - 2000 group FB/service	1730 - 1830 dinner
	2030 - 2100 supper	21.30 - 2200 supper	2030 - 2100 supper	1900 - 2000 groups session feedback and service for those who stay
2130 - 2200 supper	2100 - 22.00 workshop trainers		2100 - 22.00 workshop trainers	2030 - 2100 supper
2200 - bedtime youngsters	2200 - bedtime youngsters	2200 - bedtime youngsters	2200 - bedtime youngsters	2100 - dance party for the kids, infor- mal meetings trainers
2230 - bedtime all players	2230 - bedtime all players	2230 - bedtime all players	2230 - bedtime all players	2400 - bedtime all players
2230 - informal trainers meeting	2230 - informal trainers meeting	2230 - informal trainers meeting	2230 - informal trainers meeting	

THE ORGANISING STAFF

DIRECTOR

Lars Rökkjaer – original idea, overall leading

PRODUCTION

Nicolai Cok – production leader, coaching the coaches

Istvan Moldovan - sportpsychology

Ester – kitchen

Christine – kitchen

Judith – kitchen

Lars Stobberup – DTP

ASSISTANCE

B75 Table tennis Club

– general assistance and preparation

Per Christensen – photography

Adina – assistant

Simon Rökkjaer – Informatics



PRESENTATION OF THE COACHES



Yu Han Chen
Headcoach at the B75 Table Tennis Club in Hirtshals Denmark. Former Chinese National Junior Player. One of the architects of the B75 camps



Istvan Moldovan
Sportpsychologist and former world top 100 player. Independent Topsportscoach in Halmstadt Sweden. Designer of the Feedback Structures.



Zhao Weiguo
Former Chinese National Player, Chinese mixed double champion, pro A player and coach of Argentan Bayard, France.



Claus Arnsbaek
Headcoach at Odense Denmark. Personal coach of Danish and Cuban internationals. Responsible coach for some of the best young players in Denmark (2 times silver and bronze in 2013). Coach for the Danish Deaf National Team.



Fredrik Asklund
Fredrik Asklund, one of the co-founders of the Camps. Responsible coach for Swedishkids 95-98 at National Level. Expert pedagogue.



Christine Loyrion
Experienced head coach at Romans sur Isère, France formed many of the actual young french internationals.



An Shu
Has played 15 years in the Swedish Elite Division. Experienced Chinese coach who has beaten the biggest names in the world!



Robert Svansberg
Coach for 15 years, trained many Swedish elite players. Headcoach of Spårvägen Table Tennis Club at Stockholm. Assistant Paralympic Coach for Sweden.
Responsible for Swedish Kids 98-2000. Also professional pedagogue, maths and physics teacher.



Fang Zhu
Chinese National Player from 1996-1998. Played in Japan, Portugal, Germany and Spain as top player. Participated for Spain in 2008 Olympics in Beijing. Spanish National Women coach.



Yana Timina
Russian born Yana Timina, Headcoach for AmsterdamTT. Responsible for the Dutch girls talents. Former Worldrank 102, played pro A in France, now second Bundesliga Germany.



Thomas Johansson
Coach at Spårvägen 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.



Lei Yang
Former Chinese International. Now professional player and coach in Germany. A-licence trainer, technical coach of the German National Team.



Gilles Forzy
Headcoach at Mulhouse TT. Formed many french topplayers. Expert in youth formation.



Morten Hyrup Rasmussen
Danish International and ambitious young coach. Participated in many high-end Camps.



Song Han
Played in Yun Nan province team. Played in Chinese A-league before moving as coach to Sweden and then to Denmark. She won the Safir Tournament under 21 in Sweden.



Per Rosin
Was trainer and member of the board at Tibbe Kungsängen BTK, then trainer at Nacka. Worked with beginners and high-end professionals.



Jakub Dorocsinska
Price winning player with gold medals In the Polish Championship and at the Worldchampionships in Shanghai 2006, succesfull in many European Pro tours became a League player in Poland (80% wins) and decided recently to become a professional coach.

Coach-meeting



Pictures from the camp in 2013



Pictures from the camp in 2013



SUBSCRIPTION:

To apply for a place:

send an e-mail to:

lars@equilibrio.dk or nicolai.cok@sfr.fr

In return we will send you the subscription-form which you fill in to claim your place in the camp. Your place is valid after payment of the sums due on

Bank-Account:

IBAN-account number DK7090674582019857

BIC-kode: SPNODK22

FOR MORE INFORMATION AND QUESTIONS:

B75 International Summer Camps

<https://www.facebook.com/InternationalTrainingcampDenmark>

What does a week training camp offer you?

Training at the camp:

Each day you work with your 2 trainers for 6 hours. Eight players work together as a group.

- 2.5 hours of individual training (multiball and exercises) in a group of 4 players on two tables equipped as multiball units.
- 2.5 hours of group training in a group of 8 players with your responsible coach.
- 1.0 hour Group-Feedback, ending in creative service training

The coaches collaborate:

Through qualitative collaboration between your coaches three times a day, they ensure that your individual training is well centered around you.

The responsible head coach:

The 8 players in a training group have two coaches, one being the main responsible.

Feedback

All the players have feedback from their personal coach. Players keep a diary for each day. Your diary is an important part of the feedback.

Tournament:

There is a short intake tournament the first day. At the work-tournament, during the week, half week, progress is checked and evaluated with your coaches. Subsequently you and your personal coach will plan how to use the knowledge from the matches to improve your play.

Work preparation:

It is important to us that the training at the camp is linked to the training of the player at his own club. All the players are invited in the subscription form to provide the following information with or without their trainer.

The questions are:

- How much do you train every week?
- What are you working with at the club now?
- What is your game plan?
- What are your strengths in relation to the game plan?
- What is your weakness in relation to the game plan?
- Which goals do you have for your own development?
- What do you and/or your coach want us to work upon?

Fitness:

Be prepared for hard work; to the training we add physical work. We assume you have reasonable good times in running and that you are in good physical shape.

Food/Catering

All your food is home prepared in collaboration with a dietist. If you have a special diet (allergic or something else), report this at the registration.



Rules

The Camp aims for topsport. People need to work hard and sleep good. Bedtime rules are strict and need to be respected to ensure the quality of the work. Dormitories will be categorised to age so that young players can go to sleep early. For the youngsters a parent's watch will be organised.

No alcohol is allowed for players and coaches under 20. Trainers and coaches can share a beer or

a glass wine at their informal meetings between 22.30 and 24.00 hours. In no case abuse of alcohol will be tolerated. Gambling games are not allowed on the premises of the camp. All telephones and tablets of players need to be deactivated after sleeping hours; the leaders can take them in case of abuse.

The working language in the camp is English.

Combine your child's training camp with a vacation in one of Denmark's most charming places



40 km to Skagen vacation at the tip of Denmark

Check out the tourist office for vacation in the Skagen area. Read about the activities, arrangements, hotels and restaurants. www.skagen-tourist.dk

28 km to Hirtshals

In Hirtshals you can visit north Europe's largest oceanarium.

Here you can experience impressive aquariums, learn about the North Sea through fun interactive and involving activities. www.nordsoenocenarium.dk

14 km to Tversted

If you drive right through Tversted you will end up in the sea. You are welcome to do so,, but if you stop a little bit before you can experience Tversted. www.toppenafdanmark.dk/danmark/da-dk/.../tversted/tversted.htm

50 km to Fårup Sommerland

Deep in the woods there is amusement for both old and young. Here we have everything a family needs to have a really good fun day together. We have amusements in 3 categories and just to give you a view – Family – Action – Aquapark. www.faarupsommerland.dk



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