



Welcome to the best table tennis training camp in
Yorkshire!

INTERNATIONAL TABLE TENNIS TRAINING CAMP

WITH EUROPEAN AND UK HEAD COACHES

Creating lifelong friendships and provision of outstanding sporting opportunities

Multi ball exercises
Group drills and exercises
Breakfast, lunch & dinner

Rest and recovery activities
Coach feedback and planning sessions
Interactive workshops

24th - 27th October 2025

Barnsley Table Tennis Club, 2 Blucher Street, Barnsley,
joe@barnsleytabletennisclub.co.uk www.barnsleytabletennisclub.co.uk

High Level Coaching

Following the huge success of our previous camps, we are so pleased to be welcoming more new coaches from Europe to International Table Tennis Camp October 2025! Throughout our next camp, players will have access to some of the best coaching opportunities available to the public. Our coaching team are passionate about the sport and providing everyone with the information and knowledge to better their game over the course of the camp!

Camp Values

Respect Passion Change

Desire Togetherness Heart

‘It’s an amazing team where every individual member is humble and prepared to do anything asked of them to make the events a huge success where every individual matters’



What's On?

Breakfast - This is a really important part of the camp. The group gets together for breakfast on day two and three and four before the camp starts. We will provide players with sufficient breakfast that they serve themselves. Following this we will head into the first session of the day.

Group Exercises and Drills - Throughout the camp we will be completing lots of different group exercises and drills that will be demonstrated and explained by the coaches. Drills will vary throughout the camp and will cover all core aspects of the game.

Multi Ball - There will be the opportunity to take part in multi ball drills at the camp. Players will work in smaller groups with a coach and will take it in turns to take part in drills, access feedback and watch over some of their videos.

Lunch/Evening Meals - We will provide players with good and healthy food. The training camp will be physically demanding, it is important that all players eat and rest well ready for the afternoon sessions. Our catering team work extremely hard to ensure that we deliver an amazing menu for the camp. All dietary requirements will be sought before the camp starts.

Rest and Recovery - Players will be required to carry out rest and recovery. They will be able to spend time in the upper mezzanine, play Xbox and rest for the afternoon session. There will be lots of fun activities and games available for rest and recovery!

Interactive Workshops (new & adapted) - Coaches will deliver presentations that will focus on a specific part of the game, with players taking part in small group discussions and breakouts where they will then share their thoughts with the whole group.

Planning Meetings - after day 1, players will meet with their group to discuss their aims and goals for the camp, what they are wanting to work on and improve by the time they leave. Coaches will use the information from these meetings to adapt and come up with individual plans for each player on the camp.

Feedback Meetings - At the end of the camp each player will meet with their coach and group to discuss how they feel the camp went, what they have taken away and how they will continue to work towards their goals after the camp. Player will be encouraged to give each other feedback throughout the meetings.

Check in & check out - At the start and end of each training session, the groups will sit together for 10 minutes to share their feelings before and after the session. This time also allows the coaches to share what will happen during the session. Check in & out is a great opportunity for everyone to discuss the session as a team.

Closing Ceremony and Recognition - We recognise just how important these four days are to our team, players and community. At the end of our camp, we gather for a closing ceremony where we celebrate the achievements of every single person who makes the camp possible. These four days show just how special our table tennis community is, and that's why it is important that we take the time to understand and acknowledge what everyone has done and achieved over the camp!



‘An amazing camp again, Barnsley Table Tennis Club never stops’

‘The food was amazing and the feedback from everyone was so positive, awesome job, so proud to be part of this amazing team and family’

Comments From The Players

'I really liked how there were multiple coaches, all who were helping everyone with their technique and really caring for everyones improvement in the sport'

'I really enjoyed the coaching sessions, I enjoyed learning something new, when the coaches gave me tips on my shot and also feedback on it. I really enjoyed multi ball and the group tournament at the end'

'I've been to a lot of training camps and this is the best one that I have ever been on!'

'The videography was incredibly helpful in spotting bad habits' I really enjoyed the feedback from the coaches, as well as the multi ball and shadow play'

'There was a great variety of coaches who were very kind, they explained the shots all the way through'

'I can't wait until the next camp. The coaches were great at giving feedback to help me improve'



Comments From the Staffing Team

'We are an incredibly strong team, together we have built this into something that is making a big difference for table tennis, both nationality and internationally. This is just the beginning'

'A fantastic club and credit to everyone. It was such a pleasure for me to help, and with this TEAM, it can only grow and grow. Been in the sport for over 40 years it is not just about on the table, but off the table, these players can blossom, learn and be better all round people'

'I don't even know where to start because I have never experienced so much warmth and kindness in such a short time. From the moment I stepped into the club, I felt at home. You have created a community where everyone feels welcome, and that really touched me deeply'

'The atmosphere was amazing and everyone brought to that - Family'

Comments from Club Leader

Following the huge success of our recent camps it's time to take the next step. With a bigger coaching team and more spaces than ever before! We are hosting across two sports halls, where there will be a big push for more multi ball exercises and individual plans for each player on the camp to ensure that they get as much from the four days as they possibly can! It's a privilege to be providing some of the best coaching opportunities in England.

