

22nd International Winter Course

December 26 - 31, 2026



- Two intensive training sessions per day
- Up to 60 participants from Germany and abroad
- Highly qualified table tennis coach (full-time)
- Individual training sessions with coach possible
- Top overnight location!
- Modern panorama pool in the hall for relaxation



www.tischtennisinstitut.eu



Christmas vacations 2026: Training under top conditions between the first and second half of the season

Over the past 21 years, we have been able to establish our international course between Christmas and New Year in the “secret capital” of the Black Forest and will continue to offer all ambitious and motivated table tennis players excellent training and recreational conditions in 2026. Over 1100 participants from Germany and abroad have attended our course so far. During the 2026 Christmas vacations, not only will players up to regional league women/association league men, senior citizens, hobby and outdoor players and 7-year-old cross-sport beginners come together: they will also train with highly qualified full-time table tennis coaches and benefit from their knowledge - in various performance groups. In addition, we continue to offer the wellness paradise “Panorama-Bad” directly in the hall, as well as individual training sessions with the professional coaches on site. Visit us in Freudenstadt in 2026 and experience the unique atmosphere of our course for yourself.

The nearest train stations/airports for your journey:

Trainstation: Freudenstadt main station

Airports: Stuttgart, Karlsruhe/Baden-Baden, Strasbourg, Basel



Our training groups

Our training groups

- Group 4** Recreational and hobby players, returning players, beginners, company athletes
- Group 3** Competitively experienced players with a german Q-TTR value of 800 - 1200 or lower district or district classes (Swiss classification system D1 - D 3), international: lower third of all performance classes
- Group 2** Competitively experienced players with a german Q-TTR value of 1201 - 1500 or district leagues (Swiss classification system D 4 - C 10), international: middle third of all performance classes
- Group 1** Experienced players with german Q-TTR value from 1501 and higher, (Swiss classification system B 11 - A 20), international: upper third of all performance classes



In borderline cases of playing strength, the responsible coaches will decide on site after the first training session on December 26, 2026.

The training/the course

In our training courses, we attach great importance to the quality of the training and course work offered. On the one hand, this requires good infrastructural conditions such as a hall, tables, rest and overnight accommodation after the training sessions, and on the other hand, above all, proven and highly competent personnel. Our International Christmas Course in Freudenstadt, for example, includes qualified coaches and experts who, in addition to a high level of professional competence, can also conduct the training sessions in several languages (e.g. English, French, Italian) and have a high level of social competence.



We offer 2.0 hours of intensive, high-quality training in the morning and 2.5 hours in the afternoon. If the course is “double”, i.e. conducted in two groups, the afternoon session is also scheduled for 2.0 hours. The contents of our training units are modern and innovative (differential) table tennis training, consisting of: Coordination training, ball grammar and its importance for the modern game, position and movement to the ball, footwork training, the training of basic tactical patterns - both in the serve/return area and in open play -, contemporary technique training in the area of rotation (topspin, undercut, blocking techniques) - supplemented by differentiated coordination and strength training or health-oriented final exercises at the end of the training sessions. In our course, the differential training method prevails over “drill-and-practice”. New and modern “up-to-date” methods characterize our work in this course.

The hall/the surroundings

The **Stadion-Halle Freudenstadt** is located in a joint complex with the Panorama-Bad Freudenstadt, a modern and contemporary wellness and recreation pool and our “**Championspark**” location. After strenuous training sessions, you can leave the hall directly in the entrance area of the pool and “relax” ... and in 4 minutes on foot in the “Championspark”.



Further information on the Panorama Pool on the Internet at
www.panorama-bad.de

Single/Individual - Training



Individual training sessions can be booked with the professional trainers of our course to improve individual finesse in free times.

60 min. € 75.- (for course participants)

60 min. € 85.- (for external players)

Please book individual training (exact number of hours) here with your registration!



