



**Kids work on their serves at the MDTTC Open House. (Photo by Ming Li.)**

### [Archive of Past MDTTC Newsletters](#)

Welcome to the 49<sup>th</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](#); Publisher Wen Hsu.

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### **BUTTERFLY MDTTC JUNE OPEN**

It's on June 11 - [sign up online](#)! Here's the [MDTTC Tournament Page](#), and here's the [entry form](#) for this year's tournaments. Events include Open, U2350, U2000, U1700, U1350, Under 14, and Over 50 (all RR).

You can sign up online! Coach Larry is running the four regular tournaments to be held this year - April 9, June 11, Sept. 10, and Oct. 22.

### **MARYLAND STATE CHAMPIONSHIPS AT MDTTC**

We will be running the [\\$5000 Maryland State Championships](#) at MDTTC on June 25-26, as a USATT sanctioned 3-star event. Here's where you can [enter online](#). This will be the first time the event has been run as such a high-level event. There are 27 events to choose from, ranging from Men's and Women's Singles; Under 10 to Over 70; and singles and doubles rating events. The event is sponsored by MDTTC and [HW Global Foundation](#), and run by Coach Larry. You don't want to miss this!!!

### **MDTTC SUMMER CAMPS**

Our summer camps begin on Monday, June 20, and continue for eleven consecutive weeks until Aug. 26 (except: no camp from July 4 - 9). 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 \$7 to be delivered to the club. Here is the [MDTTC Camps Page](#), and the [MDTTC Camp Flyer](#). (Camps are for all ages and levels, with majority junior players.)

### **TABLE TENNIS CAMP FOR VETERANS WITH DISABILITIES AND MEMBERS OF THE ARMED FORCES WITH DISABILITIES**

We'll be running this annual camp for the third year in a row, on June 6-8, 2016. [Here's the info flyer](#). Coach Larry will be running the camp. Volunteer hitting partners are welcome!

### **USA NATIONAL TEAM COACHES**

USATT recently announced the [2016 National Team Coaches](#). They will coach the various USA National Teams: Men's, Women's, and Boys' and Girls' Junior, Cadet, and Mini-Cadets. Included among the US National coaching team are MDTTC coach Wang Qing Liang, and long-time MDTTC player/ former coach Han Xiao.

### **JUNIOR OLYMPICS: AUGUST 1-3**

Table tennis is back in the Junior Olympics! They will be held this year in Houston, TX, Aug. 1-3. Here is the [info page](#) and the [entry form](#). We expect a good group from Maryland to attend, so come join us! Some will be going down a few days early as they will be holding the JOOLA Teams South in the same venue immediately before the Junior Olympics, on July 30-31; here's the [entry form](#). So you can get five straight days of table tennis! (We will like go as a group. If interested, contact [Wen Hsu](#). Hotel group discounts available for Maryland Table Tennis Center families)

### **OPEN HOUSE**

On Sunday, May 29, we had an [Open House at MDTTC](#), with three hours of events, all free. Here's a great [video of the event](#) (4min 18 sec) created by Ming Li. (Here's the [Facebook version](#).) Throughout the event were periodic raffles - and lots and lots of food and refreshments!

