



Overall satisfaction 2025: 9.0 / 10.

Based on feedback from 130+ international participants.

## Welcome to the Worlds most inclusive Table Tennis Camp

A learning environment where players grow together through trust and dialogue.

# B75 INTERNATIONAL TABLE TENNIS CAMP 2026

Aabybro, Denmark 4 to 19 days from July 8<sup>TH</sup> - July 26<sup>TH</sup>

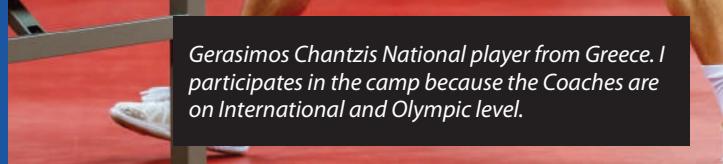


Marco, aged 7, participates in the camp where he meets others of the same age and coaches who adapt the training to his age.

Philippe Poncet, here with Olympic and National coach of Spain Weidong Shi. Philip wants to promote how exercise can improve the lives of people with COPD.



Many players over the age of 60 are participating in the camp here. Solveig Henriksen here with French top coach and educator Eric Labrune.



Gerasimos Chantzis National player from Greece. I participates in the camp because the Coaches are on International and Olympic level.

In cooperation with



## VOICES FROM PLAYERS AND COACHES

*"Many players come to our camp because it is the only place where they can work so closely with many competent coaches. Players develop far beyond expectations, and the camp is about much more than table tennis."*

*The coaches*

*"I felt truly listened to by my coach. My opinions mattered, and the feedback was adapted to me as a player."*

*"This camp helped me understand my own game better, not just practice more. I know what I need to work on now."*

*Participant feedback, B75 Camp Survey 2025*



*Two highly competent female coaches at the camp:  
Yana Timina and Yuhan Shen.*

*This fantastic Indian coach Santosh Ariswilli loves that  
the camp because it also develops us as humans.*

## WHAT MAKES THIS CAMP A UNIQUE LEARNING ENVIRONMENT?

At B75, the focus goes beyond repetition — training is built to foster real learning, self-awareness, and personal growth.

Players practice in small groups of 16 (split into 8 + 8), guided by three experienced coaches and a dedicated pedagogical leader.

The coaches work as a team, blending their different insights and experiences, while the pedagogical leader ensures that the learning environment is supportive — creating trust, clarity, and meaningful conversations with each player.



*Sam Wilson and Félix Gaugry making Checkout dialogue after practice.*

## WHAT YOU'LL EXPERIENCE AT B75 CAMP:

- A learning environment grounded in leadership and psychology research, supporting learning and performance.
- A diverse coaching team from around the world, sharing their knowledge to help each player grow.
- Coaches and players work together to create a personalized Road-Map, providing clear direction toward individual goals.
- Training sessions - both individual and group-based - are tailored to each player's specific goals and areas for improvement.
- Video feedback combined with open, trust-based conversations to help players better understand their own game.
- Daily Check-In (goal-setting) and Check-Out (feedback) sessions encourage self-reflection and learning after every practice.
- A safe environment where players support and learn from one another.

## SPARRING & LEVEL-BASED TRAINING:

- International top players are sparring in the highest-level groups.
- When levels vary too much for balanced play, sparring partners are used.
- This ensures challenging and meaningful practice for all players
- Players of all levels—from beginners to seasoned seniors—train alongside one another, inspiring mutual growth.

## DAILY TRAINING STRUCTURE

- Two training sessions per day, each lasting 2.5 hours.
- One session focuses on personalized multiball drills to improve technical skills.
- The second session includes group-based match exercises to build match-play ability.
- Each day starts with a yoga session led by a mindfulness teacher to support focus and mental well-being.

