

MDTTC News



Some Participants & Coaches at MDTTC Camp, June 17-21, 2013

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Archive of past [MDTTC Newsletters](#)

Welcome to the latest issue of the MDTTC News. As usual, there's lots of news to report and new and ongoing programs, and we hope to see you at some of them. As usual a special thanks to MDTTC sponsors [Butterfly](#), [Go Table Tennis](#), and [James Wu/Llewellyn realtor](#). Make sure to read my daily table tennis blog - I often write about MDTTC happenings there. And if you have a nice picture taken at MDTTC, email it to me and it might make the newsletter!

-Editor and Coach [Larry Hodges](#)

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Ongoing Programs

- **Junior Class.** This is for beginning and intermediate juniors ages 6-13, with Coach Larry Hodges (with John Hsu and Raghu Nadmichettu assisting), and are held Saturdays 10:30AM-Noon and Sundays 4:30-6:00 PM. See the [Group Training page](#).

- **Group Sessions.** While this is primarily for juniors, all ages are welcome - it's about 1/3 adults. They meet on Sat & Sun, 4:30-6:30. The first 30 minutes is practice/warm-up, then 90 minutes of matches. See the [Group Training page](#).
- **Private Coaching,** by Coaches Cheng Yinghua, Jack Huang, Larry Hodges, Wang Qing Liang ("Leon"), Chen Bo Wen ("Bowen"), Chen Jie ("James"), and Raghu Nadmichettu. See [Private Coaching page](#).
- **Leagues.** MDTTC runs three different leagues. Take your pick! They are the [Tuesday and Friday Leagues](#)(for all ages and levels), and the [Elite League](#).

Summer Camps

MDTTC camps got to a great start! MDTTC will continue to hold summer camps, each Mon-Fri, for all levels, till Aug. 23. (Which is good timing - the next MDTTC tournament is Aug. 24-25.) This is our 22nd consecutive year of MDTTC summer camps. It's mostly for junior players, but adults are welcome. (Not sure about it? Come attend for a day or one three-hour session and pay a pro-rated rate.) Limited space. Call us at [301.815.8580](tel:301.815.8580) for availability. See our [Training Camps](#) page.

New York Table Tennis League

This is an intra-club league with competing clubs in New York, New Jersey, and Maryland. There are two divisions: The Honor Division and the 1st Division. MDTTC Team plays in the top Honor Division. MDTTC team travels once a month to other clubs in NY or NJ to compete. The top two winners from NYTTL compete at the U.S. Club Championships each year at the U.S. Nationals. Last year, MDTTC was the runner-up. The MDTTC team is composed of the top players and coaches in Maryland, including: Cheng Yinghua, Jeffery Zeng, Han Xiao, Qingliang Wang, Bowen Chen, Nathan Hsu, Crystal Wang, Bryan Zhang, James Chen, John Hsu, and Raghu Nadmichettu.

Here are results from June 22, 2013:

MDTTC d. Lily Yip Table Tennis Club A, 5-3.

MDTTC d. City College of New York A, 5-0.

Crystal Wang Makes Girls' Final and ITTF World Hopes Team

Crystal, 11, made the final at the ITTF Hopes Week Tournament in Austria, and made the [ITTF World Hopes Team](#). Here's the home page for [Hopes Week](#), where the best 11- and 12-year-olds in the world (outside China) gathered after qualifying in national trials. In the [tournament](#) held at the end of the camp, Crystal (with a now outdated 2292 rating) made the final of Girls' Singles, losing to a player from Hong Kong in the final. (For some reason, the results and articles have her listed as "Chrystal.") She teamed up with the USA boys' representative, Victor Liu, to make the final of the Team event, where they lost to Hong Kong. Crystal may be the best 11-year-old girl in the world outside China, though Korea and Japan might have something to say about that. (Remember that Hong Kong is a territory of China.)

Mikael Andersson, the ITTF Senior Consultant - Development/Education & Training, [blogged about Hopes Week](#) in his June 13 blog, including a picture of Crystal. Here's what he had to say about her:

"Best of all the Hopes in the venue – in relation to relative skill – at least in training, is the (also) 11 year old Crystal WANG from the deep gold mines of the Maryland Table Tennis Center in the USA. With her – the sky is the limit. "I am training seven times a week said Crystal when I caught her in the hotel lobby early in the week. Three of the sessions are with private coaches/ sparring partners. One is left –handed, one is defensive player and one is a pen-holder. The remaining times I join some group sessions and practice / play with the other players in the center." No wonder – the perfect technique – the touch and the calm composure that this young USA shooting star is showing us in training. I beg you Crystal; Spread your wings and fly as far as you can!"

