



In cooperation with

**STAG**

**BTDK**  
BORDTENNIS DANMARK

**DGI Huset**  
AABYBRO



Velkommen til den bedste offentlig tilgængelige bordtennis lejr i verden.

# B75 INTERNATIONAL BORDTENNISLEJR 2023

Aabybro, Danmark. i 4-19 dage fra den 10. juli til den 28. juli



## VERDENSKLASSE TRÆNING

- 24 trænere heriblandt 6 fra Kina
- Træning i grupper af 8 spillere i samme niveau.
- Grupper af 4 trænere træner to grupper ad gangen (16 spillere)
- De internationale topspillere sparre i den bedste gruppe
- Vi bruger også stærke sparringspartnere i de andre grupper for at være sikker på at alle får de rette øvelser for at de kan udvikle sig.
- En træner vil optage video af dig og i dialog med dig vil træneren lave en personlig udviklingsplan for din træning.
- 2 x 2,5 timers træning hver dag. De første 2,5 timer individuel multibold træning og den anden halvdel af de 2,5 timer er der gruppe øvelser.

## INTERNATIONALE SPILLERE AF ALLE NIVEAUER OG ALDRE

- 96 spillere fra mere end 30 nationer og fra niveauer fra nationale gruppe niveau til begynder niveau.
- Spillernes aldre er fra under 10 år til over 70 år.
- Spillere på 10 år eller yngre skal være ledsaget af en voksen.
- Lejrens værdier er: Respekt, sammenhold og styrkelsen af spillerne.

## NYHED - SPILLERE MED PARKINSON ER OGSÅ VELKOMMEN

- Fra elite til begyndere.
- Uddannede trænere med viden om Parkinsons og Parkinsons øvelser.
- Du får en personlig coach og en plan, du også kan bruge i fremtiden.
- Pårørende er mere end velkomne.
- Muligheder for at slappe af i varmt vand hele dagen.
- Der vil være specielle sovemadrasser tilgængelig til Parkinson spillere.
- Særlig transport fra Aalborg Lufthavn til camp og retur.
- Samme gebyr og info som for andre spillere.
- Ved spørgsmål, ring på +45 2341 15555 eller mail: [Elisabeth@ildal.com](mailto:Elisabeth@ildal.com)

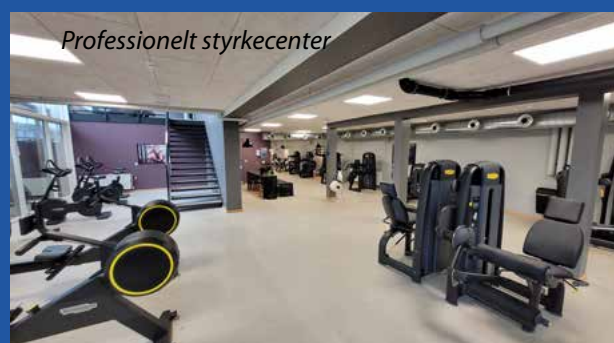


*Elisabeth Ildal*

## FANTASTISKE FYSISKE RAMMER



*Du kan bruge svømmebassinet i de åbningstider som den er åbent for offentligheden*



*Professionelt styrkecenter*



*3 træningshaller*

## TILMELDING

Registrering sker ved at udfylde formularen på <https://b75.nemtilmeld.dk/>

Du kan registre dig for 1, 2, 3 eller 4 uger af træning. En træningsuge er 4 dage. Der er en afslapnings dag imellem hver uges træning. Lejren varer i alt 19 dage.

Rabat ved tilmelding før 31. maj. Fra 1. juni opkræves fuld pris.