## A CAMP FOR PLAYERS OF ALL AGES, LEVELS AND BACKGROUNDS

- Players from more than 30 nations, from National Team levels to beginners
- Participants range from age 10 to over 75 years old
- Around 50% of participants are typically adults
- Groups always include participants aged 60+
- Players aged 10 or younger must be accompanied by an adult



## An inclusive and responsible learning environment

### We welcome:

- Paralympic players
- People living with Parkinson
- People living with COPD
- People with learning deficiencies
- Caregivers and family members

**Inclusion at B75 is supported by structure, dialogue and clear roles – ensuring that every participant is respected and supported in their learning.**

## Collaboration and support

### We collaborate with:

- Cure4Parkinson. Contact: Elisabeth Ildal - Phone: +45 2341 15555 · elisabeth@lldal.com
- O2&Cie urgence BPCO. Philip Poncet - Phone: +33651289031 · direction.o2etcie@gmail.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: 179 DKK for adults and 89 DKK for children under 11 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, 2026. 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	€ 451	€ 500
Classroom (floor) - per person	€ 500	€ 550
4 to 6 person room - per person	€ 539	€ 590
2 person room - per person	€ 644	€ 700
Single room no shower or toilet at the room	€ 875	€ 920
Single room with shower and toilet in the room	€ 1050	€ 1100

## OTHER COSTS

**Extra night:** An extra night that includes a meal costs 58 €. 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 12 € for one way and 24 € for return.

Hirtshals or Frederikshavn Ferry Terminal 24 € for one way and 48 € for return. Aalborg Train Station 12 € for one way and 24 € for return.

**Extra meals:** Visitors to the camp can buy meals. The costs are: Breakfast 13 €, Lunch 13 €, Dinner 17 €, Evening Coffee 10 €

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

## LINEN

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

## COACHES AND PARENTS ARE WELCOME AT THE CAMP

Players' coaches and parents are welcome to join the camp. If you join as a coach or parent, we encourage you to actively support the player's learning and experience during the camp. Coaches and parents receive a 30% discount on the player's price.

**IF YOU HAVE ANY QUESTIONS CONTACT:**  
**[lars@rokkjaer.com](mailto:lars@rokkjaer.com)**

# AN INTERNATIONAL COACHING TEAM: Learning and developing together

At B75, coaches are not working alone. Our international coaching team brings together experience from different countries, cultures and performance environments, ranging from Olympic to National and regional levels.

Supported by pedagogical leaders, coaches collaborate, reflect and develop their leadership during the camp – to ensure a consistent, respectful and player-centered learning environment.

The following are the coaches and more may join. Please visit [www.b75.dk](http://www.b75.dk) for the latest updates.



**Amila Thilakarathna**  
Former National Team player of Sri Lanka.  
Head-coach Brighton Table Tennis Club.  
National Team coach of England Paralympic Team.



**Clement Haendler**  
Coach with international experience. Professional coach developing players in France and Switzerland.



**Aleksey Yefremov**  
ITTF High performance coach.  
National Team coach of India, Egypt, Guatemala, Peru, Colombia, Iceland and Norway. Conducted over 50 ITTF and ETTU coach education courses.



**Emiliano Franzini**  
Head coach at 11 Taškas Vilnius.  
Educated at the B75 Academy



**Andreas Rokkjaer**  
Coach at B75 Table Tennis Academy and former ITTF Hot Spot.  
Holds a university degree in applied philosophy.  
Educated at B75 Coach Academy and ITTF Hot Spot.



**Joe race**  
Coach and leader Barnsley Table Tennis Club.  
Joe is one of the many volunteer leaders creating daily value for children. Part of B75 Table Tennis Academy.



**Antonio Herrera**  
Coach in Sweden. Has his own Table Tennis School in Columbia.



**Eric Labrune**  
40 years of experience, 20 years head coach of National Center in Boulouris (French Riviera).  
Sports manager of Provence Côte d'Azur League.



**Mia O'Rahilly Egan**  
Leading coach in Region Ancona  
Mia is Irish Champion



**Binghui Mai**  
5 years of coaching experience in China.  
Competed in the Chinese Table Tennis Super League. Awarded with China's National First-Class Athlete.  
Coach for the Serbian Red Star Club.



**Christian Björklund**  
Highest coaching education in Sweden.  
Works with players of all levels from beginners to elite. Full-time coach and educator at the Swedish federation.



**Ruby Gao**  
Manager and coach for two clubs in China.  
Ruby organizes participation of Chinese at B75 International Table Tennis Camp



**Claus Arnsbaek**  
Professional coach for Danish National youth players. Regional coach on Fyn and head-coach of OB.  
Specialized in developing talent in young players.



