



MDTTC Coaches and Players Dominated at the Triangle Teams in Cary!

L-R: MDTTC Coach Bowen Chen, Yu Di, MDTTC Coach Alex Chen Ruichao, Jishan Liang, and MDTTC players Tiffany and Roy Ke

### Archive of Past MDTTC Newsletters

Welcome to the 57<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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### 2017 MDTTC February Open

Don't forget to enter the MDTTC Butterfly February Open, Feb. 18-19! Our [2017 tournaments](#) have expanded. The regular tournaments are now 3-star 2-day events, with three more events, and the cash prize more than doubled to \$2670. There will be five tournaments held at MDTTC in 2017 – four regular ones and the Maryland State Championships. [Entry Forms](#) are available now. You may mail your entry to MDTTC or enter [online](#). Director Larry Hodges also accepts [email entries](#). Deadline is 7PM the night before your event(s). Note that players rated under 2000 who enter at least two other events can enter the Open for \$25.

- Feb. 18-19 – Butterfly February Open
- Apr. 8-9 – \$2670 cash Butterfly April Open
- June 10-11 – \$5000 cash Maryland State Championships (sponsored by HW Global Foundation)
- Aug. 26-27 – \$2670 cash Butterfly August Open
- Oct. 14-15 – \$2670 cash Butterfly October Open

### Triple-Impact Competitors Scholarships

[Here's info on these scholarships for athletes](#), which could apply to table tennis. "PCA awards scholarships of \$1,000-\$2,000 (depending on location) to high school athletes, based on their essays explaining how they meet the standard defined in Elevating Your Game: Becoming a Triple-Impact Competitor by PCA Founder Jim Thompson."

### MDTTC LEAGUES

- [Tuesday and Friday Night Leagues](#). All ages and levels. 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 7:20 pm, otherwise YOU WILL BE TURNED AWAY
- [Wednesday Night Recreational League](#). Play is from 7:30-9:00PM. See info page for more info.
- [Sunday Elite League](#). This is primarily for players over 1900, and is on Sundays at 12:30PM.
- [Saturday Junior League](#). For ages 6-18, from 6:30-8:30PM. Run by Coach Wang Qingliang, it includes warm-up, match play, game analysis, and physical training (time permitting). Players must be pre-approved by Coach Wang.

### MDTTC Youth Programs

- **Beginning/Intermediate Junior Classes**. The next sessions start on Jan. 8, 2017 (Sundays 4:00-5:30, ten weeks). This is for beginners to advanced beginners, ages 6-14, with Coach Larry, with John Hsu and others assisting. For more info, see the [Junior Group Training Page](#).
- **Beginning/Intermediate Junior Classes**. The next sessions start on Jan. 8 (Sundays 4:00-5:30, ten weeks), and on Jan. 19 (Thursdays 6-7PM, ten weeks). These are for beginners to advanced beginners, ages 6-14, with Coach Larry (with John Hsu and others assisting). For more info, see the [Junior Group Training Page](#). (If you join in mid-season, your fee will be pro-rated.)
- **Junior Boys Training**. Junior Training with Coach Cheng, for junior boys rated roughly 1500-2100. The training is on Saturdays from 4:30-6:30. Cost is \$20/session. For more info, contact Cheng directly at MDTTC, [301-519-8580](tel:301-519-8580).
- **Junior Girls Training**. Junior training with Coach Jack Huang, for junior girls rated over 1750, with coaches' recommendation. Fridays 5-7PM. Contact Coach Jack directly at MDTTC, [301-519-8580](tel:301-519-8580).
- **Tuesday Beginning Level 2 Class for All Ages**. This is for players with USATT level from 500-800, and is limited to eight players per session. Sessions are Tuesdays from 6-7PM with Coach John Hsu. For more info see the [Adult Group Training page](#).

### MDTTC Adult Programs

- **Sunday Adult Training** from 7:00-8:30PM. (Note new times.) No pre-registration is required, but if you have any questions, [email](#) Coach Larry. *Be prepared to improve!!!*

- [\*\*Tuesday and/or Friday Lunch Group Training \(1:00-2:00 pm\)\*\*](#) *for all levels resumes on March 1, 2017.* 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).

### **MDTTC Private Coaching**

**Private Coaching**, by Coaches Cheng Yinghua, Jack Huang, Larry Hodges, Qingliang Wang, Jeffrey Zeng, Alex Ruichao Chen, John Hsu, Bowen Chen, Jiacheng Wu, and other trainers & visiting trainers. See [Private Coaching page](#).

### **Birthday Parties & Rental Space for Corporate and Private Events**

MDTTC 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](#).

### **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 to Play Practice Matches with a Weaker Player**

By Larry Hodges

When playing practice matches with much weaker players, here are two suggestions: 1) Simplify your serves so you get higher quality returns to practice against; and 2) Decide something specific you want to work on, such as forehand loop, and use your higher level technique to force rallies where you can work on those shots. For example, serve short backspin and attack any long return with your forehand. If you need blocking practice, push long to them, and block. And so on.

At the same time, you should fight to win every one of these points, given the conditions above. You can practice mental focus and hustle against any level of player. You might also want to play some matches against weaker players where you ignore the above two suggestions, just to work on your "win every point" skills, including serves and using your best game, not just what you need to work on. (You might want to do this especially before a big tournament, to focus on your general match playing skills.) Some might argue you should play every match this way, even against much weaker players, but I think you lose an opportunity to practice certain things if you do that all the time.

### **BONUS TIP OF THE MONTH: What Are Your Main Weapons?**

By Larry Hodges

What are the best weapons in your game, or in the game that you want to develop? Think this over, and perhaps write them down. Then consider this: How do you get these weapons into play? How do you follow-up these weapons to make sure you win the point?

If your best weapon is a put-away shot, then you need ways to set up this shot. If your best weapon is a rallying shot, then you need ways to force these types of rallies. If your best weapon is your serve, then you need ways to follow it up, or the serve is wasted. (If you rely on the opponent outright missing against your serve or popping it up over and over, then you are facing weaker players and need to aim for higher competition.)

Some players have one overpowering strength that they rely on, such as a big forehand loop. But a big forehand loop doesn't help a lot if you don't have serves, receives, and rallying shots to set it up, and the footwork to get into position for it. Some have multiple strengths, such as a serve and follow, making their game twice as deadly. Decide what yours are (or should be), and develop them into deadly weapons that you set up, use, and follow up on over and over.

Ideally, develop three types of overpowering strengths: serve and receive (which start every rally); rallying shots; and attacking/put-away shots. Then go out and terrorize opponents with your triple-threat weapons!