

MDTTC News

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Summer Camp at Fairhill Elementary School in Fairfax, Virginia
August 4-8 (3 campers missing)

Archive of past MDTTC Newsletters

Welcome to the 27th 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 [James Wu/Long & Foster Realtor](#). 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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MDTTC Butterfly August Open

Sign up now for the August 23-24 MDTTC Open. Events are Under 13, U1150, U1400, U1650, U1900, U2050, U2250, U2400, and the Open. As usual Charlene Liu will run the tournament, Paul Kovac the referee. Special thanks goes to sponsors Butterfly and James Wu/Long & Foster Realtor. [Here's the info flyer](#) - hope to see you there!

Summer Table Tennis Camps & Math Classes

We're down to the last two weeks of summer camps, Mon-Fri, Aug. 11-15 and 18-22. Here is the [camp flyer](#) - hope to see you there! The camps are for all ages and levels. Optional Dr. Henry Wan's Math Test Prep and Enrichment Classes [Separate Registration from table tennis camps](#) Morning Sessions 8:30-9:30 am and/or Afternoon Sessions 1:45-2:45 pm

万博士教室: 天才班入学考试,奥数竞赛, PSAT/ SAT, SAT II 数学提高班. [信息和报名表](#)

FREE Training Camp for Veterans and Members of the Armed Forces with Disabilities

Larry Hodges is the head coach of this table tennis camp, Aug. 26-29, 10AM-1PM. Camp is for both wheelchair and standing disabled. [Here is the info flyer](#). For further info or to register (or if you know someone who might be interested), call Larry Hodges [\(240\)994-7144](#) or USATT Para Director Jasna Reed at jasna@usatt or [817-715-4062](tel:817-715-4062).

Afterschool Program Starting on August 25th

The MDTTC Afterschool program begins again this Fall. 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 training session, practice time, and do homework with our resident tutors. [Here's the brochure](#) with further info, including background on the tutors.

Ongoing Programs :

- **Junior Classes** – the current session began June 16 and ends August 24, but you can join any time and pay a pro-rated fee. The new session begins the weekend of Sept. 13-14. This is for beginning and intermediate juniors ages 6-14, with Coach Larry Hodges (with John Hsu and Raghu Nadmichettu assisting), and are held Sundays 4:30-6:00 PM. (The Thursday evening & Saturday morning sessions will start up again in September.) [Click here for the details](#).
- **Group Sessions**. While this is primarily for juniors, all ages are welcome - it's about 1/3 adults. They meet on Sat & Sun, 4:30-6:30. The first 30 minutes is practice/warm-up, then 90 minutes of matches. See the [Group Training page](#).
- **Private Coaching**, by Coaches Cheng Yinghua, Jack Huang, Larry Hodges, Zeng Xun ("Jeffrey"), Wang Qing Liang ("Leon"), Chen Ruichao ("Alex"), Chen Bo Wen ("Bowen"), John Hsu, and Raghu Nadmichettu. See [Private Coaching page](#). **NEW!! *Group & Private Lesson Pkg Discount Now Available, ask Coach Cheng and Jack for details***
- **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

Want to have a table tennis birthday party? [Here's info!](#) We've had five since December. Parties include one hour of coaching and games led by an MDTTC coach, usually Coach Larry.

Rental Space for Corporate and Private Events

MDTTC offers space rental for special corporate and private events. 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: The 7 Habits of Highly Effective Table Tennis Players

By Larry Hodges

There's a best-selling book called "[The 7 Habits of Highly Effective People](#)". The book lists these as the "7 Habits": 1) Be proactive; 2) Begin with the End in Mind; 3) Put First Things First; 4) Think Win/Win; 5) Seek First to Understand, Then to Be Understood; 6) Synergize; and 7) Sharpen the Saw. (There's also a best-selling sort of sequel from the same author, "[The 7 Habits of Highly Effective Teens](#).")

These books have had a major impact on many people's lives. And there's a correlation between some of these and the habits of "highly effective table tennis players." For example, you don't get to be a top player without being proactive, i.e. striving to do what it takes to improve. However, I'm not going to try to create a one-to-one correlation between the seven habits listed and ones used by top table tennis players. Instead, I'm going to list my own list of seven habits of "highly effective table tennis players." Follow these 7 habits, and see how it improves your game. Here's my list:

1. Loves to practice.

It's not enough to just put in the motions. You have to *want* to improve, and want to so badly that you love practicing as it allows you to do what you want to do. Going through the motions with your mind blankly just going along is a waste of time. If you love to practice, you'll improve far faster than one who is just doing the motions.

2. Proactive in finding ways to improve, strategically and tactically.

Strategic thinking is about developing your game for the future. Tactical thinking is about developing the habit of winning with what you have. You need to learn both, and you need to take the initiative in doing so. Don't leave this to your opponents, who will happily figure it out for you while beating you in competition. But when they do beat you, that's the feedback you need to analyze so you can find ways to improve.

3. Is working toward specific goals, both short-, intermediate-, and long-term.

Mindless practice is just that - mindless. Decide what you need to work on, and focus on that like a laser.

4. A perfectionist in most or all aspects of the game.

If you strive for perfection, you'll come a lot closer than one who strives for something less.

5. Never gives up, whether in tournaments or practice.

Fighters do a lot better than those who don't have a burning desire to win every point.

6. Loves to compete and win.

If winning isn't fun, then why are you practicing? Sure, you could be practicing just for the sake of having better shots or for exercise, but this isn't about the "seven habits of highly effective exercisers or having better shots without trying to become a better player."

7. Respects opponent's game while looking to dominate it.

If you don't respect an opponent's game, it's hard to try your best against it.