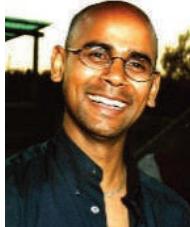
**Istvan Moldovan**  
Former Norwegian National team player for 10 yrs.  
Holds a master's degree in psychology and sports.  
Works with Olympians and National team athletes and managers in business.



**Christine Loyron**  
Experienced head coach at Romans.  
Trained many international French young players. Butterfly coach of the year 2018.

**Lee McHugg**

Has developed many players from beginner to high national level.  
One of the primary coaches at Birmingham TT Academy.

**Provas Mondal**

Indian Professional Topcoach. At the moment at Sardinia.  
Former coach at Werner Schlager Academy.

**Santosh Aranwilli**

Last year Santosh took the camp with storm.  
What a coach.  
Indian Top coach and Nr. 2 at The Indian National Championship 2025.

**Lucian Filmon**

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

**Shi Weidong**

National Team coach in Spain participated at the Olympics 2024.  
Former professional player, 3 times Spanish Champion.  
Highly skilled coach working with all players from elite to new beginners.

**Martin Lundkvist**

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

**Simon Fisher**

Coach for the National Team of The Faroe Islands.  
Coach at Viby Table Tennis club Denmark.

**Tanja Helle**

National Champion in Holland 2024. Professional Table Tennis player and coach in Paris.  
Educated at the B75 Academy

**Melissa Vgn**

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

**Yuhan Chen**

Direktor Team Göteborg. Top coach Former youth National player China. Here together with **Zakaria Mercade** from B75 Academy.

**Sam Wilson**

Sam Wilson Professional coach in England. Former National player.

**Tarek Hassan Shahin**

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

**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.

**Tobias Dyrendal**

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

**Richard Pelc**

Professional coach in England. Educated at the B75 Academy



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



**Yana Timina**  
Top ITTF Coach.  
Top coach in Holland.  
National responsible for the Dutch girls talents.



**Mads Jørgensen**  
Mads Jørgensen has been part of the Danish  
national team coaching staff for many years.  
Mads is a skilled coach with a friendly and warm  
personality.



**Yolke Gunning**  
Youth coach in Holland.  
Educated at B75 coach Academy.



**Zakaria Mercade**  
Top coach in B75.  
Children or Plus 60 they  
all love Zakaria.

## Administration



**Lars Rokkjær**  
Founder of the camp



**Thomas Krejdal**  
Hotel Manager



**ALESSANDRA NEGRI**  
Leader of kitchen



## A player's perspective:

*"I would like to express my views on the B75 Table Tennis Camp. The whole experience had a very positive impact on me. I never imagined a camp environment with so much positive energy, respect and warmth. The camp brought together a small community where people of different ages and backgrounds could coexist without barriers. I gained not only table tennis skills, but also confidence, trust and a sense of belonging."*