International Table Tennis Training Camp October 2025			
Day 1 - Friday	Day 2 - Saturday	Day 3 - Sunday	Day 4 - Monday
Arrival 16:30	Arrival and Breakfast 07:45 - 08:30	Arrival and Breakfast 07:45-08:30	Arrival and Breakfast 07:45-08:30
Opening Ceremony 16:45	Group Planning Meetings 08:30-09:30 Wellington Street	Interactive Workshop - Blucher Street 08:30-09:30	Stretching and Warm Up 08:30-09:00
Stretching and Warm Up 17:00-17:30	Stretching and Warm Up 09:30:-10:00	Stretching and Warm Up 09:30-10:00	Session 6 09:00-12:00
Session 1 17:30-20:30	Session 2 10:00-13:00	Session 4 10:00-13:00	Lunch, Rest and Recovery 12:15-15:00 Player Feedback Meetings included in this period
End of Day 1 - 20:45	Lunch, Rest and Recovery 13:15-15:00	Lunch 13:15-15:30	
	Stretching and Warm Up 15:00-15:15	Session 5 15:30-18:30	Session 7 15:00-18:00
	Session 3 15:15-18:15	Evening Meal & Activities 18:45-20:30	Evening Meal 18:15-19:30
	Evening Meal & Activities 18:30-20:30	End of Day 3 - Collection 20:30	Group Discussion & Closing 19:30-20:30
	End of Day 2 20:30		End of Day 4 20:30



Our Coaching Team!

Christian Björklund

My name is Christian Björklund and I'm 44 years old. I have been a coach for 30 years. I have both national and international experience from many clubs and associations in Sweden, Denmark, Germany and USA. I also have the highest coaching education in Sweden and I'm a coach educator in the Swedish Table Tennis Association.



Mark Mitchell

Ex England International 55 caps

Twice National League winners

Won the Portuguese and Icelandic Open.

level 4 coach

UKCC Level 3 Tutor and Assessor

Paralympic Coach to the GB team for almost 20yrs. Attended 4 Paralympic Games and numerous World and European Championships. Winning many Gold Medals. TTE Coach of the Year 2020



Claus Arnsbaek

Claus Arnsbaek, a seasoned coach with a rich history spanning over 25 years, has cultivated a wealth of experience both nationally and internationally. With a career rooted in Denmark, Claus has had the privilege of working with numerous clubs and associations across Sweden, Germany, and Denmark.

His impressive resume includes a tenure as the national coach for Denmark's youth players and the deaf national team. Currently, Claus serves as the head coach at OB in Odense, Denmark. In addition to his responsibilities at OB, he frequently travels on the World Table Tennis (WTT) tour, accompanying Danish national players.

Claus's expertise is further solidified by holding the highest coaching qualification in the Danish sports system. Beyond coaching, he dedicates time to educating future coaches as an instructor within the Danish Table Tennis Association.

Join us in celebrating the remarkable journey and achievements of Claus Arnsbaek, a true pillar of the coaching community.



Usman Umar

I am a level 2 coach and have done a lot of work across different clubs in West Yorkshire. At Heckmondwike Table Tennis Centre I am the Lead Coach. I have promoted table tennis in the community undertaking coaching sessions for schools, scout groups and community groups.



Ben Barlow

"I'm looking forward to working with such a thriving club with lots of potential and helping with the development of players. Hopefully I can make a difference moving forwards as I have seen some of the work being done on and off the table, which is very impressive"

Playing Highlights

English National Mens Singles 3rd

English National Men's Doubles 3rd

Represented England on numerous occasions

Played in Belgium League

Coaching Highlights

National Young Coach of the Year 2013

Worked with National Squads from England and Jersey

Practice Partner for Paralympic Squads

Worked with numerous national and international players

Former Yorkshire Regional Coach

Strength and Conditioning Coach to current Professional Athletes

Former Table Tennis Head Coach at the University of Sheffield

Coached for the past 15 years



Joe Race

Head of Barnsley Table Tennis Club Barnsley Table Tennis Club and South Yorkshire Junior Squad Coach. Joe travels up and down the country with the sport and also coached in Denmark in 2024. Joe has worked alongside many coaches over recent years and he looks forward to sharing his knowledge and insight with everyone on the camp.



Pete Smith and John Race

Barnsley TTC coaches who will be on hand throughout the camp to offer knowledge and guidance to all participants. John has many years of playing experience at local and county level. Pete has played table tennis at local league level for many years, alongside John.



Jake Cutts

Former England cadet number 3. Travelled to China to train as a cadet.

Jake has played table tennis to an extremely high level in England.

Formerly a part of the England and Yorkshire setup as a cadet. Strong left handed player with experience playing against and competing alongside some of Englands top players.



Ben Jackson and Tom Clough

Former Barnsley TTC Junior players who have competed at junior competitions across England and have also played for South Yorkshire.

Ben and Tom will be working with coaches in groups at different sessions over the course of the camp.



