

# MDTTC News

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Welcome to the second issue of the MDTTC News! As usual, there is lots of news to report and lots of ongoing and new programs, and we hope to see you at some of them. As usual, a special thanks to MDTTC sponsors [Butterfly](#), [Go Table Tennis](#), and [James Wu/Llewellyn realtor](#). Also, when you receive the upcoming May/June issue of USA Table Tennis Magazine (I just received mine), turn to page 47 and see the "Club of the Month" profile I wrote on MDTTC. And if you want to read even more table tennis, make sure to read my [daily table tennis blog](#) - I often write about MDTTC happenings there.

-Editor and Coach Larry Hodges,

## Content in this issue:

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## Ongoing Programs

- **Beginning Junior Class.** This is for beginning juniors ages 6-13, and are held Saturdays 10:30AM-Noon and Sundays 4:30-6:00 PM. See the [Junior Group Training page](#).
- **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 [Junior Group Training page](#).
- **Private Coaching,** by Coaches Cheng Yinghua, Jack Huang, Jeffrey Zeng Xun, or Larry Hodges. See [Private Coaching page](#).
- **Summer Camps.** This year there will be continuous camps all summer long, Mon-Fri each week, June 18 - Aug. 24, eleven camps in all. See the [Training Camps page](#).
- **Leagues.** MDTTC runs four different leagues. Take your pick! They are the [Tuesday and Friday Leagues](#) (for all ages and levels); the [Corporate League](#); and the [Elite League](#).

## MDTTC Team Challenge Cup

MDTTC will hold its first Team Challenge Cup tournament on Saturday, June 16. Chinese schools in the Greater Washington DC area, including Maryland & Virginia, are eligible to compete. For more info, see the [MDTTC Team Challenge Cup page](#).

## **Sports Psychology Night**

Dora Kurimay, who runs a [table tennis sports psychology page](#) and co-wrote the book "[Get Your Game Face On!](#)" (about table tennis sports psychology) will be doing a book signing, sports psychology session, and personal consultations at MDTTC on Friday, June 22. (See Larry Hodges's [review of the book](#) in his May 15 blog.) This is open to all ages and levels. [Here is the flyer for the event.](#)

This is one of the most valuable tools a junior player can have - how often have they lost matches (especially the biggest ones) because of nervousness? Many of the best players in the U.S. have taken such training. (Larry Hodges attended such sessions for a number of years at the Olympic Training Center back when they had a resident training program for table tennis.)

Dora was a member of the Hungarian National Table Tennis Team for six years and was six-time National Champion in doubles, singles, and teams. She has a Bachelor's degree in psychology and two Master's degrees, in Psychology and in Sports Psychology. She has a long coaching background, both in table tennis and other sports. She has a 2388 USATT rating.

Here is the schedule:

- Book signing, 6:30-7:00 PM
- Sports Psychology Session, 7:00-7:40 PM (\$20, includes copy of the book)
- Personal Consultations, after 7:40 PM (\$15, includes match observance and a ten-minute consultation)

## **ITTF Coaching Seminar**

Larry Hodges will be teaching another ITTF Coaching seminar at MDTTC, on the weekends of Aug. 11-12, 18-19. [Here's the info flyer.](#) If interested, [email him](#). Sessions are 9AM-Noon, 1-4PM each day, 24 hours total. Fee is \$225. The seminar has been featured on the [USATT home page](#) the last few days. Graduates become ITTF and USATT certified coaches. Since this is an "introductory" coaching seminar (ITTF Level 1), all levels of coaches and players are welcome to attend. You'll not only learn about coaching, you'll learn a lot more about the game itself.

## **Summer Camps**

MDTTC will be running [training camps](#) all summer, eleven consecutive weeks, Mon-Fri every week from June 18 to Aug. 24. Coaches will be Cheng Yinghua, Jack Huang, Jeffrey Xeng Zun, and Larry Hodges, with various practice partners as well. (Some coaches may miss some days due to tournaments.) Camps are mostly filled with junior players, but all ages and levels are welcome. Sessions are from 10AM-1PM, 3-6PM each day. Chinese food is delivered for lunch each day for roughly \$6 - you order it in the morning.