Mukesh



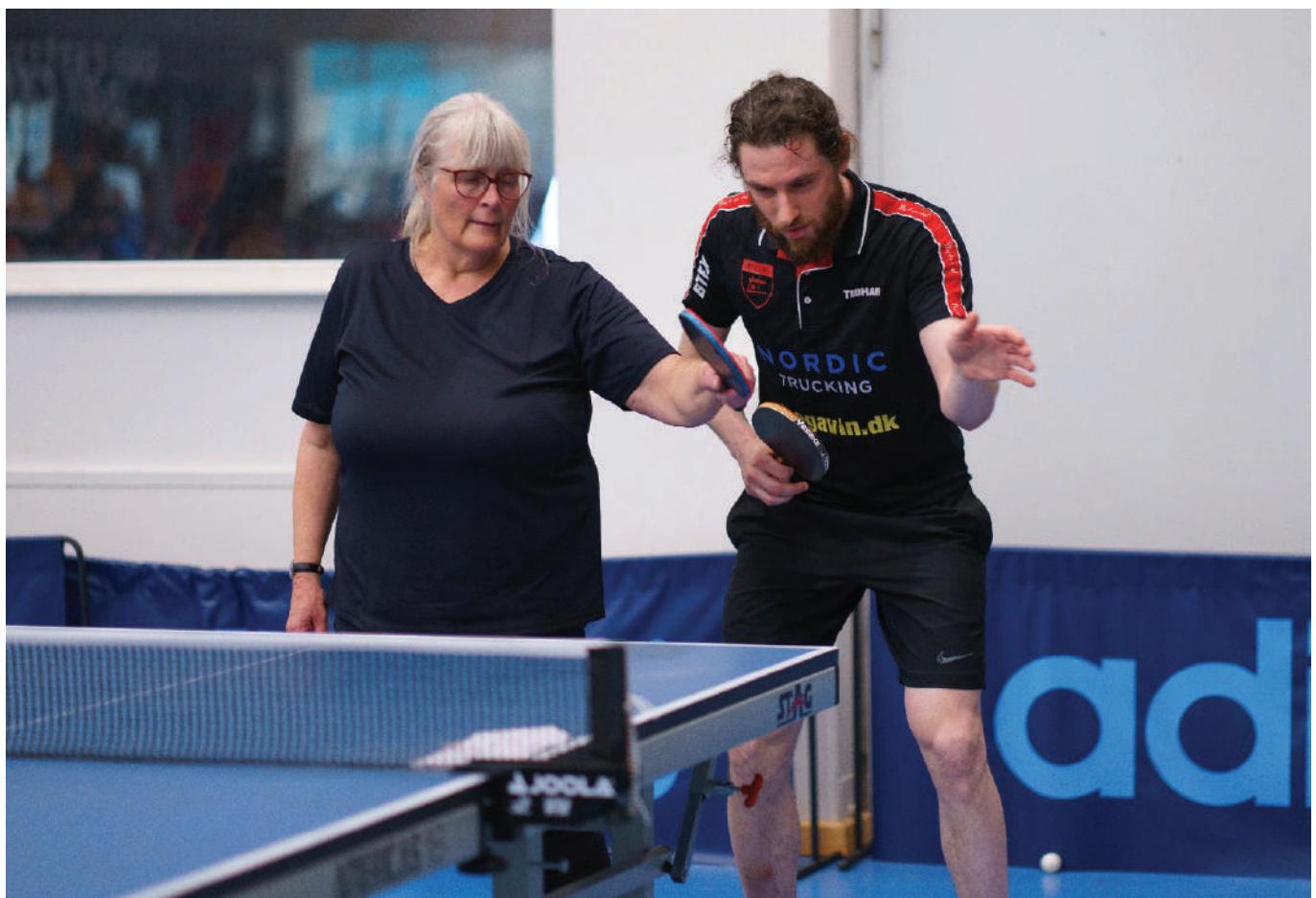
*Anders Lind and Lars Rokkjaer from opening ceremony 2023.*

