

MDTTC News

Register now for MDTTC Table Tennis Summer Camps!



(photos from previous camps)

Maryland Table Tennis Center • www.mdttc.com • May 2015 • Issue #36

[Archive of Past MDTTC Newsletters](#)

Welcome to the 35th 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](#)

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NEW - Sunday Training

Starting Sunday, May 31, MDTTC will have regular training sessions from 6:30-8:00PM, *for all levels*. (Complete beginners are required to take at least one hour of private coaching in advance.) This is primarily for adults, but minimum age is 13, or permission of instructor. Running the sessions will be Coach Larry Hodges, assisted by Coach Raghu Nadmichettu, and possibly other coaches, depending on turnout. We expect players from beginners to advanced, and players will generally be paired with players of roughly the same level. (If there is a large turnout we may divide into two groups, based on level.)

Fees: \$15/session for members

\$20/session for non-members. (Later we may offer special prices for multiple sessions.)

No pre-registration is required, but if you have any questions, [email](#) Coach Larry. *Be prepared to improve!!!*

Tuesday & Friday Lunch Break Group Classes (1 - 2 pm) *Limited space available*

Due to popular demand, a Friday Lunch Break class has been added, starting on Friday, May 8th. This class is intended for 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. [Click here for additional information and registration form.](#)

Fees: \$100 / student for 10 lesson pass - MDTTC members

\$125 / student for 10 lesson pass - non-members

Summer Camps

Our summer camps begin on Monday, June 15, and continue for eleven consecutive weeks until Aug. 28. Camps are 10AM - 6PM each day, Mon-Fri, with a two-hour lunch break. You can drop off kids at 8:30AM. Chinese food can be ordered in the morning for \$6 to be delivered for lunch. Here is the [MDTTC Camps Page](#), and the [Info Flyer and Registration Form](#). (Camps are for all ages and levels, but are dominated by junior players.)

Short Stuff

- **Disabled Veterans Camp.** MDTTC will be hosting another *FREE* Disabled Veterans Camp, May 18-21, 10AM-1PM each day, with Coach Larry Hodges. Here's the [info flyer](#). If you are interested in helping out as a practice partner or just picking up balls, [email](#) Larry.
- **Potomac Open.** Potomac Community Center is running a tournament May 15-16. Here's the [entry form](#).
- **Butterfly MDTTC June Open.** MDTTC's next tournament June 13, 2015. Here's the [entry form](#). This tournament is a part of the [North American Tour](#).
- **Crystal Wang:**
 - She was recently [interviewed by Sinovision](#), both an article and video (3:15). It's mostly in Chinese, but in the video Crystal answers questions in English three times, at 0:49, 2:06, and 2:40.
 - She was also recently [Interviewed by USATT](#).
- **KidsPost.** Mark your calendars for Sunday, May 19, when the Washington Post will feature Crystal Wang and Derek Nie in KidsPost.

Ongoing Programs

- **Sunday Training - NEW!** (6:30 -8 pm) See segment above.
- **Tuesday & Friday Lunch Break Group Classes** (1-2pm) See segment above.
- **Junior Classes.** Beginning to intermediate level players, ages 6-14, please sign up for the Sunday 4:30 – 6 PM class. Beginners and Advanced beginners, please sign up for the Thursday class from 6-7PM. For more info, see the [Junior Group Training Page](#). (If you join in mid-season, your fee will be pro-rated.)
- **Afterschool Program.** The MDTTC Afterschool program continues throughout the school year. The 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. [Here's the info flyer.](#)
- **Private Coaching** available by Coaches Cheng Yinghua, Jack Huang, Larry Hodges, Jeffrey Zeng, Wang Qing Liang, Bowen Chen, John Hsu, 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](#).

New Club Shirts with 3 great styles. 40 - 50% off!

To personalize with your name costs only \$8.99 extra. To order, please drop by MDTTC to make your selection.

[Plasafe Shirt](#) (regular \$ 53 MDTTC special price: \$25)



[Chox Cotton Shirt](#) (regular \$43; MDTTC special price: \$25)



[Dive T-Shirt](#) (regular \$35; MDTTC special price: \$20)

Birthday Parties, Corporate and Private Events at MDTTC

MDTTC offers to run birthday parties and host 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: Visualize Serves for Feedback By Larry Hodges

When you serve, whether in a match or when practicing, you should always first visualize the serve in your mind. You should see the serve's entire path and everything it does before serving - the contact off your racket, its speed and spin, the first bounce, its path over the net (low, any

curving due to spin), the second bounce on the far side, and where it bounces after that. You should also feel the contact in your head, whether a grazing contact to create great spin or sinking more into the sponge for more speed.

Then serve, and observe if the reality matches what was in your mind. This gives feedback so that you can learn to control and develop the serve. Most players who have trouble controlling their serve (i.e. most) do not use this feedback, and so it's no surprise they can't control their serve. This also allows you to improve the serve by visualizing as it should be, and striving to match that.

When practicing, perhaps play a game with yourself where you visualize different serves, and see if you can match what's in your head. Practice until you can do this with all of your serves, including both spin serves and fast, deep serves. Perhaps even put targets on the table and visualize hitting them, and then do so. Eventually you'll have the feel of any serve you can visualize in your head, and to repeat that serve you just have to match the feel of the serve that you've learned.

BONUS TIP OF THE MONTH: Your Ready Position - Think Basketball

By Larry Hodges

Many players play table tennis like they were playing pinball. They stand there, and when they have to move, they mostly just reach for the ball. The reason for this is a combination of two factors: they are *not ready to move*, and they are *not in the habit of moving*. These are two separate things.

A coach could stress the proper ready stance and the importance of moving, and try to get the player to be ready to move and to develop the habit of doing so. And it might sink in. But there's an easier way. Put your racket aside. Now imagine you are covering someone in basketball. (Or an infielder in baseball or a goalie in soccer.) Don't think about it; *just do it*. Then examine what happens. Almost for certain your feet went a little wider, your weight went on the balls of the feet, your knees bent some and pointed inwards slightly, and you leaned forward slightly at the waist. Your knees were suddenly bouncy as you prepared to move in either direction. (You probably raised your arms as well; you can drop them now, but keep the free hand up some for balance.) You are now in a perfect ready position!

You are now *ready to move*. Do this regularly, and you'll develop the *habit of moving*. Your pinball days are over.