## PRIS PR. UGE

Værelses pris pr. uge	Før 31.05. 2023	Fra den 01.06. 2023
Træning uden værelse og mad kun frugt i pausen	2.561 kr.	2.814 kr.
Klasseværelse. Du skal selv medbringe madras, lagner og dyner	3.201 kr.	3.521 kr.
Værelse med 5 senge	3.440 kr.	3.782 kr.
Dobbeltværelse	4.095 kr.	4.504 kr.
Enkeltværelse	5.569 kr.	6.119 kr.

## ANDRE OMKOSTNINGER

**Ekstra nat:** De fleste spillere bliver en ekstra nat enten før eller efter lejren. Selvom du er nødt til og efterlade dit rum ved tjek ud og får tildelt et nyt værelse derefter. En ekstra nat inklusiv mad koster 298 kr.

### Taxi transport:

Hvis du rejser med fly, færge eller tog, kan du blive hentet af vores transport service til lejren for:

- Aalborg lufthavn 74 kr. for den ene vej og 149 kr. hvis man vil hentes og afleveres der.
- Hirtshals eller Frederikshavns færgeterminal 149 kr. for den ene vej. Hvis man skal hentes og afleveres der, koster det 298 kr.
- Aalborg togstation 74 kr. for den ene vej og 149 kr. hvis man vil hentes og afleveres der.

**Leje af lagner, dyner og puder:** Alle værelser undtagen klasseværelserne har en seng med en madras. Du kan leje lagner, dyner og puder af os for 82 kr. pr. uge eller du kan medbringe dine egne.

**Du skal selv medbringe håndklæder.**

**Ekstra måltider:** Hvis du har valgt indkvartering uden for lejren, kan du købe mad som koster følgende: Morgenmad 74 kr. • Frokost 74 kr. • Aftensmad 97 kr. • Aftenkaffe 74 kr.

## SPILLERNES TRÆNERE ELLER FORÆLDRE ER MERE END VELKOMMENDE I LEJREN

B75 Internationale Bordtennis lejr ønsker også at invitere spillernes trænere og forældre til at være en del af lejren hvis de vil. Hvis du tilmelder dig som en træner eller forældre, vil vi gerne hjælpe dig til at få mest muligt ud af lejren. Trænere og forældre får en 30% rabat på prisen som en spiller giver.

## HVIS DU HAR SPØRGSMÅL, KAN DU SKRIVE TIL FØLGENDE:

Lars@rokkjaer.com  
B75ben@gmail.com

## CORONA VIRUS

I B75 tager vi Corona virussen seriøst og vi følger udviklingen nøje.

Vi er optimistisk og håber på en Corona fri lejr.

Skulle Corona problemer opstå pludseligt så du er forhindret i at komme på lejren vil du få dine penge tilbage.

# PRÆSENTATION AF TRÆNERNE

De følgende er trænere, men det er muligt at der kommer til at ske ændringer og disse ændringer vil du kunne se på hjemmesiden [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".



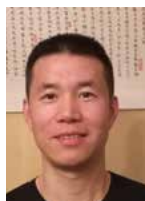
## Patrick Lui

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

# PRÆSENTATION AF TRÆNERNE

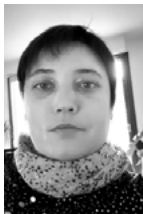
De følgende er trænere, men det er muligt at der kommer til at ske ændringer og disse ændringer vil du kunne se på hjemmesiden [www.b75.dk](http://www.b75.dk)



**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.



**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.

## Vores pædagogiske trænere er alle uddannede i vores "Road Map Concept" i B75 Akademi.



**Tanja Helle**  
National Champion double in Holland. Professional Table Tennis player. A coach talent. Educated at the B75 Academy



**Andreas Rokkjær**  
Coach in B75 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



Lejren afvikles på Sportsefterskolen Aabybro. [Klik her for at få en virtuel rundtur](#)



SPORTSEFTERSKOLEN AABYBRO



# PROGRAM TIL SOMMERLEJREN 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>21:15 - 22:00</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



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



Sportsefterskolen Aabybro  
Kærvej 9 · 9440 Aabybro

