



**HW Global Foundation Sponsors the Talent Development Program at MDTTC.
They need your support! Please [Donate online](#) at GoFundMe.com.
Thanks to generous donors: Over \$12,000 raised, \$3500 to go!**

Welcome to the 70th 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 Spring Break Camp and April One-Day Camp

The [MDTTC Spring Break Camp](#) will be **March 26-30**, when local schools are closed. There will also be a one-day camp the following **Monday, April 2**, as schools are also closed that day (Easter Monday). These camps are primarily for kids of all levels, but adults are welcome as well.

Kids in HW Global Foundation Table Tennis Talent Development Program need your support! Thanks to the generous donors; Over \$12,000 has been raised, \$3,500 is need to reach their goal. Please [Donate!](#) The money will help kids in the Talent Development Program who want to compete at the 2018 U.S. Nationals. See see them in action, here is a [Video](#) (2:49, care of [PongMobile](#)) - you don't want to miss this! [The Program was also featured in a recent USATT News item.](#) HW Global Foundation is a non-profit 501(c) 3 organization.

Butterfly MDTTC February Open

[Here are the write-up, results, and photos](#) from our February Open.

Butterfly MDTTC April Open

[Our next tournament is April 10-11](#) – the \$2700 3-star April Open! Events include Open, U2400, U2200, U2000, U1900, U1600, U1300, U1000, Over 50, Under 15, and Under 12. All events start with round robin, with the top two players advancing to single elimination. Hope to see you there!

USATT Hopes Camp and Tournament

MDTTC will run one of the six regional Hopes camps and tournaments, on April 27-29. This is primarily for kids born in 2006 or 2007, but others under age 16 are also welcome in the camp and the rating events in the tournament. Here is the [Camp and Tournament flyer](#). Here is the [USATT Hopes Qualifier Page](#), with info on all six regional qualifiers and selection procedures for the 2018 USA Hopes Team. The camp is April 27-28 (Friday 4:30-6:30, 7:30-9:30, with a pizza party in between; Saturday 12:00-2:30 PM, 5:30-7:30PM), and the tournament on April 29 (Sunday). The camp will be run by USATT National Team Coach Pieke Franssen, assisted by USATT National Team Coach/MDTTC Coach Wang Qingliang and others. Coach Larry will run the tournament.

USA Team Member/MDTTC Junior Player Tiffany Ke

Congratulations to Tiffany Ke for winning a Bronze Medal at the 2018 Safir International Tournament (Feb 24-26) in Girls Under 14 Event. She a current member of the USA National Team.

USA Team Selection Procedures

Here are the various [USATT Selection Procedures](#) for the various USA Teams, including Men's, Women's, and Junior, Cadet, and Mini-Cadet for boys and girls. There is also the [ITTF Hopes Program](#), with regional camps and tournaments around the U.S. - MDTTC will be holding one April 27-29 - see above.

World Veterans and USA Nationals

The [World Veterans Championships](#) will be held in Las Vegas, June 18-24. Then, after a week's break, the [USA Nationals](#) will also be held there, July 1-7.

The World Veterans is for anyone over age 40. There are currently 3767 entries, with the entry deadline March 15 or 5000 entries, whichever comes first. Coach Cheng Yinghua will be one of the

favorites in the 60-64 age group, in both singles and doubles (with Dan Seemiller).

The USA Nationals is for any USA citizen. The entry form will likely come out in March. We're hoping to have a big contingent from MDTTC!!!

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
- **[Saturday Elite League](#)** This is primarily for players over 2000, and is on Saturdays at 1:00PM
- **[Saturday Junior League](#)**. For ages 6-18, from 5:30-7:30PM. Run by Coach Wang Qingliang, it includes warm-up, match play, and game analysis. Players must be pre-approved by Coach Wang. Upcoming sessions are **3/10, 3/24, 4/21, 5/5, 5/12, 5/19**.

