

MDTTC News



MDTTC Summer Camps Begin June 15!!!

Info Below

Maryland Table Tennis Center • www.mdttc.com • June 2015 • Issue #37

Archive of Past MDTTC Newsletters

Welcome to another 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 Tables Sale! June 1 – June30, 2015
- Summer Camps June 15 – August 28
- MDTTC June Open: Saturday, June 13
- Sunday Training – Starting Sunday, May 31, 6:30-8:00PM
- Tuesday & Friday Lunch Break Classes
- Short Stuff
 - KidsPost
 - Disabled Veterans Camp
 - “The Spirit of Pong”
 - Potomac Open
- Ongoing Programs: Junior Classes, Leagues, Private Coaching & After School Program
- MDTTC Club Shirts – new styles available

- MDTTC Birthday Parties & Rental Space for Corporate and Private Events
- MDTTC Web and Facebook Pages
- Tip of the Month: How Many Serving Motions Should You Have?
- Bonus Tip of the Week: Performance vs. Results

Butterfly Tables Sale Ask about MDTTC's June Special Free Shipping Offer
For limited time only (June 1 – 30), get your Butterfly tables with incredible savings!
MDTTC Special: Free Shipping may be applicable by placing your order with MDTTC.
To place your order, email: Marylandttc@gmail.com or call: [240.257.6868](tel:240.257.6868).

Summer Camps – June 15 – August 28

Our summer camps begin on Monday, June 15, and continue for eleven consecutive weeks until August 28. Camps are 10AM - 6PM each day, Mondays to Fridays. You can drop off kids at 8:30AM. Chinese food can be ordered in the morning for \$6 to be delivered for lunch. Camps are for all ages and levels.

MDTTC June Open - Saturday, June 13

Part of the 2015 North America Tour competing for over \$10,000 in cash prizes in the Tour Finals. Don't forget to sign up! This is a 2-star event with over \$1500 in prize money. Events include Open, U2300, U2000, U1700, U1300, Under 16, and Over 50. Directing the tournament is Charlene Liu, with International Umpire and Certified Referee Paul Kovac the referee.

NEW - Sunday Training- Starting May 31

We will have regular Sunday 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.)

Cost is \$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) *Small Class Size, Limited Space*

Due to popular demand, a Friday Lunch Break class has been added. 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.

Fees: \$100 / student for 10 lesson pass - MDTTC members
\$125 / student for 10 lesson pass - non-members

Short Stuff

- **KidsPost.** On Monday, May 18, the Washington Post ran a feature in "Kids Post" on Derek Nie and Crystal Wang: [Two Maryland Middle-Schoolers are Rising Stars in Table tennis.](#)

- **Disabled Veterans Camp.** MDTTC hosted another Disabled Veterans Camp, May 18-19, 10AM-1PM each day, with Coach Larry Hodges. Also helping out on the second day was MDTTC player Steve Hochman.
- **“The Spirit of Pong,”** the new fantasy table tennis novel by MDTTC Coach Larry Hodges, is now available at [Amazon](#) in print and kindle versions. Here’s the [ITTF feature](#) on it! (It’s about an American who goes to China to learn the secrets of table tennis, and trains with spirits of past champions.)
- **Potomac Spring Open (May 16-17).** Here are links for the tournament results and video (by Terry). **Congrats to Open Champion Jeffrey Zeng**, Finalist Bowen Chen, and semifinalists Wang Qingliang and Raghu Nadmichettu – all MDTTC coaches. Many of the medalists are MDTTC players, such Derek Nie (Under 2300 Champion and Open QF), Doug Harley (Under 1100 Champion), George Li (U2000 Finalist), and Daniel Sofer (U1700 Finalist).
 - [RESULTS](#)
 - VIDEO-1 (35:10) Final Jeffrey Zeng – Bowen Chen
 - VIDEO-2 (24:30) SF Bowen Chen - Raghu Nadmichettu
 - VIDEO-3 (13:04) QF Bowen Chen - Derek Nie
 - VIDEO-4 (14:19) QF Raghu Nadmichettu - Stefano Ratti

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 2015-2016 MDTTC Afterschool program begins on Tuesday, September 15, 2015. 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: How Many Serving Motions Should You Have?