### SUMMER CAMP T-SHIRT WITH CAMP LOGO



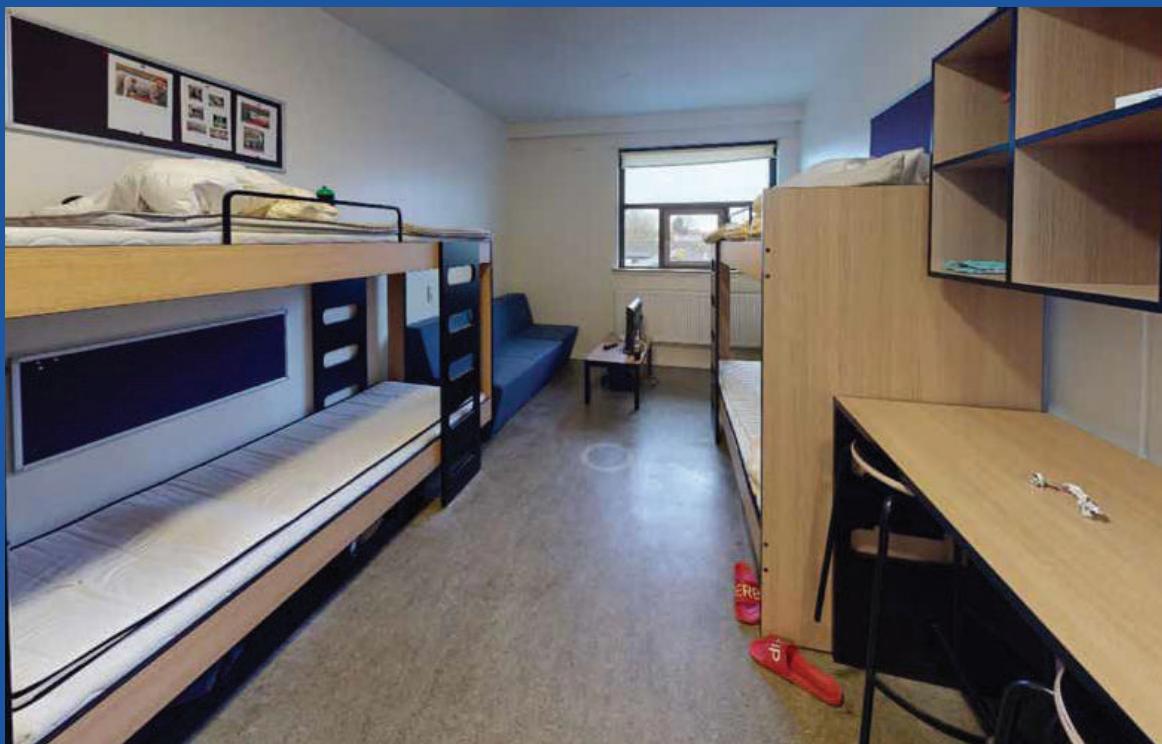
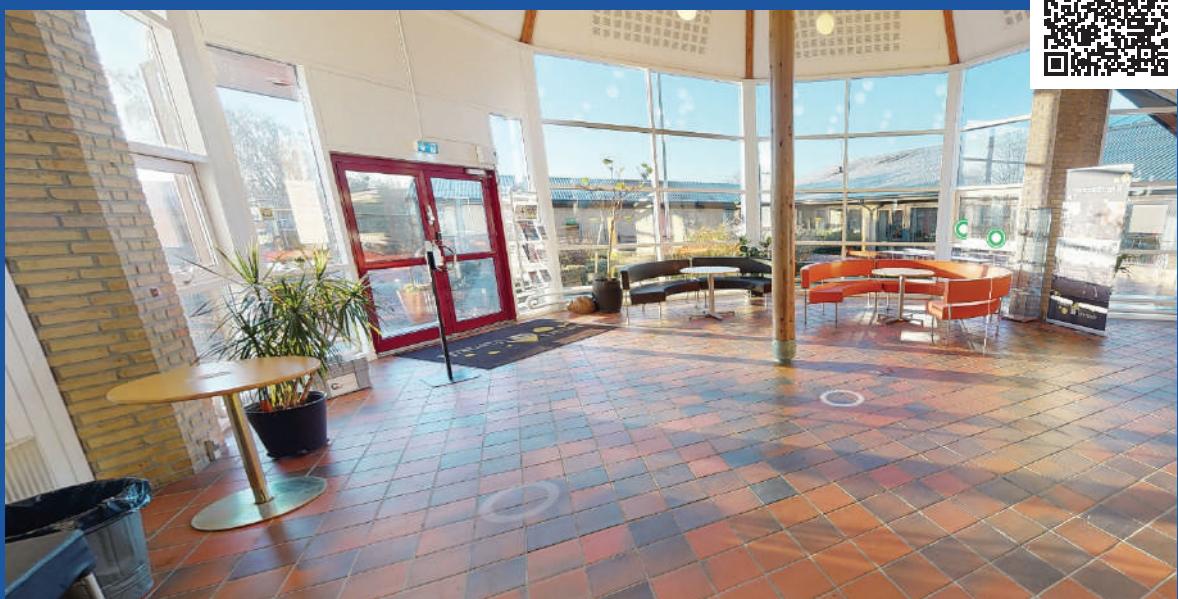
If you are interested in our training clothes, you can order them when you register for the camp.

The design is not yet decided.



