

MDTTC News



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Archive of Past MDTTC Newsletters

Welcome to the 42nd 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](#)

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FREE Club T-Shirt for MDTTC Regular Members

Starting November 1, 2015, if you have joined our club as REGULAR Adult, Junior or Family Members or renew your membership as REGULAR Adult, Junior or Family members, we have a FREE MDTTC Club Shirt to give you. Thank you for your support!

Ongoing Programs Ongoing Programs

- **Tuesday Beginning Level 2 Class for All Ages** (6:00 – 7:00 pm) This is for serious players with USATT rating from 500-800, and the class is limited to eight players per session. New session begins approximately every 8 weeks. The current session is FULL with a wait list. The next session starts on December 15, by mailing your completed registration form to MDTTC with full payment. If you have any questions, please email [Coach John Hsu](#), ITTF & USATT Certified Coach.
- **Sunday Adult Training** (6:30-8:00PM) *for all levels.* (Complete beginners are required to take at least one hour of private coaching in advance.) This is primarily for adults, but minimum age is 13, or permission of instructor. Running the sessions is Coach Larry Hodges, assisted by Coach/Practice Partner Raghu Nadmichettu. We expect players from beginners to advanced, and players will generally be paired with players of roughly the same level, with players taking turns hitting with Raghu.
- **Tuesday and/or Friday Lunch Group Training** (1:00-2:00 pm) *for all levels.* This class is intended for adult players who would like to improve their 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), one of the top players in the U.S. and an experienced coach Jeffrey Zeng.
- **Sunday Junior Group Classes** (4:00-5:30 pm) & **Thursday Junior Group Classes** (6 – 7 pm) These classes are intended for beginners to advanced beginners, ages 6-15, with Coach Larry Hodges, Coach John Hsu and others assisting). (If you join in mid-season, your fee will be pro-rated.)
- **Saturday Advanced Training** (4:30-6:30 pm) Coach Cheng has started a new training program for junior boys rated roughly 1700-2200. For more info, contact Coach Cheng directly at MDTTC, 301-519-8580.
- **Friday Junior Girls Training** (5:00-7:00 pm) Intensive group training with 2:1, coach: player training ratio. For more info, contact Coach Jack Huang directly at MDTTC, 301.519.8580.
- **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](#).

MDTTC October Open

October 25, 2015

(Click on names to see picture. Complete results available at [Omnipong](#).)

- **Open Singles – Final:** [Chen Bo Wen d. Wang Qingliang](#), 4,-3,9,6,-8,10; **SF:** Chen d. Bojun Zhangliang, 8,8,-9,8,-8,6; Wang d. Stefano Ratti, 9,6,4,5; **QF:** Chen d. Klaus

Wood, 6,-8,5,2; Zhangliang d. Albert Senter, 7,6,5; Ratti d. Allen Lin, 5,4,-5,10; Wang d. Raghu Nadmichettu, 6,-9,4,7.

- **Under 2300 – Final:** [Raghu Nadmichettu d. Klaus Wood](#), -9,6,-8,5,8; **SF:** Nadmichettu d. Tiffany Ke, 6,6,-11,7; Wood d. Amy Lu, 6,8,-8,7.
- **Under 2000 – Final:** [Yunhua Gong d. Costel Constantin](#), -2,-8,8,6,6; **SF:** Gong d. George Li, 6,6,4; Constantin d. Kevin Zhou, 7,8,12.
- **Under 1700 – Final:** [Leonid Korolov d. Alvin Whitney](#), 8,-8,5,-4,9; **SF:** Korolov d. Maksim Danilau, -4,7,9,9; Whitney d. Walid Alkadi, 7,6,11.
- **Under 1300 – Final:** [Hassam Alkadi d. Kallista Liu](#), -9,9,-4,11,2; **SF:** Alkadi d. Siliang Huang, 9,2,5; Liu d. Walid Alkadi, 9,-8,5,6.
- **Over 50 – Final:** [Ernest Byles d. Lixin Lang](#), 7,4,4; **SF:** Byles d. Morteza Sajed, 5,5,5; Lang d. Alnoor Hemani, 3,3,3.
- **Under 16 – Final:** [Klaus Wood d. Tiffany Ke](#), 11,2,9; **SF:** Wood d. Eric Li, 6,6,4; Ke d. Louis Levene, 2,-8,8,8.

Potomac Open

It's coming up on Nov. 14-15. Here's the [entry form](#).

USA Nationals and Jack Huang to Hall of Fame

It takes place December 14-19 in Las Vegas. Here's the [home page](#), including online entering info. Last year 31 Marylanders made the trip (plus 11 from Virginia), including 19 who put MDTTC down as their home club. Why not join us? This year is special as long-time MDTTC coach Jack Huang is being inducted into the USATT Hall of Fame at the Hall of Fame Banquet at the Nationals on Thursday night, December 17. Here's the [USATT news item](#) on this.

