

AUGUST 19th and 20th

Pre Season Prep Camp

Start your season on top form.

The camp will look at sharpening you up ready for the start of the season:

- Improved serves and returns
- Anticipation and recovery
 - Tactical awareness
- Season's goal setting workshop

10.00am - 16.00pm - each day

Costs

Members £15 per day
Non Members £25 per day

Whole Camp
Members £25
Non Members £45

Along with club coaches



With
Istvan Moldovan

represented Norway in every European and World Championships between 1996-2007, achieved a world ranking of 101. At the end of his playing career Istvan earned a Master's in psychology, with his main interest in motivation, leadership and performance enhancement. He has developed this area through further study in Applied Performance Psychology towards individuals and groups at an advanced level. More recently, Istvan was employed by the Norwegian Olympic Committee, working with athletes and coaches within different National teams, including building performance cultures. Istvan is a very experienced performance coach and has been a lead coach at B75 camp in Denmark for many years



Matt Porter
Camp organiser. A Level 3 coach: Table Tennis England Coach of the year 2014, County Durham Sport Coach of the year 2013. Experience working with several England junior internationals.



Ben Kelly
Level 2 UKCC coach
Qualified PE Teacher
2019 South West Durham Coach of the year and Table Tennis England Coach of the year North East



Ryan Morton
Level 2 UKCC coach
GB Para Squad player
Great communicator and popular club coach

Booking Details

Participant's Name: _____ Date of Birth: _____

Mobile Phone: _____ Email: _____

Any Medical issues which the coaches will need to know:

Emergency Contact Number: _____ Emergency Contact Name _____

Signature _____ Date _____

(Parents signature for those under 18)

Please tick dates you want to book

Monday 19th M£15 NM £25		Tuesday 20th M£15 NM £25		Whole Camp M£35 NM £50	
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