

# MDTTC News



Capital Area Team League  
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Welcome to the 41<sup>st</sup> 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 [HW Global Foundation](#). 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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### [Butterfly MDTTC October Open](#)

The Butterfly MDTTC October Open will be held on Saturday, October 24, run by Charlene Liu. Events are Open, U2300, U2000, U1700, U1300, Under 16, and over 50. Hope to see you there!

### **Capital Area Team League**

The [Capital Area Team League](#) fall season got off to a great start on Saturday, Sept. 26, from 5-10PM, in the first of six monthly league nights. All twelve teams in the league competed that night at the Maryland Table Tennis Center, with players ranging from age ten to seventy, and ratings from 800 to 2400+. Here's the [team listing](#) and a [group picture](#). League venues this season will alternate between MDTTC and the Washington DC Table Tennis Center.

Here are the [League Rules](#), including info on the format. Here is the [Schedule and Standings](#).

Top-seeded MDTTC A (Derek Nie, Klaus Wood, Raghu Nadmichettu, and Nathan Hsu) dominated Division One. They defeated Chantilly 7-0, winning six of the matches 3-0, with the doubles team of TJ Sawner/John Olsen winning a game in their doubles battle with Nie/Nadmichettu. They also defeated MDTTC Lions 6-1, with League Commissioner Stefano Ratti pulling out his match with Derek, 3-1.

Also winning both team matches was JOOLA 1, who defeated NOVATTC and WDCTT, both times 4-3. The big hero for JOOLA 1 was Richard Lee, who won all four of his singles matches and both his double matches (with Claudia Ikeizumi), all of them 3-0, so he was 18-0 in games for the night!

Because the format gives each team one point for each match won, and one point for each team match won, MDTTC A won 13 points for matches won and 2 for team matches won, for 15 total. JOOLA 1 received 8 points for matches won and 2 points for team matches won, for a total of 10. But NOVATTC, despite losing 4-3 to JOOLA 1, had a 7-0 win over Chantilly, and so received 10 points total for matches won and 1 for team matches, and so took over second place with 11 points, one point ahead of JOOLA 1. Not far behind was MDTTC Lions with 8.

Team SSTT and MDTTC Veterans dominated Division Two's first night. Team SSTT defeated both JOOLA 2 and Wiff Waff 7-0, giving them 16 points. But just behind them was MDTTC Veterans who defeated Wiff Waff 7-0 and MDTTC Crush 6-1, and so gained 15 points. In a generational clash, William Huang (12, rated 1715) upset chopper Ed Watts (67, 1985) in the seventh match for the Crush's sole win there, and putting them in third with 8 points.

A number of raffles were held that night, with various equipment and several of my books given out. Derek Nie, 14, one of the top players in the league with a 2336 rating, won one of the raffle prizes given out that night. What did he win? A copy of my book, [Table Tennis Tips](#) – with his picture on the cover! (I'd already given him a signed copy.) Meanwhile, since I put up all of the chairs for the league, I went around claiming to be the chairman.

*Special thanks go to MDTTC sponsor Butterfly and to Capital Area League Ball Sponsor Paddle Palace. Next league meet-up is at WDCTT on Oct. 17. Hope to see some of you there!*

### **MDTTC Club Shirts on Sale**

New Club Shirts are arriving next week; ALL on sale at \$20 - \$25 each (regular prices: \$34.99 – 59.99)! Quantities of each style and sizes (3XS – 3XL) are limited. To reserve the shirt you want, please email Wen at [Marylandttc@gmail.com](mailto:Marylandttc@gmail.com), or stop by MDTTC Pro Shop to purchase a club shirt and your entire table tennis needs. Below are our Club Shirt selections:



