

# B75 INTERNATIONAL WINTER CAMP

**27<sup>th</sup> to the 29<sup>th</sup> of December in Hirtshals**

**For the first time ever The B75 International Table Tennis Camp, is opening up for mid year road map evaluations.**



We invite you to join us in an experiment from the 27<sup>th</sup> of the 29<sup>th</sup> of December. We are constantly looking for ways to improve the camp. Last summer Lars sought to improve, not the impact on the player during the camp, but the impact on the player during the whole year following the camp. Our efforts resulted in the new roadmap technology.

The only issue we are having is that we have to wait a whole year before we get to see if the roadmaps are indeed successful. Therefore we are looking for 16 players who are interested in joining us in a three day immersion into the roadmap technology.

You will be living in the B75 high performance center, which is the cradle of the unique atmosphere we all feel at the camp. You will be

having two training sessions per day, because after all, table tennis is what brought us together. In addition to the two sessions "at the table", there will be a roadmap session, where we will work in depth with your roadmap. The B75 facilities are well equipped, and we are able to work with any goal, be that technical, tactical, physical, psychological.

## **Differences from the summer camp:**

- There will only be 16 spots available.
- The intimate nature of this small camp allows for even higher customization of the training sessions.
- For the first time in 10 years Lars Rokkjær will assume a full coach role, with an extra focus on the roadmaps.
- The venue will be at the B75 High Performance Center in Hirtshals, not on Halvorsminde in Hjørring.
- The hall is state of the art, it is where the players of B75 practice.
- The price is 290 € for all three days (27<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup> of December 2018)

## **Including:**

- 2 daily sessions at the table
- 1 daily roadmap session
- 4 meals + fruit every day
- Accommodation with a bed, hostel standard
- Acces to the ressources at the B75 high performance center

## **INFORMATION:**

The coaches are Claus Arnsbæk, Lars Rokkjær and Andreas Rokkjær.

To apply please contact email: [lars@rokkjaer.com](mailto:lars@rokkjaer.com)

If the need for additional accommodation perhaps from the 26<sup>th</sup> to 27<sup>th</sup> or 29<sup>th</sup> to 30<sup>th</sup>, please contact email: [lars@rokkjaer.com](mailto:lars@rokkjaer.com)



## THE COACHES



*Andreas Rokkjær*



*Claus Arnsbaek*



*Chinese Coach*



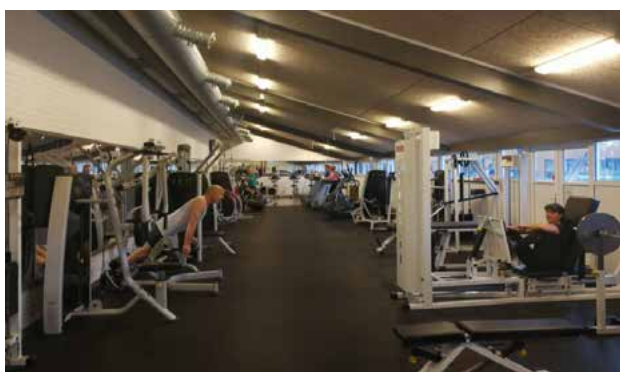
*Lars Rokkjær*

## Our facilities are high class.

Small hall 14 tables made only  
for Table Tennis.



Professional Gym:



The Multihall for 20 tables:



Swim hall



**JOIN our international  
Trainingcamp 15<sup>th</sup>-31<sup>th</sup> july 2019  
5-15 DAYS ELITE TRAINING CAMP  
WITH SOME OF THE WORLD´S BEST COACHES**

