

In cooperation with

JOOLA

BTDK
BORDTENNIS DANMARK

DGI Huset
AABYBRO



Welcome to the best public Table Tennis Camp in the world.
The camp is a symbol of how people can enrich each other across differences.

B75 INTERNATIONAL TABLE TENNIS CAMP 2025

Aabybro, Denmark 4 to 19 days from July 10TH - July 28TH



WORDS FROM COACHES AND PATICIPANT:

"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.

"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



Players from more than 30 nations, and from National team level to beginners

Players ranging from under 10 to over 75 years old.

WHAT MAKES THIS CAMP SPECIAL?

- Coaches from different parts of the world work together in groups of 4.
- One coach for every 4 players.
- You will experience being seen and heard.
- The coaches and your peers will record videos of you, and in a respectful dialogue help you to understand your own Table Tennis and how to become better.
- In Attentive dialogues you will develop your knowledge, making you able to coach yourself.



Sam Wilson and Félix Gaugry making Checkout dialogue after practice.

- You will experience a safe environment where all players work together and improve each other.



Yoga every morning.

- International top players are sparring in the best group.
- We also use sparring partners in groups where the players' levels makes it difficult to exercise with quality. Last summer we had a 6 year old, who never played Table Tennis before and a grandmother who wanted to play with her grandchild.
- 2 x 2,5 hours of training every day. One of the practices is individual multiball and the other is group exercises.

WHAT MAKES THIS CAMP SPECIAL?

- 96 players from more than 30 nations, and from National team level to beginners
- Players ranging from under 10 to over 75 years old.
- 50% of the participants are typical adults.
- Always groups of participants +60
- Players at the age of 10 or younger must be joined by an adult.



We make room for everyone!

- Paralympic players.
- Persons with Parkinson.
- People with some sort of learning disabilities.
- Caregivers are more than welcome.
- Special transportation from Aalborg Airport/train station to camp and back.
- We work together with Cure4parkinson, phone +45 2341 15555 or email: Elisabeth@ildal.com

Transportation to the camp:

- You can fly directly to Aalborg Airport.
 - You can fly to Copenhagen airport and take Flixbus.dk direct to Aalborg Train station.
- Prices now: 369 DKK for adults and 169 DKK for children under 15 years old one way.

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, 2025. 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	€ 410	€ 450
Classroom (floor) - per person	€ 455	€ 500
4 to 6 person room - per person	€ 490	€ 540
2 person room - per person	€ 585	€ 645
1 person room no shower or toilet at the room	€ 795	€ 870

OTHER COSTS

Extra night: An extra night that includes a meal costs 52 €. 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 11 € for one way and 22 € for return.

Hirtshals or Frederikshavn Ferry Terminal 22 € for one way and 44 € for return. Aalborg Train Station 11 € for one way and 22 € for return.

Extra meals: Visitors to the camp can buy meals. The costs are: Breakfast 12 €, Lunch 12 €, Dinner 15 €, Evening Coffee 12 €

Pool and gym access: Pools, sauna and gym in the DGI Huset are available for their daily rate.

NEW from 2024

Sheets, pillow and duvet are now included with all rooms. You must bring your own towels.

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:
lars@rokkjaer.com

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



Amila Thilakarathna

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



Aleksey Yefremov

ITTF High performance coach. Have 28 years of coaching experience from beginners to Top players, have been National Coach of India, Egypt, Guatemala, Peru, Colombia, 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.

From 2017 personal coach of Paris 2024 Paralympic gold medalist Tommy Urhaug.



Andreas Rokkjær

Coach at B75 Table tennis Academy. Educated at B75 Coach Academy.



Antonio Herrera

Coach in Sweden. Has his own Table Tennis School in Columbia.



Binghui Mai

5 years of coaching experience in China.
I have participated in the Chinese Table Tennis Super League.
I was awarded the title of China's national first-class athlete
At present, I am the coach of the Serbian Red Star Club League.



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.



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.



Clement Haendler

A young talented Coach.
Coaching at the moment in France and Switzerland.



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.



Eric Glod.

Many years National player In Luxembourg. Coach and player In Austria. Educated at B75 coach academy.



Eric Labrune

Head coach in Department in Provence.
Help our camp to link exercises to winning points.