## **Chinese Juniors**

A special welcome goes out to our three new junior players from China. You've probably seen them at the club, where they both train and act as practice partners. All three came from the Shandong Luneng Table Tennis School in Shandong, China. [Here's their picture](#) (L-R: Wang Qing Liang, Wang Guo Cong, Chen Bo Wen). All three just received their first USATT ratings from the Potomac Open. The three are:

- **Wang Qing Liang**, 17, 2567 (#2 in U.S. in Under 18 after Michael Landers), originally from Guangxi Province, a chopper/looper. He made the final of the Potomac Open on May 19, upsetting U.S. Men's Singles Champion Peter Li in the semifinals 4-2 before

losing to MDTTC Coach Jeffrey Xeng Zun in the final 4-2. He is already the best defensive player residing in the U.S.

- **Chen Bo Wen**, 14, 2388 (#2 in U.S. in Under 15), originally from Hubei Province, a penholder who loops from both sides. He made the semifinals of the Potomac Open.
- **Wang Guo Cong**, 12, 2306 (#5 in U.S. in Under 13, #6 in Under 14), originally from Nanjing, a lefty shakehands looper, he made the quarterfinals of the Potomac Open.

### **MDTTC Facebook Page**

The [MDTTC Facebook page](#) has gotten quite a facelift, care of Greg Mascialino. Stop by and see all the photos, read the latest news, or post your own comments.

### **Gazette Article**

[MDTTC was featured in an article](#) in the Montgomery Gazette on May 15.

### **Potomac Open**

Congrats to Champion Jeffrey Zeng Xun, Runner-up Wang Qing Liang, and Semifinalists Peter Li and Chen Bo Wen, all MDTTC players! Also congrats to MDTTC junior Xiyao Pamela Song, who won Under 2300 and made the quarterfinals of the Open. [Here are the basic results](#) of the May 19-20 tournament.

### **United States Nationwide Table Tennis League**

This is a new nationwide league that is being set up all over the country, with \$100,000 in prize money. [See their webpage](#) for info. Entry deadline is June 30. There may be another emailing to the MDTTC mailing list about this later. (Larry Hodges is on their [Advisory Board](#).)

### **Tip of the Month:**

#### **Make a Game of Your Weaknesses**

**By Larry Hodges**

One of the best ways to improve is to make a game that zeroes in on your weaknesses and forces you to improve them. There's nothing like a little fun competition to bring out your best!

For example, suppose you have a weak backhand counter-drive. Here's a game I've played with students for years, spotting points to make it competitive. I put a box, towel, or other object around the middle of the table so that my opponent has to aim for my backhand to keep the ball in play. Then we play backhand-to-backhand games, where either of us starts the rally by serving straight topspin, then we go at it, backhand-to-backhand. If the ball hits the box or towel, or goes to the other side of it, then they lose the point. If a player plays anything other than a backhand drive, they lose the point. The rallies become fast and furious - and the backhands improve!!!

Need work on your loop or block? Play a game where one player loops everything, the other blocks. You can do this either all crosscourt or all down the line (using a box or towel to block off the target area, as with the backhand-backhand game), so players know where the ball is going and so can focus on developing the loop or block. (At the advanced levels, you can do this where players can loop or block anywhere.) Alternate version - the blocker is allowed to smash or counterloop if he sees a weak loop. Another alternate version - both players battle it out counterlooping.

If you need work on your pushing, then play an all-pushing game with someone. Server serves backspin, and play out the rally, backspin only.

Want to learn to push short and low? Here's a great way to do that. Take turns serving short backspin, with both players pushing short. (Pushes can go anywhere.) If either player thinks the push is going to go long (i.e. wouldn't bounce twice if given the chance), he lets the push go, and if it's long, he wins the point; if it bounces twice, he loses the point. If a player pops a push up, the opponent is allowed to smash or flip kill it, but must win the point on one shot; if the opponent returns it (even by lobbing), then he wins the point. And, of course, if a player misses his push he loses the point.

One of my favorite games is the serve and attack game, which forces you to be very aggressive on your serve. Play a regular game except both players are allowed only two shots after the serve to win the point. There's nothing like the knowledge that you have to follow your serve with an attack to focus your mind on doing so - and thereby learning effective serve and attack patterns. It also developed your receive as you look for ways to stop the opponent's attack on his serve.

So examine your game, decide what weaknesses need work, and invent a game that'll force you to turn this weakness into a strength out of sheer competitiveness.