By Larry Hodges

If you watch the top players you'll notice that most have only one or two basic serving motions that they use over and over. The majority just do forehand pendulum and reverse pendulum serves. This allows them to do every possible type of spin, including sidespin both ways. Most have a few "trick" serves they'll pull out sometimes, but the large majority of their serves are almost relentlessly the same few motions, though the spins vary quite a bit.

But they are world-class players playing other world-class players, who are not particularly vulnerable to trick serves or varying service motions. That's not true of the large majority of players. Against them, you should also have only one or two basic serving motions that you use most of the time. But you will have a huge advantage if you can regularly pull out other serving motions, as long as you can do them *effectively*.

After a game or so, most players adjust to an opponent's serving motion. But what if you are able to pull out other ones, and keep them guessing? For example, after a few forehand pendulum (or regular or reverse), throw in a backhand serve, or tomahawk serve, or any of a zillion other possibilities. The key is not to just throw out these serves as just "trick" serves, but actually learn to do them well. Otherwise they are one-serve wonders, which have value if used perhaps one time, but not much beyond that. Instead, develop these other serves so you can pull them perhaps out a few times each game, and perhaps get a few "easy" points.

It takes a lot of practice to develop multiple serving motions, and just as much time getting comfortable using them in games (where you not only can do the serves, but get used to the various returns). It's a lot of work for a seemingly small return. But is it really a small return? Players spend years improving parts of their games only marginally. Perfect a new serving motion, and you may find opponents struggling against your serves later and later into games, including those all-important points near the end of a close game.

BONUS TIP OF THE MONTH: Performance vs. Results

By Larry Hodges

Far too many players judge themselves by their results rather than their performance. While it's importance to use results as goals, all you can really control is your performance. What's the difference?

Performance is what you do. Results are what happens based on the performances of both you and your opponent, as well as perhaps some luck. (Bad luck comes in many ways, such as nets and edges; bad draws, such as drawing a playing style you don't play well against; or ill-timed injuries or illnesses.)

It's normal to be unhappy with a poor result. But there's a huge difference between a high-performance loss and low-performance win. You need to judge them separately. There really are four possibilities:

1. Happy with result/happy with performance
2. Happy with result/unhappy with performance
3. Unhappy with result/happy with performance
4. Unhappy with result/unhappy with performance

The **first case** is win-win - go celebrate! Have a hot fudge banana split. That doesn't mean you can relax and rest on your laurels. You might be able to coast and keep your current performance level, but guess what? The players you beat are all gunning for you, and will likely raise their performance, especially against you. So if you want to keep the same result, you need to continue to improve your performance.

The **second case** is cause for celebration, but should leave you determined to play better. No hot fudge on your ice cream. You won, and should be happy with this result, but know you should have performed better. Perhaps you won because the other guy didn't perform well enough or perhaps you got lucky. You should celebrate the win, but be dying to get to the playing hall to practice and get your performance to where it should be.

The **third case** is bittersweet. You played well, and yet you lost. Have some plain vanilla ice cream. Now you have to make a calculation: Do you want to put in the effort needed to improve your performance to the point where you *might* change the result? There are no guarantees; you may practice and train with the best coaches and still lose, even to the same player who might also improve his performance. But guess what? If you put in the time, your chances of changing the result to a win go up dramatically. And even if you don't change the result in question, you'll be a better player, and you will have better results overall.

The **fourth case** is the toughest. You played poorly and of course have nothing to celebrate. No ice cream for you. You know you could have played better. You should be dying to get to the playing hall so you can practice and eventually put in the performance you know you can do. You may or may not change the result, but you'll at least be satisfied that you did your best - and your chances of the changing the result to a win go up dramatically.

In all four cases, you need to examine the match, see where you won and lost, and practice to improve your performance in both of those areas for next time. Bottom line: Judge your performance by your actual performance, and use results as goals to reach by improving your performance.