

**Technical Report,
"Eurokids" Training Camp,
by Head Coach, Jarek Kołodziejczyk.**

**EUROKIDS 1 / 2005
31 January - 06 February 2005, Buzau, Romania.**

The "EUROKIDS" (EK) camp nr 10 was yet again organized in Buzau, Romania, a place which is well known for EK constant participants as it has hosted us already for a third time. Bellow you'll find all of the important info together with specific programme of the camp. The result of our traditional EK Tournament you'll find in separate attachment.

1. GENERAL NOTES

Basic condition remained same as usually. We were living in "SPORT HOTEL B 90", in a good standard, 1' walking distance from the hall, where 14 tables were standing to our disposal, which was just fine as we had 28-29 players during each practice. As usually there was an English lesson (see programme of the camp) for all players and a visit in a very modern swimming pool situated next to the hotel.

Bottled water for players and snacks for afternoon practice were served everyday. The general level of this group was substantially lower than the one we had in the past, for instance in September 2004 in Hluk (CZE), therefore the main accent of practice had to be put on physical training and very basic techniques of strokes and movement in table tennis. This was certainly a little beat inconvenient for the very best players in this large group. Fortunately we had no problems with the health of players (just one player from LAT left one practice). We had to face only one unpleasant problem; due to heavy winter attack in Romania, the city of Buzau had a break-down in heating system which affected also the playing hall. As a result it was really cold during some of our practice sessions, but objectively there was nothing anybody of organizers of our camp could foresee or do. We just had to wait for a repair of heating failure and all credit to all of the players for their attitude and determination during these moments. That was not easy at all. Except this everything went ok.

On behalf of ETTU and myself I'd like to thank Romanian Table Tennis Federation, all of the staff in Sport Hotel B 90 and Mrs. and Mr. Romanescu in particular for their support, traditional hospitality, sponsoring rewards of a tournament and endless efforts in solving many little or bigger problems, especially in the beginning of the camp. We have spent yet another good and effective time in Buzau.

2. PLAYERS

Generally I'm very satisfied with the attitude of players. They were trying their best, according to their actual abilities. Nevertheless, analyzing the history of EK camps, it must be one more time underlined that overall sport level has been decreasing and this is not good news. However, one should also say clearly

that this opinion can not have deciding influence on individual judgment of particular players.

On several occasions, together with other experienced coaches we have tried to pass to children some important info related with their eventual future carriers. The main accent was put on service (technique and practice) and nutrition; ground discussion about these subjects seemed to be very urgent.

3. COACH TEAM

I guess there's no need to underline that yet again the atmosphere among coaches was just good. I just hope it will remain a trade mark of our camps. We have all admitted at the end of a camp that to co-operate throughout this week was a pleasant experience. So I'd like to thank all of them for this week. However let me express my special thanks to Ms. Marija ANTONIJEVIC (SER), Mrs. Andrea BOJKOVA (CZE), and Mr. Paul NOEL (LUX) who, as the most experienced among us, have helped me with a multi-ball training and with an "open mind philosophy" have shared their knowledge with players and other coaches.

Gdansk, 8th of Feb 2005

Jarek KOŁODZIEJCZYK
ETTU Youth Programs
Head Coach

EUROKIDS CAMP NR 1/2005.
31 Jan – 06 Feb 2005, BUZAU, ROMANIA.
TRAINING PROGRAMME.

MAIN GOALS (ACCENT WILL BE PUT ON):

- *Grip of the bat
- *Table tennis position by the table and its meaning for balance
- Movement in table tennis – the meaning of “small steps”
- Technique of destructive game (block, contra attack)
- Change of the rhythm in attack

*- for those who are for the first time in EUROKIDS camp

GENERAL NOTES:

- ❖ Wake up time: 7:20, followed by morning walk and gymnastics at 7:40
- ❖ Meal times: Breakfast-8:00, Lunch-12:30, Diner-19:00
- ❖ Obligatory rest time after lunch: 13:00-15:00 (except two days with lessons of English, the information about details will be given at the beginning of camp)
- ❖ Night silence (own beds own rooms): 22:00, on days with longer evening session: 22:30
- ❖ As one of tasks of the program is an exchange of knowledge and experience related to table tennis, coaches meetings and discussions will take place throughout whole camp according to needs
- ❖ The training hours presented in this programme do not automatically show the length of practice, but time limits for training (example: evening session longest possible time is 2 hours, but it can be shorter-45’ serve, etc.)
- ❖ The content of practice (including multi-ball sessions, service) shall be prepared by head coach in coordination with other present coaches
- ❖ The majority of practice sessions will have a part combined of physical exercises and fun (games, funny team events, etc.) which are in connection with table tennis
- ❖ The proposed program shall be flexible and can be slightly changed regarding some organizers proposals or due to some unexpected accidents