Etienne Thibaut

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



George Downing

Professional coach in England.
George is educated at B75 Coach Academy.
Educated in Sport psychology.



Istvan Moldovan

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



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.



Lucien Filmon
Head coach at Department 95 Paris.
World Champion +40
2024 National Champion with
Pontoise Cergy



Martin Lundkvist
Former national coach for the Danish women and Director
Danish Table Tennis federation.
Now coach in Roskilde.



Melissa Vgn
Educated Coach from Department 95
in Paris. Also, education from B75
Coach Academy.



Natalia Grigelova
National Youth coach in Slovakia.
Educated Sport psychologist.



Nicklas Bjerregård
Educated Danish Youth coach
Educated at the B75 Academy



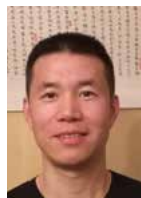
Passant Osman
ITTF coach. Youth National coach Egypt. Coach
for Hana Goda. Picture: December 2024, Mauritius
Head coach at camp for National players.



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



Sam Wilson
Professional coach in
England.
Sam can coach everybody,
but specialize in coaching
defensive Players.



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.



Simon Fisher
Simon Fisher coach the National team of The Faroe Islands.
Coach and president at Viby Table Tennis club Denmark.



Tanja Helle
National Champion in Holland 2024.
Professional Table Tennis player.
Educated at the B75 Academy



Tarek Hassan Shahin
Head Coach and Director in B75.
Former national coach in Egypt.



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.



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



Tobias Dyrendal
Coach in B75's Table Tennis Academy.
Educated at B75 Coach Academy.





Victoire Barthelemy
Educated Coach from
Department 95 in Paris.
Also, education from B75
Coach Academy.



Yoeke Gusing
Youth coach in Holland.
Educated at B75 coach Academy.



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



Zakaria Mercade
5 years coach in Italy
Now coach in B75 Table
Tennis Academy.



Ma Long

Is not coming to the camp this year, but he is helping the camp
getting Top-coaches from China this summer.

Thanks Jan Berner for your help.

Administration



Lars Rokkjær
Founder of the camp



Thomas Krejdal
Hotel Manager

Kind words from a player:

"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."