MDTTC Club Shirts

New MDTTC Team Shirts ([Butterfly Pelluci](#)) are now available @ \$29.99! (Retail is \$49.99.)

To personalize with your name costs only \$5.99 extra. Color options: lime green, black, or red. Limited sizes and quantity. Please drop by MDTTC to make your purchase.

Passo Butterfly Tracksuits

For Members Only: New [Passo Tracksuits](#) available at special 30% discount - retail price is \$99.99; now at MDTTC only \$69.99 (Only a few remaining, very limited quantity). Please drop by MDTTC to make your purchase.

Rental Space for Corporate and Private Events

MDTTC offers space rental for special corporate and private events. Here is [Facility Rental Information](#), and here is info on [Birthday Party Packages](#).

MDTTC Web and Facebook Pages

Don't forget to see the regularly updated [MDTTC Facebook page](#), and make sure to "like" it! Stop by and see all the photos, read the latest news, or post your own comments. Also see the [MDTTC web page](#) for regularly updated info.

TIP OF THE MONTH: Five Steps to a Great Spin Serve

By Larry Hodges

There are five steps, roughly in this order. Serving takes practice, often alone with a box of balls as you serve, over and over. Take your time; don't rapid-fire serve. Visualize what you want to do with each serve as you practice, and then try to match what you visualize. You might want to get a coach to help at the start, or watch what top players do, and perhaps get their help. Learn to follow your serve with an attack - often it's the threat of the follow-up shot that makes the serve effective as opponents try to be too perfect with their returns. (Have a question about spin? Here's my article [Everything You Ever Wanted to Know About Spin - But Were Afraid to Ask!](#))

1. Put great spin on the ball

There is no substitute for this. Spin comes from racket speed and grazing motion. Racket speed comes mostly from the arm and (even more) the wrist, which need to work together to accelerate the racket into the ball. (Contact should be near the tip of the racket, which is the fastest moving part of the blade in a normal serving motion.) Even more important, however, is the grazing motion, which is what takes so much practice. When you can graze the ball so that nearly all of your racket speed becomes spin, you are well on your way toward developing a great spin serve. You can practice this away from the table - get a box of balls and serve on a rug, and watch how the ball spins on the rug. Make the backspins come back to you, the sidespins break sideways, and the topspins jump away.

2. Put different spins on the ball

It's not enough to just make the ball spin; you need to develop different spins. Most players start out by learning simple backspin and topspin serves. Next you should develop sidespin serves, and then combinations - sidespin-backspin and sidespin-topspin (usually called side-back and side-top serves). Then you should add a no-spin serves that looks spinny (called "heavy no-spin"), where you use a big racket motion but hit the ball near the base of the racket and so put little spin on the ball. Finally, you might learn to serve with corkscrewspin, where you'll have to toss the ball up higher.

3. Put different spins on the ball and control it

Having all these great spinny serves isn't so great if you are popping the balls up or can't control the depth. High serves are going to get attacked, and consistently long serves will also get attacked by stronger players. Learn to serve so the ball crosses the net very low. (Do this by contacting the ball low to the table.) Learn to control the depth of your serve so you can serve it very long (so first bounce is near the end-line) and short (so that given the chance, the ball would bounce twice on the receiver's side). Also learn to do "half-long" serves, where the second bounce, given the chance, would be right at the end-line, often the most difficult serves to return effectively. Learn to do these serves to all parts of the table - left, right, and middle.

4. Put different spins on the ball with the same motion

Serving different spins won't always help if the opponent can easily see what type of spin you are serving. So learn to use the same motion for different spins. This means using a serve motion where the racket at different times is traveling down, sideways, and up, in one continuous motion.

Then you can vary the spin by simply varying where in the service motion you contact the ball. For example, with a forehand pendulum serve (with the racket tip down), you would start with the racket moving down, then sideways, and then up. You can also rotate your racket as you serve, so you can vary the spin by varying the contact point on the racket.

5. **Put different spins on the ball with the same fast, quick motion**

Once you've learned to do all of the above, it's time to ramp it up by doing it faster and faster. Instead of a leisurely down, sideways, and up motion, do the entire motion in a few inches in the wink of an eye, making it almost impossible for any but an highly experience receiver to pick up the type of spin from the contact point. Better still exaggerate the part of the motion where aren't contacting the ball, so that if you are serving side-top, exaggerate the down motion; if you are serving side-back, exaggerate the up motion.