- Things started off at noon with a 30-minute junior training session, mostly for new players, run by Coach Larry and assisted by Raghu Nadmichettu and Klaus Wood.
- Next came the exhibition, where Coach Larry took on 11-year-old Lisa Lin (member of USA National Hopes Team – top four under 12 girls), and despite the use of an over-sized racket, a mini-racket, an over-sized ball, an under-sized ball, a 50-foot serve, blowing the ball over the net, lying down while lobbing, and some basic cheating (and a well-timed bribe to umpires Lance Wei and Mu Du), he still lost.
- Next was a multiball demonstration by Coach Jack Huang, with many of MDTTC's top juniors taking part, including Mu Du, Ryan Lee, Lance Wei, George Li, Nicole Deng, Lisa Lin, and Klaus Wood. (With apologies to any missed.)
- Next came the Parade of Champions – single elimination with all matches just one game to three points! Coming out on top was Lisa Lin over George Li in the Final. Lisa received \$70 in free equipment, while George got a nice new collared Butterfly club shirt.
- Next came the Trick Shot seminar with Coach Larry, where he demonstrated and taught, and let the players practice various trick shots, including the infamous 50-foot serve; the "ghost" serve that bounces back into (and often over) the net; balancing the ball in the air by blowing on it; rallying by blowing the ball over the net. The toss-under-one-leg, serve-under-the-other serve; and finally speed bouncing on the table. (The video above includes shots of the kids trying out these shots.)

- The afternoon events finished with the Service Seminar with Coach Larry, where he went over the various ways to create spin and deception, as well fast & deep serves, and then the players got to practice.

### **CAPITAL AREA TEAM LEAGUE**

The third and fourth meetings of this season's [Capital Area League](#) took place on May 14 and 28, both at MDTTTC – [here are the results](#). This season there are 24 teams and 127 players. Make sure to sign up for next season! (Info on that will be out in the next month or so.)

### **WORLD VETERANS**

A number of MDTTTC players took part in the World Veterans Games (for players over age 40) that took place in Alicante/Elche, Spain, May 23-29. The draws were HUGE – over 4600 players and 150 tables. (Here's a [panoramic video](#) (18 sec) that gives you an idea of the scale of the event.) Local players included Coach Cheng Yinghua, David & Donna Sakai, Steve Hochman, Charlene Liu, Changping Duan, Yvonne Kronlage, and Barbara Kaminski (with apologies to any missed). Here are [complete results](#). The next World Veterans will be in Las Vegas in June, 2018 – the first time since 1990 the event will be in the U.S. [Here's a picture](#) of Dave Sakai and Dan Seemiller as "the flag is passed" from 2016 to 2018. (They are co-chairs of the event.) Here are a list of local medalists:

- Charlene Liu/Patty Martinez won the silver medal in Women's 60-64 Doubles;
- David Sakai/Dan Seemiller won the bronze medal in Men's 60-64 Doubles;
- Donna Sakai/Connie Sweeris won the bronze medal in Women's Consolation 65-69 Doubles.
- Cheng Yinghua defeated six-time German Men's Singles Champion Georg Böhm in the round of 32 (11-9 in the fifth!) before losing in the next round to top seeded He Cheng Zhiwen of China.

### **WEDNESDAY ADULT RECREATIONAL LEAGUE (7:15 - 9 PM)**

Please arrive by 7:15 pm to sign up & warm up. Matches begin promptly at 7:30 pm. Round robin format, up to 7 players in a group, continuous play without long wait time. All matches must end by 9 pm, when the club closes.

### **TUESDAY & FRIDAY NIGHT LEAGUES**

Please arrive prior to 7:25 pm to sign up. If you know you'll be a few minutes late, please call the club at [301.519.8580](tel:301.519.8580) BEFORE 7:25 pm, otherwise YOU WILL BE TURNED AWAY!

### **ADULT PROGRAMS: ONGOING**

- [Tuesday and/or Friday Lunch Group Training \(1:00-2:00 pm\)](#) for all levels. Improve your 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).
- [Sunday Adult Training](#) from 6:30-8:00PM. No pre-registration is required, but if you have any questions, [email](#) Coach Larry. *Be prepared to improve!!!*

### **BIRTHDAY PARTIES & RENTAL SPACE FOR CORPORATE AND PRIVATE EVENTS**

MDTTTC offers birthday parties ran by our popular Coach Larry. We also regularly host community events and team-building activities for local businesses. Space rental for special corporate and private events are available. Here is [Facility Rental Information](#), and here is info on [Birthday Party Packages](#).