## Ongoing Programs

- **[Sunday Adult Training \(6:30-8:00PM\)](#)** *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 is Coach Larry Hodges, assisted by Coach/Practice Partner Raghu Nadmichettu. We expect players from beginners to advanced, and players will generally be paired with players of roughly the same level, with players taking turns hitting with Raghu.
- **[Tuesday and/or Friday Lunch Group Training \(1:00-2:00 pm\)](#)** *for all levels.* This class is intended for adult players who would like to improve their table tennis skills while getting great physical and mental exercises. Every player will get one-on-one playing time with Coach Jeffrey Zeng (2550+ rating), one of the top players in the U.S. and an experienced coach Jeffrey Zeng.
- **[Sunday Junior Group Classes \(4 – 5:30 pm\)](#)** & **[Thursday Junior Group Classes \(6 – 7 pm\)](#)** These classes are intended for beginners to advanced beginners, ages 6-15, with Coach Larry Hodges, Coach John Hsu and others assisting). (If you join in mid-season, your fee will be pro-rated.)
- **[Saturday Junior Boys Training \(4:30-6:30 pm\)](#)** Coach Cheng has started a new training program for junior boys rated roughly 1700-2200. For more info, contact Coach Cheng directly at MDTTC, 301-519-8580.
- **[Friday Junior Girls Training \(5-7 pm\)](#)** Intensive group training with 2:1, coach:player training ratio. For more info, contact Coach Jack Huang directly at MDTTC, 301.519.8580.
- **[Afterschool Program](#)** The MDTTC Afterschool program started up again this Fall, and 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. The academic tutor is Larry Hodges.
- **[Private Coaching](#)** by Coaches Cheng Yinghua, Jack Huang, Larry Hodges, Jeffrey Zeng, Qingliang Wang, Bowen Chen, John Hsu, and Raghu Nadmichettu. (John Hsu has a special this fall - \$10 off the regular rate.)
- **[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](#)**. The Friday league is pretty much jammed, so we're hoping to get more in the Tuesday league.

## MDTTC Birthday Parties & Space Rental for Corporate & Private Events

Want to have a table tennis birthday party? Parties include one hour of coaching and games led by an MDTTC coach, usually Coach Larry. 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: Recover from the Previous Shot

By Larry Hodges

Table tennis is a game of movement. You'll regularly see players fail to run down a shot, and then grumble to themselves, "Too slow!" But was he really too slow, or did he fail to recover from the previous shot?

Everyone is limited by their natural foot speed. However, players who grumble about being "too slow" often have it wrong – they aren't too slow, they simply get a slow start because of a poor recovery from the previous shot.

Here are some tips that'll allow you to recover and react more quickly to an opponent's shot, allowing you to move more quickly. Do these, and your slowness of feet will be gone with the wind – or, to paraphrase a [famous quote](#), "As the Table Tennis Gods are your witness, you'll never be slow again!"

- **Focus on balance.** If you are even slightly off-balance from the previous shot you'll have a slow recovery as you recover that balance, and so will be slow to get to the next shot. This especially happens after players do exaggerated follow-throughs on forehand shots. Try to stay [balanced throughout the stroke](#).
- **Ready stance.** If you don't smoothly and quickly move into a good [ready stance](#) after the previous shot, you won't be ready to react to the next shot. This means feet relatively wide, weight toward the outside balls of the feet, feet pointed slightly outward, knees slightly bent, racket held out in front and aimed at the opponent.
- **Racket height.** If you hold your racket too high after the previous shot or in your regular ready position, it'll take too long to bring it down for the next shot.
- **Flex those knees.** If you don't flex them at least slightly as the opponent is hitting his shot (i.e. a mini-bounce), you'll have to do so *after* he hits his shot before you can move, which slows you down. Learn to be [light on your feet](#).
- **Clear the mind and just react.** If you try to anticipate an opponent's shot, then unless you get it exactly right every time you won't be physically or mentally ready for the next shot, which slows you down. It's better to just watch the opponent and react as soon as he's committed to a shot and direction. Learn to [work with your subconscious](#).