

MDTTC News



Crystal Wang pictured in an ESPN article - see below. (Photo courtesy of ITTF)

Maryland Table Tennis Center • www.mdttc.com • March 2015 • Issue #34

Archive of Past MDTTC Newsletters

Welcome to the 34th 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](#) and [Go Table Tennis](#). 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](#)

CONTENT IN THIS ISSUE:

- Butterfly MDTTC Open (March 14): a North American Tour Tournament
- Spring Break Camp (April 6-10)
- Arrival of New MDTTC Club Shirts
- Sunday Adult Beginning/Intermediate Class
- Ongoing Programs
 - Beginner/Intermediate Junior Program
 - Tuesday Lunch Break Group Class from 1 – 2 PM
 - Afterschool Program/ Private Coaching/Leagues
- ESPN Article on Crystal Wang
- Eleven Questions with Larry Hodges
- USATT Board Meeting in Baltimore

- MDTTC Birthday Parties & Rental Space for Corporate and Private Events
- MDTTC Web and Facebook Pages
- Tip of the Month: Develop the Five Types of Rallying Shots
- The Sayings of Bruce Lee

Butterfly MDTTC Open: part of North American Tour with \$11,000+ at the Grand Final

We are happy to announce that the 2015 Butterfly MDTTC Opens are a part of the [North American Table Tennis Tour](#). Our next tournament is **March 14**. Charlene will once again run the tournament, with Paul Kovac the referee. Events include Open Singles, Under Age 16, Over Age 50, and Under 1300, 1700, 2000, and 2300. Sign up now!

Spring Break Camp: April 6-10

[Spring Break Camp](#) will be April 6-10. All ages and levels are welcome. This is usually our most popular camp. Please register early!

Arrival of New MDTTC Club Shirts

New styles with limited quantities, in various sizes from kid's sizes to adult 3XL are now available at MDTTC. Drop by MDTTC to make your selection. Prices vary from \$20 to \$49.99. To personalize with your name costs only \$8.99 extra.

Adult Beginning/Intermediate Class (Beginners to 1500 level)

The Beginning/Intermediate Table Tennis Class began on Feb. 15, on Sundays 6:30-8:00 PM for ten weeks. However, due to weather, two consecutive Sundays were cancelled (Feb. 22 and March 1). So Session #3 will be on Sunday, March 15. If you missed the first two sessions but wish to attend, come in 15 minutes early and stay 15 minutes late, and we'll get you caught up. The class is taught by Coach Larry Hodges, who has taught this class about twenty times in the past. Assisting are Coaches Raghu Nadmichettu and Josh Tran.

Ongoing Programs

- **Beginning-Intermediate Junior Program** (age 6 – 14)
Several junior group classes are offered for beginners to intermediate players, instructed by Coach Larry Hodges, John Hsu, Jeffrey Zeng and others assisting. The Thursday class, offered through Montgomery County Recreation Department, is currently FULL (*note: snow make-up date: March 26*). However, our Sunday class still has a couple openings, from 4:30 – 6 PM; class fees will be pro-rated.
New spring sessions will begin on Saturday March 27, 10:30AM – noon; Sunday, March 28, 4:30 – 6 PM; Thursday, April 16, 6 – 7PM
- **Tuesday Lunch Break Group Class** Tuesdays from 1 – 2 pm with [Coach Jeffrey Zeng](#)
This class is intended for adult players who would like to improve their table tennis skills while getting great physical and mental exercises. All levels are welcome. Ball Robots will be used as a part of this year round program.
- **Afterschool Program**
This program combines table tennis and schoolwork, with courtesy pickups at schools or houses. MDTTC coaches and staff will pick up students after school (from selected areas), and bring them to the club where they will have a one-hour table tennis session, practice time, and do homework with our resident tutors.
- **Group Practice Sessions**
All ages are welcome. They meet on Saturdays & Sundays, 4:30-6:30 PM. The first 30 minutes is practice/warm-up, then 90 minutes of matches.

- **[Private Coaching](#)** preferably by appointment; limited drop ins
MDTTC Coaches: Cheng Yinghua, Jack Huang, Larry Hodges, Jeffrey Zeng, Qingliang Wang (chopper), Alex Ruichao Chen, Bowen Chen, Justin Sun , John Hsu, and Raghu Nadmichettu.
- **[Leagues](#)**: MDTTC runs three different leagues. Take your pick! They are the [Tuesday and Friday Leagues](#) (for all ages and levels), and the [Sunday Elite League](#). Please sign up by 7:20 PM for the Tuesday & Friday night league; by 12:20 PM for the Sunday League.

How a 13-Year-Old Girl Became a Smashing Success at Table Tennis

[Here's the article](#) from ESPN on Crystal Wang

Eleven Questions with Larry Hodges

USATT did an [interview with Coach Larry](#) on March 3.

USATT Board Meeting

USA Table Tennis is scheduling a board meeting in Baltimore on Saturday, March 28. It will likely start at 9AM and last all day, though the exact schedule and location is not yet set. Two of the nine board members are locals - At-Large Director Larry Hodges and Player Rep Han Xiao. The meeting is open to spectators, other than perhaps a short closed session. This is your chance to see what they really do and to meet the [USATT Board of Directors](#), CEO Gordon Kaye, and some USATT committee chairs. If you are interested in this, email [Larry Hodges](#) and he'll send you info as it becomes available.

