



### MDTTC players and coaches at the USA Nationals

Left to right & front to back diagonally: Wen Hsu, Jackson Beaver, Ali Paryavi, Jeffrey Zeng, Nathan Hsu, Tiffany Ke, Abbas Paryavi, Wang Qingliang, Ronald Chen, Spencer Chen, Larry Hodges, Cheng Yinghua, Roy Ke, Jack Huang, and George Li (missing: Ryan Dabbs, Nicole Deng, Claudia Ikeizumi, Jessica Lin, Lisa Lin, Kurtus Hsu, Stanley Hsu, William Huang, Todd Klinger, Sameer Shaikh, Stephen Yeh, Jullian Waters, and Klaus Wood)

### Archive of Past MDTTC Newsletters

Welcome to the 63<sup>rd</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](#) 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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### **MDTTC AUGUST 26-27 OPEN**

Deadline to enter is 7PM on Friday, Aug. 25! Here is the [tournament page](#) and here is the [entry form](#). You can also enter online at [Omnipong](#). We expanded our tournaments from last year, going to two days and three-star events, doubling the prize money, and going from seven to ten events. The ten events are (on Saturday, with prize money in all events): Open, U2400, U2200, U2000, Over 50, and Under 15, and (on Sunday): U1800, U1500, U1200, and Under 12. Larry Hodges will be directing, assisted by Mossa Barandao, with International Umpire and Certified Referee Paul Kovac as referee.

### **SUMMER CAMPS**

[MDTTC Summer Camps](#) began June 19 and continue all summer until Sept. 1. The daily schedule each day is 10AM-6PM. Full day or half day options are available. Early dropoff starts at 8:30AM. The camps are for all ages and levels, though they are dominated by kids.

### **TALENT DEVELOPMENT PROGRAM TRYOUTS**

#### **Tryouts for Juniors Age 6+**

Every eligible player interested in joining or continuing with the Talent Development Program must show up on one of the two dates for the tryout. Players will be assessed individually and in groups.

Dates: Saturday, Sept. 2 OR Sunday, Sept. 3

Time: 4:30 PM – 6:30 PM

Eligibility: Children age 6+ from DC, Maryland or Virginia areas

#### Pre-requisites:

- For age 11+, at least 3 years of table tennis training
- For age 9 - 10, at least 2 years of table tennis training
- For age 6 - 8, at least 1 year of table tennis training
- Recommendation from your current table tennis coach

#### What to bring to the Tryout:

- Table tennis or gym shirts and shorts
- Table tennis or gym shoes
- Table tennis racket
- Water or sports drinks
- A recommendation letter from your current coach

Notifications of your child's acceptance into the program will be sent by Thursday, September 7th. Fall Semester group training begins on Sunday, September 17th.

For questions about the tryout or the Talent Development & Afterschool Care Programs, please email Program Director Mrs. Wen Hsu at [hwglobalfoundation@gmail.com](mailto:hwglobalfoundation@gmail.com)

*This program is organized and supported by HW Global Foundation and its generous donors & sponsors. HW GF is a 501(c)3 tax exempt organization. HWGlobal.org*

## MARYLANDERS MEDALISTS AT THE USA NATIONALS

Congrats to Tiffany Ke for making the 2017 U.S. Junior, Cadet, Mini-Cadet Girls' Teams!

Below are Maryland medalists:

### **GOLD** (listed by alphabetical order)

- Charlene Liu, Over 60 Women's Singles & Over 65 Women's Singles
- Larry Hodges, Over 40 Hardbat Singles
- Nathan Hsu & Jackson Beaver, Under 4200 Doubles
- Nathan Hsu (with Yahao Zhang, TX), Adult Team Top Division
- Roy Ke, Under 2400 Singles
- Yvonne Kronlage, Over 80 Women's Singles

### **SILVER**

- George Li, Under 2200 Singles
- Jack Jacobs, Over 80 Singles

### **BRONZE**

- Charlene Liu, Over 50 Women's Singles
- Charlene Liu and Changping Duan, Over 60 Mixed Doubles
- Julian Waters and Changping Duan, Over 60 Men's Doubles
- Julian Waters and Yvonne Kronlage, Over 50 Mixed Doubles

Here are complete results from the [USA Nationals](#) (July 3-8 in Las Vegas).