The coaching team

Matthias Näf (Kefikon/SUI)



Matthias is a table tennis expert in Switzerland. He is a Swiss Olympic competitive sports coach with a federal certificate and a J-S table tennis expert (comparable to the diploma coach training in Germany). In the Swiss Table Tennis Association (STT), he is responsible for the training concept of the so-called "Swiss Ping Method" and trains coaches C, B and A candidates in German- and French-speaking Switzerland. He is a member of the Youth + Sport Expert Commission. Languages: D, E, CH, FR



Thomas Dick (Hinterzarten/GER)

40 years of experience in teaching table tennis, 30 years as a professional coach. He was head of the TIBHAR International Table Tennis School, coach of the men's national league team of the Swiss team champions TTC Neuhausen and association coach of the NWTTV in Switzerland. Expert for junior concepts, performance development, innovative projects as well as leadership and organizational issues in table tennis and the topic of "mental strength in competition". DOSB trainer since 2011. Lecturer in coach education. Languages: D, E, NL, CH

Roman Plese (Zagreb/CRO)

The 62-year-old Croatian was a professional table tennis player from 1981 to 2000. 1988 national champion, 2 bronze medals at national championships in singles and team championships (including with Zoran Primorac). From 1988 - 2000 he was a professional table tennis coach in Italy (1st league women), Belgium, Croatia and Egypt. From 2000 - 2005 he was an expert and Technical Development Director for the ITTF, working in 28 African and 73 other countries around the world. From August 2005 to December 2007 he was national women's coach in Italy and won 2 bronze medals at the 2007 European Championships. Since January 2008 he has been working for the Thomas Dick Table Tennis Institute (TTITD).



Lothar Oßwald

(Ransbach-Baumbach/GER)

Lothar is the longest-serving table tennis diploma coach in Germany (graduated in 1991). He can look back on 35 years of experience in table tennis coaching: from 1981 - 1985 he was association coach of the Saarland Table Tennis Association, from 1985 - 1992 association coach of the Rhineland Table Tennis Association, from 1993 - 1995 association coach of Baden-Württemberg and from 1996 - 1997 sports director of the national league table tennis team Galaxis Lübeck. His work has produced such successful players as Bianca Bauer, Andre Britscho and Jörg Bitzigeio. He was an honorary instructor for the Rhineland Table Tennis Association, where he ran the D, C and B coach training courses, as well as coaching junior players at TTC Zugbrücke Grenzau. He currently leads courses and seminars and supervises temporary projects for the TTITD. Languages: D, E, FR

Our standard location ...



The “location for sport and more”, the **Championspark Freudenstadt** - a modern soccer school for the participants of our course - is located directly next to the hall complex (300 m). Overnight stays are available in **two categories**:

Category 1¹: Course incl. accommodation/full board Championspark (double room to 3/4-bed room with shared shower/WC on ground floor), rates here inside on page 13

Category 2¹: Course includes accommodation/full board at Champions Park (double rooms to 3/4-bed rooms with 2-room shower/WC connection), rates here inside on page 13

¹ = Single room booking possible. Surcharge €8/night. Please note: Only a small number of single rooms are available. Availability will only be confirmed **on November 30, 2026, at 6:00 p.m.** If no single rooms are available, we will try to accommodate you in a shared room with people of a similar age. The total occupancy of the house in shared rooms will be given priority. Overnight stays/meals at Championspark are only possible with a minimum total of 25 participant overnight stays!



Please note !

For course participants staying overnight at Championspark, it is possible to take certain dietary habits/requirements into account.

For an additional charge of €2.50/day, vegetarian substitutes and food allergies can be accommodated. A vegetarian product will then be available as an effective meat substitute.

Meals for allergy sufferers require registration with us and coordination directly with the Championspark kitchen by December 15, 2025.

We will provide the relevant contact details after registration.

... or a nice hotel ...?



We are happy to arrange additional accommodation (hotels, guesthouses) from € 80,- per single room through Freudenstadt Tourismus GmbH – please tick the appropriate box on the registration form!