### **MDTTTC WEB AND FACEBOOK PAGES**

Don't forget to see the regularly updated [MDTTTC 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 [MDTTTC web page](#) for regularly updated info.

### **TIP OF THE MONTH: Move In to Cut Off the Angles with Quick Blocks**

By Larry Hodges

A common problem when blocking (both forehand and backhand) is to cover the wide angles by stepping (or worse, reaching) sideways, and letting the ball come to you. While you do, of course, have to move sideways to cover these shots, a key part is moving *in*, and catching the ball off quick off the bounce.

By moving both sideways and in, you can do the following:

- Catch the ball before it has a chance to move even wider, which would force you to cover even more court;
- Make a more aggressive block, which is easier to do when moving in than when moving sideways;
- Stay in position since you don't have to move as much sideways, so you will be more ready for the next shot;
- Rush the opponent by taking the ball quicker;
- Angle the opponent right back. And since you have the potential for this wide angle, if your opponent over-reacts to cover it, you can go the other way, forcing your opponent to cover a lot of ground.

How do you do all this? By stepping in and sideways with the near foot. On blocks to your left (the backhand for a righty), step sideways and in with your left foot. On blocks to the right, step in and sideways with the right foot. In both cases recover quickly by stepping back.

So when your opponent is attacking at wide angles, learn to cut off those angles by stepping in, and turn a potential weakness into a strength as you turn the tables on the opponent with your own aggressive, quick-angled blocks.

### **BONUS TIP OF THE MONTH: Depth Control on Serves with CBS**

By Larry Hodges

When trying to serve shorter, many players slow down their swing, and when trying to serve long they speed up their swing. Both are mistakes – that's *not* how you control depth or even ball speed.

"Serving is a violent motion," said two-time (and soon to be five-time) U.S. Men's Champion and future long-time U.S. Men's Team Coach Dan Seemiller at a training camp in the late 1970s – and those words have always stuck with me. If you want to maximize the spin, you maximize the racket speed. (You do this with smooth acceleration, but that's another topic.) If you want to maximize the speed, you also maximize the racket speed (at least as fast as you can make it and keep it on the table).

So how do you adjust the depth? Not by changing the racket speed, which should always reach a maximum around contact, but by three things: the grazing contact; where the ball bounces on your side of the table; and the spin.

If you barely graze the ball, you get two things: more spin and less speed. This means a shorter serve (i.e. one that would likely bounce two or more times on the far side if given the chance). As you sink the ball a bit more into the sponge, you get more speed and so the ball goes deeper. You also lose a little spin – though not as much as you'd think. More of your energy now goes into speed and so you lose some spin, but you also gain some spin from the rebounding of the sponge, since you've sunk the ball slightly into it at an angle.

And so you can control the depth primarily by how much you graze the ball. Want it to go short? Graze it finely (and get more spin as well), and the ball will travel slower, and so land shorter. Want it to go longer? Sink it a bit more into the sponge.

You also control depth by where it bounces on your side of the table. If the first bounce is near the net, you'll tend to get a shorter serve. If it's nearer your own end-line, then the ball has a long way to go to get to the net – 4.5 feet – and so will likely bounce deeper. Most top players like to serve the ball so the first bounce is as close to their own end-line as possible while still barely going short (with the second bounce on the far side, given the chance, right on the end-line or sometimes just a touch past it).

You also control depth with spin – backspin will make it bounce shorter, topspin longer. A good sidespin serve can also make the ball go shorter as it curves the ball sideways, keeping it over the table rather than bouncing out.

You also can keep the ball shorter by serving it low over the net – but that's a given. *Always* serve low to the net. You also can get a "shorter" serve by serving crosscourt, where you have more table, instead of down the line. (Crosscourt is

So learn to serve with that "violent" motion, and vary the depth with your contact, first bounce, and spin. It's easy to remember – Contact, Bounce, Spin = CBS! (After practicing your serves, you have my permission to go watch TV.)