Raymond Hurst

Ray headed up Barnsley Table Tennis for many years and played a huge part in developing some of Yorkshires finest juniors and cadets. Now a regular face on the VETTS circuit, Ray competes around the world at various tournaments and competitions, with a recent bronze medal at the World Championships in 2022.



More coaches to be announced soon!

Venues

Training Halls - The camp will take place in two sports halls, there will be hydration and fruit stations available throughout the training sessions. Our sports hall at Blucher Street is equipped with state of the art flooring, lighting and air conditioning for the perfect playing environment. The sports hall is located on the first floor of Blucher Street Campus. Please see our website for full details of our venue.

Wellington Street - We are so thankful for our amazing partnership with Hope House Church, who play a vital role in enabling us to do what we do! Here is where we will be serving our meals as well as doing our rest and recovery. We understand the importance of spending time together away from the table. We will be offering activities throughout the rest and recovery periods. This space allows us to spend time getting to know each other in a comfortable and relaxing environment.

Breakfast, lunch and evening meals will be provided on days 2, 3 and 4. Players are encouraged to bring along a sports bottle that they can use throughout the camp, as we will not be offering single use plastic drinks. Players will be encouraged by staff to eat well during meal times as training will be intense, it is important that rest and recovery is done well, and our meals will be at the heart of this. All dietary requirements were sought on application for the camp and are captured on registration forms.

Nearby Hotels

Players traveling in may wish to stay at a nearby hotel. We have added below some recommendations of nearby hotels that we have used for previous camps:

Premier Inn Barnsley Central

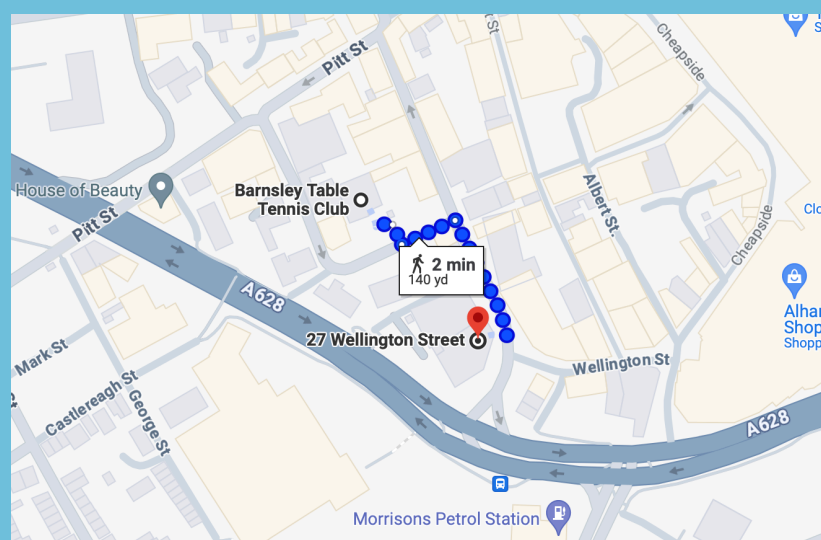
Address - Gateway Plaza, Barnsley, South Yorkshire, S70 2RD The Premier Inn is an 8 minute walk away from Barnsley TTC. Website - www.premierinn.co.uk

Ibis Styles Barnsley

Address - Whinby Road, Dodworth, Barnsley, S75 3TX

The Ibis Styles Hotel is a 40 minute walk away from Barnsley TTC (7 minute drive)

Website - <https://ibis.accor.com/en.html>



Cost, how to book and what’s included?

Bookings can be made via the Barnsley Table Tennis Club website by filling in a simple booking form.

- Breakfast, lunch and dinner
- Warm up sessions to prepare for training
- Seven training sessions - players are split into groups where they will work with their coaches and other players
- Cool down sessions
- Group sessions
- Multi ball
- Independent training
- Rest and Recovery activities
- Planing meetings with your coaches and group
- Feedback meetings
- Interactive Workshops
- Camp Handbook for all players

www.barnsleytabletennisclub.co.uk

Bookings Open Monday 7th July 2025

International Table Tennis Training Camp
Cost per person
Juniors & Cadets (Under 18’s) £200.00 £40 deposit
Adults £250.00 £50 deposit required
*Payment plans available on request *Deposits non refundable *Payment required in full by 20th September 2025 *Deposits will be sought following your booking by a member of the team

Book now using the QR code!



Barnsley Table Tennis Club

Our statement of Excellence!

- Barnsley TTC is a place of **excellent** people!
- Barnsley TTC is a place of **excellent** personalities!
- Barnsley TTC is a place of **excellent** friendships!
- Barnsley TTC exists to provide **excellent** coaching, teaching and social opportunities!
- We have **excellent** attitudes!
- **Excellence** is what we strive for!

Our Club Aim:

"Barnsley Table Tennis Club aims to inspire everyone to carry a heart for table tennis, to have a desire to improve and a passion that allows them to be the best that they can be. We aim to do this within a positive community atmosphere that provides a feeling of belonging"