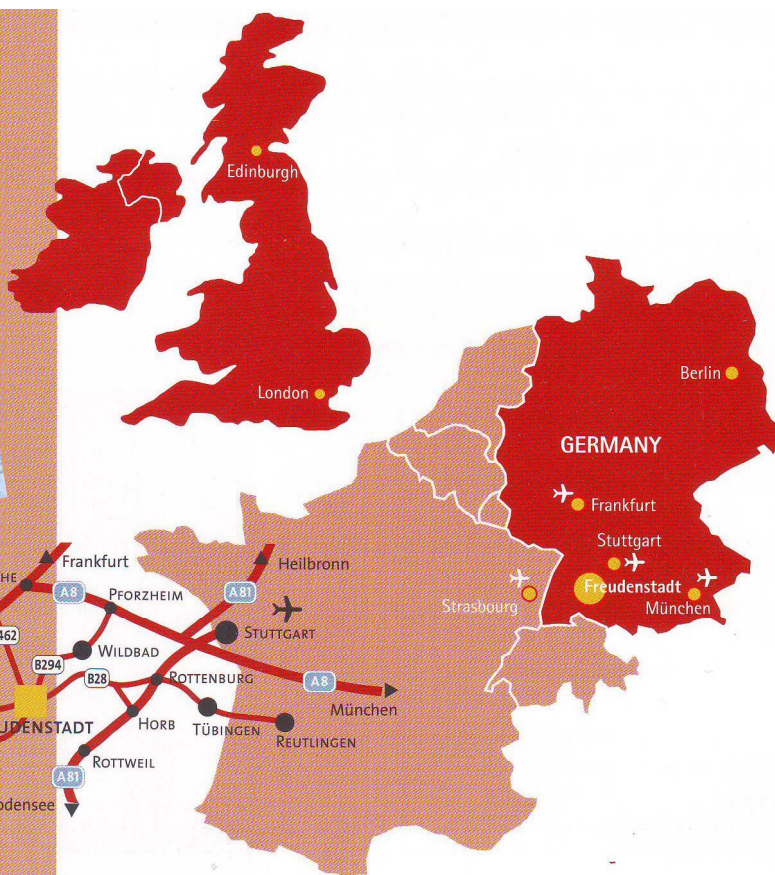
Freudenstadt ...



Freudenstadt – the secret capital of the Black Forest – not only boasts Germany's largest market square, but also offers magnificent natural scenery and landscapes, especially in winter. Snowshoeing, skiing, and sledding in largely untouched nature are just as characteristic as many other cultural and leisure activities. Detailed information is available online at www.freudenstadt.de



The way to us



Freudenstadt is located in the northern Black Forest at an altitude of approx. 800–1,000 m. We recommend traveling by train during the course, as winter conditions may make driving difficult. Otherwise, the federal highways shown in the map above lead directly to Freudenstadt.

We support participants and groups traveling from neighboring countries and advise you on your arrival and departure, for example, from a German or French/Swiss airport by train to Freudenstadt. Please contact us in advance—preferably by October 31, 2026!



Our event conditions

The collection of the data requested here is subject to the EU Data Protection Regulation, which has been legally valid in Germany and other EU countries since May 25, 2018, and is supplemented by the German Federal Data Protection Act (BDSG). The data collected here within the framework of these legal requirements is collected by us exclusively for the purpose of customer correspondence and invoicing and is not passed on to third parties. By accepting the terms and conditions published here, you consent to the collection and storage of the above-mentioned personal data for these two purposes. During TTITD events, photos and video recordings may be made, some of which clearly show event participants. By accepting these terms and conditions, I agree to this. My consent also applies without restriction to the use, publication, distribution, editing, and transfer in digital and print form for the TTITD's Internet activities. My consent is not limited in time or location and applies to all forms of distribution and publication. I hereby waive any future claims for injunctive relief against the aforementioned use of my images. These two consents (processing of personal data/consent to the use of personal images and videos from TTITD events) can be revoked at any time and without reason by sending us an informal letter by fax or email, but in any case in writing. All participants are obliged to respect the respective house rules and regulations for use of the accommodation, catering, and venues provided by us without reservation; these are sometimes already provided in the information documents for individual events before the start of the event. During courses, only clean indoor shoes with white or light gray soles and colorless natural rubber soles may be worn. During TTITD events, individual participants may generally take photos and videos in the form of digital and electronic recordings. However, this requires an informal request from the participant in question to be submitted to the TTITD at least 14 days before the start of the event. Furthermore, the unanimous positive vote of all participants at the start of the event and of the head trainer is required, who thus have the opportunity to protect their privacy by refusing if necessary for personal reasons. If all participants agree at the start of the event, the participant in question has the right to make these recordings. During the training period of a course, the respective participant is obliged to maintain the necessary discipline towards the trainers and supervisors appointed by the TTITD and to follow their instructions. In the event of a gross violation of this obligation, the participant in question may be immediately excluded from the booked course at the discretion of the respective course leader. Supervision during courses only extends to the training period. Educational supervision for underage participants during a course – even outside the aforementioned supervision – can be agreed with the TTITD by means of a separate agreement between the legal guardians. This requires an educational transfer agreement, which will be made available to parents upon request before registration and must be submitted to the TTITD at least 14 days before the start of the course. In the event of organizational problems or special conditions in course planning, the TTITD reserves the right to make short-term changes to the published, agreed, or communicated dates (including course times); this may include a reduction in the course time of training units by a maximum of 30 minutes per training unit (in the event of high demand and two course groups) or cancellation of the course if the minimum number of 12 participants is not reached. 30 minutes per training session (in case of high demand and two course groups) or to cancel the course if the minimum number of 12 participants is not reached. Accommodation booked by participants will only be reserved by us in the respective establishments once the minimum number of participants required for the course to take place has been reached. In principle, each participant is responsible for themselves during courses; this applies in particular to breaks and interruptions outside the training times announced before the start of the course, for which no separate agreement has been made. Any health, accident, and liability insurance is the responsibility of the participant. In the event of early departure/termination/exclusion of the participant from the event, there shall be no entitlement to a refund from the TTITD. Only persons who are mentally and physically healthy and resilient immediately before the start of the course may participate. In case of doubt, the TTITD reserves the right to request a medical certificate of fitness. Minors may only participate in courses with the permission of their parents. Participation is subject to acceptance of these terms and conditions. Participants may cancel their booked course free of charge until November 30, 2026, at 11:59 p.m.; however, this must be done in writing (e-mail, fax, or letter). The date of receipt by us is decisive for compliance with this deadline. If we receive a cancellation after this deadline, the participant is obliged to pay the full course fee. If accommodation has been reserved by the TTITD on behalf of the participant, the TTITD will endeavor to resolve the situation in the participant's favor in the most customer-friendly manner possible (proportional booking costs up to free cancellation of the booking with the accommodation provider). However, the terms and conditions of the respective accommodation provider and its willingness to be accommodating are decisive in this regard. If the participant submits a corresponding medical certificate to the TTITD at the same time as the cancellation, which shows that the cancellation is due to illness or injury, the participant is not obliged to pay the full course fee. Individual lessons and massage sessions booked for the course period, which are published in a schedule before the start of the course or agreed individually on site, are subject to payment, regardless of whether they are actually taken or not. The "early bird rate" (until June 30, 2026) refers only to the course fee itself.