MDTTC Birthday Parties & 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:

Develop the Five Types of Rallying Shots

By Larry Hodges

There really are only five types of rallying shots, and you should perfect them all. If you can't, your game is not complete and you'll never be as good as you could be. So what are these five types of shots you should develop?

1. Opening Attacks

There are your first attacks in a rally. Against a ball that goes long this usually means looping, though you can also do a more simple drive. Against a short ball this means a flip (usually called a flick in Europe). A surprising number of seemingly defensive or passive players actually have good attacks once they are into the rally, but they don't have effective or consistent opening attacks, and so they are usually on the defensive.

2. Continuing Attacks

It's not enough to open with an attack; you have to continue the attack. At the higher levels this usually means to loop over and over. You can also continue your attack with regular drives, which is especially common the backhand. This is often the most physical aspect of table tennis as you are forced to move quickly to keep up an attack.

3. Putaways

If you can't end the point when the shot is there, then you are severely handicapped. This means loop kills and smashes. (One of the best way to develop your putaway shots is with multiball practice.)

4. Consistency

The game isn't all attack. Consistency shots include regular drives, blocks, steady loops, pushing, as well as defensive off-table shots chopping, lobbing, and fishing. There is overlap here with "Continuing Attacks" as a steady loop can fit both categories.

Consistency shots are best used at the start of the rally to return serves (such as pushing or a soft-to-medium-speed loop) and to withstand an opponent's attack.

5. Tricky Shots

These are the often unorthodox shots, ones where you throw something different at an opponent to make him uncomfortable. Examples would be a change of pace, drop shot, no-spin shots that look like spin, an unexpectedly heavy spin (such as a very heavy push), an unexpected sidespin (such as a sidespin block or loop, both of which you can sidespin either way), or a last-second change of direction. You probably don't want to center your game around these types of shots, but if you don't have at least a small arsenal of tricky shots to throw off an opponent then you are handicapping yourself. Even all-out attackers use such tricky shots on occasion, such as on receive or with sidespin loops, or sudden changes of direction.

Now examine your game, and ask yourself which of the above are you very good at? You can develop your game around these shots. However, the more important question is probably which of them are you weak at? (Rather than rate them relative to your current level, rate them relative to the level you are striving to reach.) Now you know what to work on. Go to it.

The Sayings of Bruce Lee

Here are 30 quotes from Bruce Lee that apply to table tennis. (Here are [more](#).) Which are your favorites?

1. "The successful warrior is the average man with laser-like focus."
2. "Be happy, but never satisfied."
3. "Adapt what is useful, reject what is useless, and add what is specifically your own."
4. "Be like water making its way through cracks. Do not be assertive, but adjust to the object, and you shall find a way around or through it. If nothing within you stays rigid, outward things will disclose themselves. Empty your mind, be formless. Shapeless, like water. If you put water into a cup, it becomes the cup. You put water into a bottle and it becomes the bottle. You put it in a teapot, it becomes the teapot. Now, water can flow or it can crash. Be water, my friend."
5. "If you always put limits on everything you do, physical or anything else, it will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them."
6. "I fear not the man who has practiced 10,000 kicks once, but I fear the man who had practiced one kick 10,000 times."
7. "Don't fear failure. — Not failure, but low aim, is the crime. In great attempts it is glorious even to fail."
8. "A goal is not always meant to be reached, it often serves simply as something to aim at."
9. "Use only that which works, and take it from any place you can find it."

10. "The great mistake is to anticipate the outcome of the engagement; you ought not to be thinking of whether it ends in victory or defeat. Let nature take its course, and your tools will strike at the right moment."
11. "Be self-aware, rather than a repetitious robot"
12. "Time means a lot to me because you see I am also a learner and am often lost in the joy of forever developing."
13. "The spirit of the individual is determined by his dominating thought habits."
14. "Life's battles don't always go to the stronger or faster man. But sooner or later the man who wins, is the man who thinks he can."
15. "Those who are unaware they are walking in darkness will never seek the light."
16. "Everything you do, if not in a relaxed state will be done at a lesser level than you are proficient. Thus the tensed expert marksman will aim at a level less than his/her student."
17. "Do not deny the classical approach, simply as a reaction, or you will have created another pattern and trapped yourself there."
18. "Obey the principles without being bound by them."
19. "The less effort, the faster and more powerful you will be."
20. "Preparation for tomorrow is hard work today."
21. "If you think a thing is impossible, you'll only make it impossible."
22. "Remember no man is really defeated unless he is discouraged."
23. "Practice makes perfect. After a long time of practicing, our work will become natural, skillful, swift, and steady."
24. "Put 'going the extra mile' to work as part of one's daily habit."
25. "Emotion can be the enemy, if you give into your emotion, you lose yourself. You must be at one with your emotions, because the body always follows the mind."
26. "Don't fear failure...in great attempts it is glorious even to fail."
27. "Mistakes are always forgivable, if one has the courage to admit them."
28. "A wise man can learn more from a foolish question than a fool can learn from a wise answer."
29. "Knowing is not enough, we must apply. Willing is not enough, we must do."
30. "The doubters said,
'Man cannot fly,'
The doers said,
'Maybe, but we'll try,'
And finally soared
In the morning glow
While non-believers
Watched from below."