*Improvement has no age.*

Housing for the camp is at Sportsefterskolen Aabybro. [SportsefterskolenAabybro.dk](http://SportsefterskolenAabybro.dk)



SPORTSEFTERSKOLEN AABYBRO

# PROGRAMME FOR B75 SUMMER CAMP

First Day July 8 <sup>TH</sup> , 13 <sup>TH</sup> , 18 <sup>TH</sup> , 23 <sup>TH</sup>	Second Day July 9 <sup>TH</sup> , 14 <sup>TH</sup> , 19 <sup>TH</sup> , 24 <sup>TH</sup>	Third Day July 10 <sup>TH</sup> , 15 <sup>TH</sup> , 20 <sup>TH</sup> , 25 <sup>TH</sup>	Fourth Day July 11 <sup>TH</sup> , 16 <sup>TH</sup> , 21 <sup>TH</sup> , 26 <sup>TH</sup>	Fifth Day (day off) July 12 <sup>TH</sup> , 17 <sup>TH</sup> , 22 <sup>TH</sup>
<b>07:00 - 08:00</b> Breakfast <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> Checkout from rooms <b>10:00</b> Breakfast
<b>Training session 1:</b>  <b>09:00 - 09:10</b> Go to your groups  <b>11.30- 11:45</b> Check out	<b>08:30 - 08:55</b> Yoga	<b>08:30 - 08:55</b> Yoga	<b>08:30 - 08:55</b> Yoga	<b>11:00</b> Departure for trip to the Beach or to Aalborg.
<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>15:00 - 15:10</b> Check in <b>17:30 - 17:45</b> Check out  <b>Training session 2</b>	<b>15:00 - 15:10</b> Check in <b>17:30 - 17:45</b> Check out  <b>Training session 2</b>	<b>15:00 - 15:10</b> Check in <b>17:30 - 17:45</b> Check out  <b>Training session 2</b>	<b>13.15 - 14.15</b> final report for those who leave.  <b>15:00 - 15:10</b> Check in <b>17:30 - 17:45</b> Check out  <b>Training session 2</b>	<b>16:00 - 20:00</b> Informal Table Tennis tournament
<b>18:15 - 19:15</b> Dinner	<b>18:15 - 19:15</b> Dinner	<b>18:15 - 19:15</b> Dinner	<b>18:15 - 19:15</b> Dinner	
<b>19:00 - 21:00</b> Meetings Players and coaches: How do I want to plan my week?	Evening with free time.	<b>20:00 - 21:00</b> Mental training lecture	<b>19:00 - 20:00</b> If you stay for another week, you prepare your own video for the Road Map session	<b>20:00 - 21:00</b> dinner
<b>21:15 - 22:00</b> Supper	<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	<b>22:00 -</b> bedtime youngsters
<b>22:30 -</b> Bedtime all players	<b>22:30 -</b> Bedtime all players	<b>22:30 -</b> Bedtime all players	Untill 00:00 in the night social mingle in the restaurant and billiard room	<b>22:30 -</b> bedtime all players



B75 International Table Tennis Camp

## **Susi Maxwell-Stewart one of 8 players with Parkinson from Brighton made this poem:**

Aabybro you are fantastic  
You tried to make us elastic  
With jogging, stretching, moving around  
Grunting, groaning, making sounds

Our coaches showed us what to do  
Focus, practice will be up to you  
Mark and Noah, Provos and Dong carefully saw  
Exercise needed to correct our flaws  
Move to the left, foot to the right  
Don't hold your bat so very tight

When it was time to rest  
We went for a swim  
Cooling water made us sing  
Muscles numb, no body aches  
Swimming helped to stop the shakes

Dinner and supper later on in time  
After 3 more hours of sweat and grime  
A hearty soup, a veggie option served  
Who could want for more to preserve  
Our strength, our hope and our pleasure  
Sleeping and showers were definitely our leisure

Lidel's too was a big plus  
Buying liquorice and chocolate was a must  
A nectarine a day to keep the doctor away  
We really enjoyed every minute of our day

Thank you Lars and all your staff,  
All the volunteers, and the cafe for  
English Breakfast tea  
It helped us grow branches in the table tennis tree



In cooperation with



Sportsefterskolen Aabybro  
Kærvej 9 · DK-9440 Aabybro