Our rates ...



Pure course fee: € 189,-

**Course fee including accommodation/full board at
Championspark Freudenstadt:**

Category 1 (double to 3-5 shared rooms (no bunk beds) with washbasin and latest 4K TV generation, shared shower on ground floor): **€ 554,-**

Category 2 (double to 3-4-bed rooms (no bunk beds) with sink, toilet, shower, and the latest 4K TV generation) **€ 589,-**

Please tick the appropriate box on the registration form!

Accompanying persons staying at Championspark Freudenstadt pay the respective category rate minus the course fee of € 189,-. Accompanying persons do not need to fill out a registration form; only their surname, first name, date of birth, and address need to be provided when sending in a course participant's registration form.

Registration deadline: 30th november 2026

Course registration 2026

Please copy, print, scan, fill out, and send by letter, fax, or email to:

Tischtennis-Institut Thomas Dick • Bergackerweg 22 • D-79856 Hinterzarten/Germany

Fax: +49 (0)40 6558 4353, E-Mail: info@tischtennisinstitut.eu

Freudenstadt/Black forest from **26. – 31. December 2026**

Buchung:

☐ Only course

☐ Course including sleeping/full board Championspark Freudenstadt **Category 1**

☐ Course including sleeping/full board Championspark Freudenstadt **Category 2**

Please tick!

Championspark-Full board: ☐ **vegetarian** ☐ **Allergie on food** (talk with the kitchen)

☐ Course inkl. sleeping/breakfast guesthouse: upon request (individual offer)

☐ Course inkl. sleeping/breakfast hotel***: upon request (individual offer)

☐ Singletraining-wish ____ x 60 minutes (each € 75,-) with Coach _____

Please fulfil in capital letters!

Second name: _____ first name: _____

street: _____ postcode/town: _____

phone: _____ (privat) phone: _____ (mobil)

Email: _____

► **Please provide your email address (in capital letters), as all course correspondence will be handled via email.**

Date of birth: _____ League/level of playing: _____

Club: _____ Licence-Coach in Club?: yes ☐ no ☐

I have read and understood the terms and conditions of this course as set out in the 12-page course brochure provided to me.

(Place, date, signature (for minors, signature of a legal guardian))