MDTTC Junior Programs

- **Sunday Beginning/Intermediate Junior Class**. The current session ends on Sunday, March 18, 2018, but you can join in mid-session, with a pro-rated fee. The Next Session begins on April 8 (Sundays 4:00-5:30, ten weeks). This is for beginners to advanced beginners, ages 6-15, with Coaches Larry Hodges and John Hsu, and others assisting, depending on number of players. For more info, see the [Junior Group Training Page](#).
- **Tuesday Beginning Level 2 Class for ages 8-15**, 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. For more info, see the [Junior Group Training Page](#)
- **Thursday Beginning/Intermediate Junior Class**. The current session (Thursdays 6:30-7:30) ends March 8 and it's full. A new nine-week session begins on April 12. [Please register online](#) at Montgomery County website. This is for beginners to advanced beginners, ages 7-14, with Coaches Larry Hodges and John Hsu.

MDTTC Adult Programs

[Tuesday and/or Friday Lunch Group Training \(1:00-2:00 pm\)](#) for all levels. *This Program resumes on Friday, March 30.* 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, Zeng Xun, Wang Qing Liang, Chen Bowen, Martin Jezo, and John Hsu. 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 more info on [Birthday Party Packages](#) and [Facility Rental](#).

MDTTC Web and Facebook Pages

Don't forget to get regular MDTTC updates by visiting [MDTTC web page](#). And please also visit the [MDTTC Facebook page](#). Make sure to "like" it! Stop by and see all the photos, read the latest news, or post your own comments.

Tip of the Month: Speed and Power are Easy with Good Technique, but Good Technique is Difficult

By Larry Hodges

The above should be on a banner at every playing hall in the world. Players almost always try to drill at speeds or with power they can't control, thinking that by drilling that way, they'll learn to play at that pace. Superficially, it makes sense. But in reality, trying to play at a pace you can't control leads to sloppy, rushed technique, and poor balance, and so you are just reinforcing bad habits.

Instead, drill at a pace that you can control, both with consistency and where you can keep the ball roughly where you are aiming, while staying balanced throughout. Focus on developing good technique, which is the difficult part to master. By going at a slower pace, you can reinforce and perfect that good technique until you can practically do it in your sleep, which should be your focus. Because if you develop good technique, you will be able to play with speed and power - see the title of this article.

What you can and should do, when you are practicing at a pace you can control with at least decent technique and balance, is occasionally smash or rip a loop, just to test the shot. You'll find that with good technique, this is easy, as long as it isn't forced, i.e. you don't try to rush it when you are not ready for the shot. You can also work on playing at a faster pace in multiball or on a robot, where every ball comes out the same, and so you can increase your speed and power and still have control and consistency.

Where did I learn this lesson? It comes from many decades of coaching experience, but it originally came from a specific incident back in my first year of play. At some big tournament I saw U.S. Men #1 Danny Seemiller (soon to be 5-time U.S. Men's Singles Champion) warming up by doing simple side-to-side forehand footwork at a nice, consistent pace with his practice partner and brother, Ricky Seemiller. I remember thinking to myself, "I can do that faster than he's doing it, and he's the best in the country?"

Then I practiced it with someone, and of course I did do it faster than Danny - except I would hit maybe three raggedly rushed shots and miss, my shots were spraying all over the table to my partner's chagrin, and we couldn't have a good rally. Then I slowed down to a pace about the same as Danny and Ricky were doing, and suddenly I was consistent - everything came together, and my shots were fluid and consistent. I was hitting like Danny Seemiller!

From there on I always did footwork and other drills only at a pace I could do consistently and comfortably, with good technique. This *doesn't* mean you don't push yourself, it means you push yourself at a pace you can do consistently.

Bonus Tip of the Month: Forehands and Backhands: 1-2-3, not 1-2

By Larry Hodges

Most players practice their forehands and backhands with a 1-2 stroke: backswing, forward swing. But think about it - how often would you do this in a game? Answer - *never!* In a game, after finishing a stroke, you would return to a *neutral* position, preparing for the next shot, since you don't know if it'll be forehand or backhand, or even what type of stroke it will be. So why would one practice doing a backswing immediately after finishing the forward swing part of a stroke?

Instead, practice using a 1-2-3 stroke: backswing, forward swing, return to ready position. This is what you do in a game, and so this is what you should practice. There's also a little nuance here in that with the faulty 1-2 stroke, you backswing directly from a forward-swing position, when in reality the backswing should start from the neutral position - so practicing this wrong leads to bad technique and poor timing in games where you have to do it differently.