## **NATIONAL SENIOR GAMES**

In the last issue we listed Maryland winners for the National Senior Games. Liu Su was correctly listed as winning **Silver** in 80-84 Singles, but it left out that he got **Gold** in 80-84 Doubles with Viktor Troppmann of Texas.

## **CAPITAL AREA "SUPER" LEAGUE: 2017 FALL SEASON**

The Capital Area League will start up again in the beginning of October. Team registrations for the 2017 Fall season will start soon. More info will be available soon at [capitaltt.com](http://capitaltt.com) and in the next newsletter.

## **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 BEFORE 7:20 pm, otherwise YOU WILL BE TURNED AWAY.
- [Sunday Elite League](#). This is primarily for players over 1900, and is on Sundays at 12:30PM.

## **MDTTC ADULT PROGRAMS**

- [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 7:00-8:30PM. No pre-registration is required, but if you have any questions, [email](#) Coach Larry. Complete beginners should take several private coaching sessions first so they can hit basic forehands, backhands, and push. *Be prepared to improve!!!*

## **MDTTC JUNIOR PROGRAMS**

- **Novice/Beginning/Advanced Beginners Junior Classes**. The next session starts on **Sept. 10, 2017** on **Sundays 4:00-5:30 PM** for 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](#).

- **Level 2 Junior Classes.** The next session starts on **Sept. 19, 2017 on Tuesdays, 6-7PM.** This is intended for kids 8-15 who enjoy playing table tennis and want to improve their game. Players must know the basics in table tennis and/or have taken table tennis lessons previously. The class is kept small for individualized instruction. Sessions are Tuesdays from 6-7PM with Coach John Hsu. If you join mid-session, the class fee will be pro-rated. For more info, see the [Junior Group Training Page](#).

### **MDTTC PRIVATE COACHING**

**Private Coaching**, by Coaches Cheng Yinghua, Jack Huang, Larry Hodges, Jeffrey Zeng, Wang Qingliang, Bowen Chen, John Hsu, and Ruichao “Alex” Chen. 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: Sports Psychology**

By Larry Hodges

Sports psychology, along with return of serve, are the two things in table tennis that nearly everyone has trouble with and yet few do anything about. How often have you lamented that you don't play as well in tournaments as you do in practice matches? Found yourself nervous and unable to play your best? Been on the verge of winning a match and then got nervous and blew it?

Stroking and footwork drills aren't going to solve these problems. You need to address what's really going on. In the [Sports Psychology section](#) of TableTennisCoaching.com there are numerous links that should help. They include links to lots of articles and to five books that I recommend. (All five books are relatively short, quick reads.)

### **ARTICLES ON SPORTS PSYCHOLOGY**

- [Sports Psychology Articles](#) by Larry Hodges (19)
- [Dora Kurimay's Table Tennis Sports Psychology page](#) - Strongly recommended! See also her book below.
- [United States Olympic Committee Sports Psychology](#)
- [The Ultimate Guide to Table Tennis Psychology](#) from Expert Table Tennis

### **BOOKS ON SPORTS PSYCHOLOGY**

- [Get Your Game Face On Like the Pros!](#) by Dora Kurimay and Kathy Toon; [here's my review](#).
- [The Inner Game of Tennis](#) by W. Timothy Gallwey
- [With Winning in Mind](#) by Lanny Bassham
- [Winning Ugly](#) by Brad Gilbert
- [Finding Your Zone](#) by Michael Lardon, M.D.; [here's my review](#) (see second segment)