



Lisa Lin makes USA Hopes Team

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[Archive of Past MDTTC Newsletters](#)

Welcome to the 46th 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](#); Publisher [Wen Hsu](#)

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Upcoming Mini-Camp: March 25 / Spring Break Camp: March 28 – April 1

MDTTC will conduct a mini-camp on Monday, March 25 and its Spring Break Camp from March 28 – April 1. Early drop offs starts at 8:30 am. Full day or half day options are available. For details, please see [the 2016 MDTTC Camp page](#).

Coconut Cup

The Spring Coconut Cup Washington Ping-Pong Open will be held at MDTTC on Saturday, March 26. If interested, contact Wencai Zheng 443-690-9752, Longlai Wang 301-767-6311, or email the Hainan Association at hainanassociationmd@gmail.com. Here's the Registration Form.

Capital Area Team League –New Season Starting!

The Grand Final took place Feb. 20 at MDTTC. For full info, including results and standings, see the [Capital Area Table Tennis League page](#).

Now's the time to sign up for the new season – deadline for new teams is March 31. Contact the league committee if you are interested in joining or forming a team. The league is for all ages and levels. They are especially looking for more participation from players from 1000 to 2000 level – i.e. the bulk of club level players. This past season we had 12 teams and 73 players; already 15 teams have signed up for the coming season! Why not join us? We'll help you find a team. You'll get to play in front of cheering teammates! For more info, see the [Capital Area Table Tennis League page](#).

Upcoming Butterfly MDTTC Tournaments

There are four scheduled this year: April 9, June 11, Sept. 10, and Oct. 22. Here's the [MDTTC Tournament Page](#), and here's the [entry form](#) for this year's tournaments. Coaches Larry Hodges has (foolishly...) agreed to run them, now that Charlene Liu has moved on to her Washington DC club. Larry's run over 150 USATT sanctioned tournaments, mostly in the 1980s and 1990s, but he also ran the four MDTTC tournaments in 2013. He looks forward to getting pelted with rotten fruit by those who get bad draws.

Lisa Lin Makes USA National Hopes Team

Lisa Lin, 11 won the Girls' Hopes Trials at the Lily Yip Table Tennis Center in New Jersey on Feb. 28 in an all-MDTTC final, defeating Tiffany Ke, 11, in the final. In winning, Lisa becomes the first player to clinch a spot on the USA National Hopes Team.

The Trials were for the best table tennis players in the U.S. under age 12. By winning Lisa qualifies for the North American Qualifier, to be held April 9-10 in Canada, with the winner there going to the World Hopes Finals, to be held at the [ITTF Hopes Week](#) in Doha, Qatar, May 29 – June 4, 2016. There will be three more USA qualifiers, with the four eventual winners all competing in the North American Trials against the top four Canadians. Tiffany will be competing in the other Trials and may still qualify for the North American Trials.

Len Yang from New York won the boys competition over Jayden Zhou from New Jersey. Ronald Chen, 11, also from MDTTC, made the semifinals, losing a close 3-1 match to Jayden Zhou.

Northern Virginia Spring Open

Congrats to MDTTC junior star Derek Nie, who won the Northern Virginia Open this past Saturday (Feb. 27) in Chantilly, defeating Khaleel Asgarali in the final in a close seven-game match.

MDTTC Junior & Adult Program: New Sessions Start Soon! **SIGN UP TODAY!**

- **[Beginner & Advanced Beginner Classes \(Age 6 - 15\)](#)**
Sundays 4-5:30 pm, next session starts on April 10, ten weeks
Thursdays 6 - 7 pm, next session starts on April 14, eight weeks
- **[Beginners Level 2 Class for All Ages \(USATT rating 500 – 1200\)](#)**
Tuesdays 6 - 7 pm, next session starts March 15, ten weeks
- **Saturday Junior Boys Advanced Training** from 4:30-6:30, with Coach Cheng, for junior boys rated roughly 1400-2200. For more info, contact Cheng directly at MDTTC, 301-519-8580.
- **[Sunday Adult Training](#)** from 6:30-8:00PM. No pre-registration is required, but if you have any questions, [email](#) Coach Larry. *Be prepared to improve!!!*

- **Afterschool Program** (September – June)
This program combines table tennis and schoolwork, with courtesy pickups at schools. 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 session, practice time, and do homework with our resident tutors.
- **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.

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: Move Those Feet

By Larry Hodges

Whether you are 8 or 80, or somewhere in between, moving your feet is a priority. It's something that coaches constantly harp on. Beginning kids often don't find it important, and so you have to drill it into them, and then they quickly pick up on it. Older players often find it difficult because of their age, but while age slows you down, it doesn't stop you from moving your feet – it's simply a habit. An older player who doesn't move fast but still moves his feet is faster than a really fast player who doesn't.

Here is Exhibit A, [video of George Brathwaite](#) (12:05) in a training session. George "The Chief" is well into his eighties (here's his [Hall of Fame profile](#)), but see how he still moves his feet? That's because he has made it a habit. Let me emphasize this again: Moving the feet is a *habit*. It has nothing to do with how fast your feet are or how old you are.

Often players instead reach for the ball, meaning they limit their range, go off balance, and have to do an awkward stroke instead of the one they've spent so much time perfecting. The problem is they haven't developed the reaction of *stepping* to the ball, and so they instead react by instead reaching – which both puts them off balance and forces them to improvise the shot. Just as a person reflexively blinks if something comes at their eye, you should learn to reflexively step to wherever the ball is going. This doesn't mean you'll reach the ball every time, and sometimes you might even take that step and still have to lunge after it, but that's *only* after taking that first reflexive step. Focus on balance, with your weight centered as you move, and only going to your back foot for weight transfer as you get into position.

Some would say, "Of course George can move his feet – he's a Hall of Fame player!" But that's backwards – he's a Hall of Famer *because* he worked hard to develop such basic habits as moving his feet. George can do it in his eighties. What's your excuse?