Capital Area Team League

They had their second meeting on Oct. 17. [Here's the page](#) where you can find results, standings, schedule, listing of teams, etc. There'll be a new season next year – why not join us? It's for all levels and ages.

Podcast with Coach Larry Hodges

[Here's the podcast](#) (55 min) with Expert Table Tennis, where Larry was interviewed on October 9. Most of the discussion is on tactics.

MDTTC Birthday Parties & Space Rental for Corporate & Private Events

Want to have a table tennis birthday party? Parties include one hour of coaching and games led by an MDTTC coach, usually Coach Larry. 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: Serving and the Snowball Effect

By Larry Hodges

One of the best ways to dramatically improve your game is to develop serves that lead to developing other aspects of your game. The stronger serves and developing other aspects of your

game lead to a higher level of play, meaning you get to play stronger opponents, which leads to further improvement. The stronger opponents force you to continue to develop the serves and other aspects of your game, leading to a snowballing effect that can, over time, dramatically improve your level of play.

I'm going to use my experience with this as an example. During my first few years I focused a lot on developing my serves. The result was I would get lots of relatively weak returns to attack. This developed both my attack and my footwork, which made me better both on my serve as well as in rallies. Because I became dominant on my serve and my attacks and footwork improved because of my serve, my overall level improved, and I began playing stronger players. Going up against better players pushed me to even higher levels. I was forced to improve my serve even more to keep them effective against stronger players. Since I had developed a strong serve and attack, as I played better players who received my serves better, I was forced to continue to improve my attack and footwork. The result? By developing my serves early on it snowballed my development. I was able to go from beginner to 1900 in about two and a half years, and 2100 in five. (With rating inflation, that's more like 2000 and 2200.)

So what does this mean for you? Develop strong serves that allow you to consistently serve and attack. Such serves don't have to give you easy pop-ups; it's sufficient that they consistently give you balls you can attack, while forcing a number of "free" points as opponents make mistakes (often from trying to receive so you can't attack). Develop both third-ball serves (that allow you to consistently serve and attack) and a few "trick" serves (that give you free points if not overused - most such serves become ineffective after a few usages). Learn to serve with great spin and deception (including no-spin serves that look spinny), both short and long, to all parts of the table, with different serving motions. If you aren't sure how to do these serves, talk to a coach or top player.

BONUS TIP OF THE MONTH: Develop a Practice Partner

By Larry Hodges

It's the lament of developing players everywhere: How do I get a good practice partner? You might get lucky and find someone at your local club who happens to be about the same level, has the same burning desire to improve, and is both willing and available to train at the same times and number of hours that you want to do so. If so, you've hit the jackpot, and your game will be going places.

But more often finding someone who meets all this criteria is difficult. So you may have to go to option two – develop a practice partner by practicing with a weaker player.

This enhances your chances in multiple ways. First, the number of players below your level is almost for certain far greater than the number of players right around your level, and so the chances are greater of finding a compatible partner. Second, because it gives a weaker player the opportunity to train with someone stronger, the incentive is greater, so you are more likely to find a willing partner. And third, it will likely force you to focus on your basics, i.e. re-enforce the foundation of your game, which is so often overlooked.

Let's elaborate on that last point. Many players look for practice partners at their level or higher, who can push them to a higher level. This often means playing faster and faster, which should make you better – and there's some truth to that. But what's often missing is the consistency part.

If you ask a beginner and most intermediate players what the biggest difference between an average player and a top player, they would most likely say the pace they play at. If you ask a top player the same question, he'd likely say consistency. By hitting with a weaker player, you are forced to slow down a bit and focus on consistency – and that should be the foundation of your game.

How do you develop such a practice partner out of a weaker player? At the start you have to be patient as the player won't be able to play at either your pace or consistency. So you use your powers as the stronger player and focus on consistency as well as accuracy – keep the ball right to their forehand and backhand pockets, so they can fine-tune their strokes and develop their consistency. And a magical thing will happen –not only will they improve, but they will get more and more used to your shots, and soon they will be practicing with you on an almost even basis. (I've not only done this in the past with several practice partners, I've seen others do it many times.)

And note that they will be improving not because you are pushing them to play faster and faster, but because both of you are focused on consistency. Only increase the pace when both players are consistent at a given pace. (This is also a hint about practicing with *any* player – focus on consistency. Stronger players play faster because they are *consistent* at that speed.)

So if you are having trouble finding a good practice partner, change your mind-set and develop one, and together you can take the table tennis world by storm.