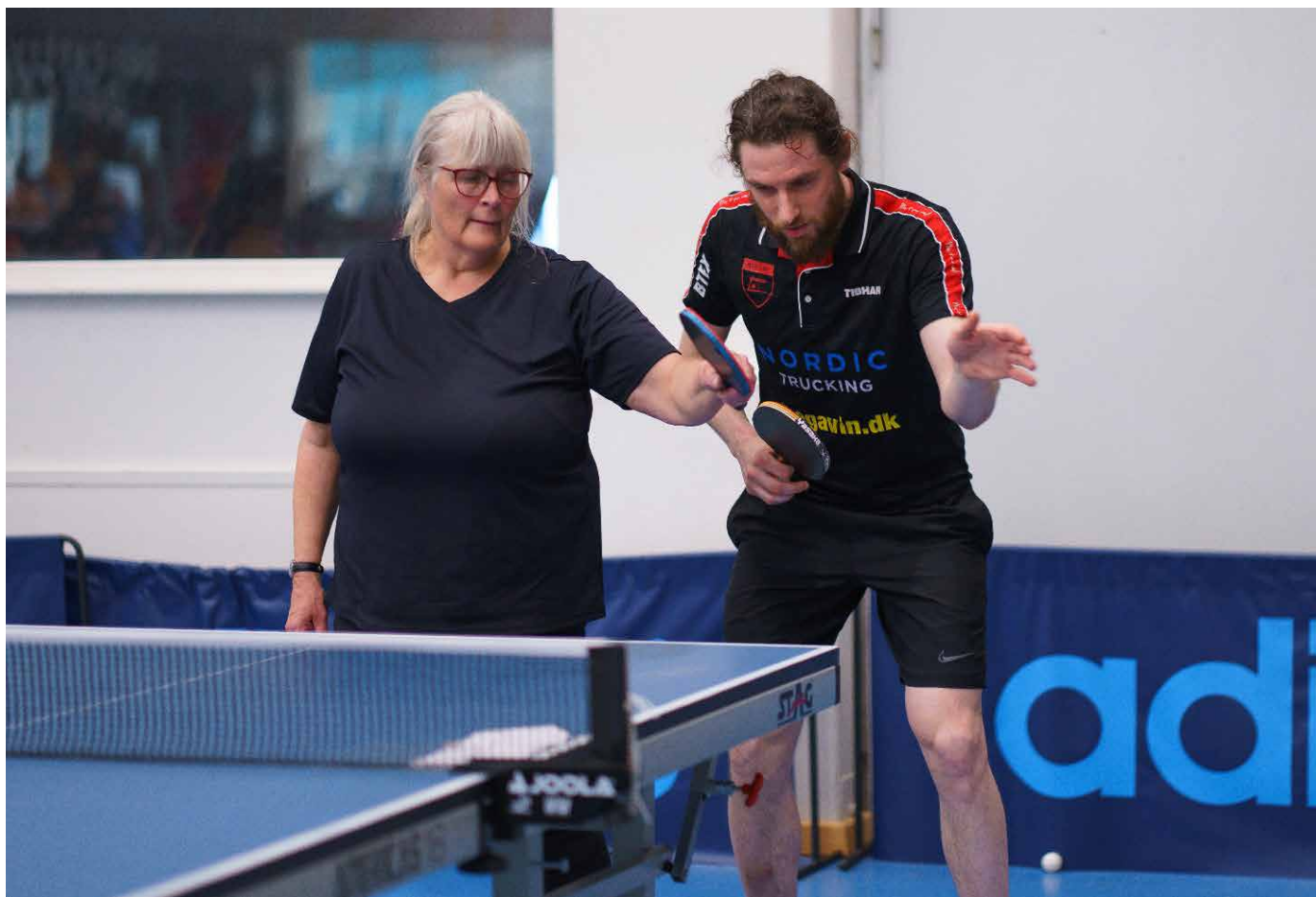
Regards Mukesh



Anders Lind and Lars Rokkjær from opening ceremony 2023.

IN COOPERATION WITH





Improvement has no age.

Housing for the camp is at Sportsefterskolen Aabybro.



SPORTSEFTERSKOLEN AABYBRO



PROGRAM B75 SUMMERCAMP 2025

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
07:00 - 08:00 Breakfast 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 Checkout from rooms 10:00 Breakfast
Training session 1: 09:00 - 09:10 Go to your groups 11:30 - 11:45 Check out	08:30 - 08:55 Yoga 09:00 - 09:10 Check in 11:30 - 11:45 Check out Training session 1	08:30 - 08:55 Yoga 09:00 - 09:10 Check in 11:30 - 11:45 Check out Training session 1	08:30 - 08:55 Yoga 09:00 - 09:10 Check in 11:30 - 11:45 Check out Training session 1	11:00 Departure for trip to the Beach or to Aalborg.
12:30 - 13:15 Lunch	12:15 - 13:00 Lunch	12:15 - 13:00 Lunch	12:15 - 13:00 Lunch	16:0 - 20:00 Informal Table Tennis tournament
15:00 - 15:10 Check in 17:30 - 17:45 Check out Training session 2	15:00 - 15:10 Check in 17:30 - 17:45 Check out Training session 2	15:00 - 15:10 Check in 17:30 - 17:45 Check out Training session 2	13:15 - 14:15 final report for those who leave. 15:00 - 15:10 Check in 17:30 - 17:45 Check out Training session 2	
18:15 - 19:15 Dinner	18:15 - 19:15 Dinner	18:15 - 19:15 Dinner	18:15 - 19:15 Dinner	20:00 - 21:00 dinner
19:00 - 21:00 Meetings Players and coaches: How do I want to plan my week?	Evening with free time.	20:00 - 21:00 Mental training lecture	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	21:00 - 21:30 supper	
22:00 - Bedtime youngsters	22:00 - Bedtime youngsters	22:00 - Bedtime youngsters	21:30 - Social gathering	22:00 - bedtime youngsters
22:30 - Bedtime all players	22:30 - Bedtime all players	22:30 - Bedtime all players	Until 00:00 in the night social mingle in the restaurant and billiard room	22:30 - bedtime all players



B75 International Table Tennis Camp



D E N M A R K



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WWW.B75.DK



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