

BEIJING-TIANJING-HEBEI INTERNATIONAL TABLE TENNIS EXCHANGE CENTER

Invites students!
You can register right now!

Training center address: Langfang, Hebei, China. (廊坊, 河北省)

Registration time: You can enroll at any time based on your convenience and availability at the training center, please contact us and request your preferred date.

Training period: 10 days.

Eligibility: children (8-18 y.o.), adults (18+) with good health condition.

Activity Highlights:

1. Specialized training of table tennis by professional coaches at Chinese Beijing-Tianjing-Hebei International Table Tennis Exchange Center for all levels of table tennis players. (Students will be assigned into groups based on their skill levels).

2. Excursion to manufacturing plant of table tennis paddles and rubbers SWORD.

Training center introduction:

Beijing-Tianjing-Hebei International exchange center is situated in Hebei province of China, city Langfang, which is located between two big cities of China, in about 58 km from Beijing and about 90 km from Tianjing.

The area of the center occupies 3,500 square meters of a highly standardized sample, suitable both for training and for conducting competitions. There are thirty-four professional tables in the center now, workout gym, experimental zone for recording and analysis of technical actions of the athlete, other facilities like billiards room, the Virtuix Omni (the first virtual reality interface platform), shower and wifi are also available there.



The canteen is situated on the ground floor and a dormitory for students is opposite the center in 20 meters from it.



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|-----------------------|------------------------------------|-----------------------|
| 1. The main gates | 5. Professional tables | 9. Canteen |
| 2. Sights of the area | 6. The internal view of the center | 10. Dormitory |
| 3. Sights of the area | 7. Workout gym | 11. Studying room |
| 4. Reception desk | 8. Room for theoretical classes | 12. Experimental zone |

Training features:

The main coach of the BTH International exchange center Mr. Wang is the coach of the highest category of China. He grew some world champions and many foreign high-level players. He has been working as a main coach in the Olympic training school of Beijing for long-term period. His students became champions in many official competitions all over China.

His enormous teaching experience Mr. Wang put in his written books. The last one is about his newly developed table tennis training method, which is called “Three keys of table tennis”. This method helps students effectively improve their technical actions in a short period of time.

The other coaches are also experienced table tennis professionals, who will give you a good boost on table tennis skill development. The participants will be divided into groups by level and skills.

Daily schedule:

7:30-8:30 Breakfast
8:30-11:30 The first training
11:30-12:30 Lunch
12:30-15:00 Rest
15:00-18:00 The second training
18:00-18:30 Dinner
18:30-21:00 Free practice
22:00 Bedtime

1. The training hours could be changed depending on the seasons
2. The training include: warm-up, one ball or multi-ball training, physical training, stretching.



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|------------------------------|--------------------------------|----------------------|
| 1. Students of training camp | 4. Mr. Wang with student | 7. Training time |
| 2. Excursion to the factory | 5. Mr. Wang theoretical lesson | 8. Training time |
| 3. Excursion to the factory | 6. International student | 9. Experimental zone |

Lodging Condition:

Lodge in rooms with two or three beds or in a single room. Each room includes beds, wardrobe, table, chairs, heating system, conditioner and balcony. There are shower and the toilet on each floor, separately for girls and boys. Laundry service is provided by the center.

Meals:

Three time/day
7:30-8:30 breakfast
11:30-12:30 lunch
17:30-18:30 dinner



Each meal includes three types of Chinese food, that is full of proteins, fats and carbohydrates, that are necessary for sportsmen. All types of meals can be approved before your arrival, in case if some of Chinese food isn't suitable for you.

Training center also provides free water, tea or coffee for students and their attendants.

There is also a small market on the territory of the center, where you can buy some additional food.

Also provided:

1. Table-tennis T-shirt
2. Training-completion certificate

Fees:

(10 days period)

Item	Children (<18)	Adults (18+)	Attendants
Training	6000¥	6500¥	<i>Doesn't include</i>
Lodging	<i>double room 700¥ single room 1400¥</i>	<i>double room 700¥ single room 1400¥</i>	<i>double room 700¥ single room 1400¥</i>
Meal	600¥	600¥	1500¥
Personal trainer	<i>About 200¥/hour</i>	<i>About 200¥/hour</i>	<i>Doesn't include</i>
Transfer	<i>500¥ one way, car for 3 persons</i>	<i>500¥ one way, car for 3 persons</i>	<i>500¥ one way, car for 3 persons</i>
Air tickets	<i>Doesn't include</i>	<i>Doesn't include</i>	<i>Doesn't include</i>
Other culture activities and local trips	<i>Doesn't include</i>	<i>Doesn't include</i>	<i>Doesn't include</i>

Contacts and registration:

If you want to take part in training in our center, please follow instructions:

1. Each participant should share the following information and send it to our mail address: sword_tt@mail.ru:

- Mention if you are a coach, attendant or a student
- Full name in English
- Age
- Country and languages you can speak
- Approximate level of table tennis (only for students)
- Health condition (only for students)
- Preferred dates of arrival
- Your e-mail or telephone number (WeChat Id, WhatsApp Id)

2. You could also contact us by the phone [+86 13585700582](tel:+8613585700582) (China), Julia Tin.

3. All fees should be paid before your arrival or on the first day of your arrival.