WAKE UP TIME 7:20
EVERYDAY MORNING WALK AND GYMNASTICS 07:40
BREAKFAST-8:00 LUNCH-12:30 DINER-19:00
OBLIGATORY REST TIME AFTER LUNCH 13:00-15:00
NIGHT SILENCE IN OWN ROOMS AND BEDS 22:00
(22:15 ON DAYS WITH LONGER EVENING SESSION)

EUROKIDS 1/2005, 31 Jan-06 Feb 2005, BUZAU, ROMANIA

TIME OF DAY DAY OF CAMP	MORNING 9:30-12:00	LESSON OF ENGLISH 15-15:45	AFTER-NOON 16:00-18:30	EVENING 20:00-22:00
MONDAY 31.01.	Arrival to Buzau Coaches' technical meeting after diner			
TUESDAY 01.02.	Technical Practice Physical part		Technical Practice	Technical Practice Serve
WEDNESDAY 02.02.	Technical Practice Physical part	LESSON OF ENGLISH	Technical Practice	SWIMMING POOL
THURSDAY 03.02.	Technical Practice Physical part		Technical Practice Serve	Physical Practice
FRIDAY 04.02.	SWIMMING POOL Or Visit in the city of Buzau	VIDEO ANALYSE, Service practice in theory	Funny Technical Practice	Official Eurokids Tournament
SATURDAY 05.02	Official Eurokids Tournament		Official Eurokids Tournament	EK Farewell Dinner
SUNDAY 06.02	DEPARTURE DAY			

PARTICIPANTS EUROKIDS 2005/1 Buzau (ROU)
31 Jan - 06 Feb 2005

PLAYERS

	Assoc.	Name	Birthday	Sex	Hand	Style	Rubbers
1.	BEL	BIERNY Ludovic	29.11. 1992	M	R	off	“in”
2.	BEL	NUYTINCK Cedric	06.01. 1993	M	L	off	“in”
3.	BUL	ATANASOV Dimitar	15.03. 1992	M	L	off	“in”
4.	BUL	ZAMFIROVA Elitsa	24.03. 1992	F	R	def	Bh. long pimples
5.	CYP	NEOPHYTOU Christos	14.08. 1992	M	L	off	“in”
6.	CZE	STROF Vojtech	02.06. 1992	M	L	off	“in”
7.	CZE	PINTOVA Petra	26.05. 1992	F	R	off	“in”
8.	EST	EESMAA Anna-Brita	30.10. 1992	F	R	off	“in”
9.	EST	JÜRME Kaiiri	02.01. 1992	F	R	off	“in”
10.	LAT	PAMPALS Ronalds	14.05. 1992	M	R	off	“in”
11.	LAT	SPORNE Daiga	12.01. 1993	F	R	off	“in”
12.	LTU	UDRA Alfredas	14.12. 1993	M	R	off	Bh. Short pimples
13.	LTU	VASKEVICIUTE Kristina	04.09. 1992	F	R	def	“in”
14.	LUX	GONDERINGER Tessy	18.05. 1993	F	R	off	“in”
15.	MDA	DUBROVIN Veniamin	04.06. 1992	M	R	def	Bh. long pimples
16.	MDA	POLCANOVA Sofia	03.09. 1994	F	L	off	“in”
17.	ROU	IONUT David	13.02. 1992	M	R	off	“in”
18.	ROU	MITITELU Maria	13.08. 1994	F	R	off	“in”
19.	SER	SUBOTIC Dragan	21.10. 1993	M	R	off	“in”
20.	SER	TODOROVIC Andrea	21.10. 1992	F	R	off	“in”
21.	SER	LUPULESKU Anelia	15.11. 1993	F	R	off	“in”
22.	SVK	NOVOTA Samuel	17.01. 1992	M	R	off	“in”
23.	SVK	DANOVA Alzbeta	01.03. 1993	F	R	off	“in”
24.	UKR	KIM Petro	06.05. 1992	M	R	off	“in”
25.	UKR	GONCHAR Victoria	07.03. 1992	F	R	off	“in”
26.	Host	CUCEAU Cristian	02.07. 1992	M	R	off	“in”
27.	Host	VERES Zoltán	10.02. 1993	M	R	off	“in”
28.	Host	SÓCZ Bernadette	05.03. 1995	F	R	off	“in”

COACHES

1.	ETTU/POL	KOŁODZIEJCZYK Jarek <i>Head coach</i>	M
2.	BEL	FAES Tom	M
3.	BUL	DASKALOV Georgy	M
4.	CYP	CIUBUTARU George	M
5.	CZE	BOJKOVÁ Andrea	F
6.	EST	MARKS Katrin	F
7.	LAT	ISAJEVS Anatolijs	M
8.	LTU	UDRIENE Laims	M
9.	LUX	NOEL Paul	M
10.	MDA	POLCANOV Mihail	M
11.	ROU	STIA Izolda	F
12.	SVK	JANCI Dusan	M
13.	SER	ANTONIJEVIC Marija	F
14.	UKR	FARLADANSKYJ Ulin	M

