

# MDTTC News



**Chang-Ping Duan and Charlene Liu, Medaling at the US Open  
(See feature below on them and Dave & Donna Sakai from the Baltimore Sun)**

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## **Archive of Past MDTTC Newsletters**

Welcome to another 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 [Go Table Tennis](#). 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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### **Butterfly MDTTC August Open**

It's on Saturday, Aug. 22 - a 2-star event with over \$1500 in prize money - don't forget to sign up! Events include Open, U2300, U2000, U1700, U1300, Under 16, and Over 50. Directing the tournament is Charlene Liu, with International Umpire and Certified Referee Paul Kovac the referee.

### **Summer Day Camps & Sunday Group Classes for Juniors**

Our summer camps continue until Aug. 28. Camps are 10AM - 6PM each day, Mon-Fri, with a two-hour lunch break. You can drop off kids at 8:30AM. Chinese food can be ordered in the morning for \$6 to be delivered for lunch. Here is the [Camp Registration Form](#). For kids who can't join our weekday camps, but would like to learn to play table tennis or to improve their table tennis skills, please join our Sunday Group Classes from 4:30 – 6 pm, coached by Larry Hodges and MDTTC assistant coaches. Here is the [Sunday Class Registration for the Summer session](#). The Fall Session begins on Sept 20. Here is the [Registration Form for 2015-2016](#).

### **Afterschool Program, starting September 14, limited space available**

The MDTTC Afterschool program will start up again this Fall and continues throughout the school year. The program combines table tennis and schoolwork, with courtesy pickups. 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.

### **Capital Area Team League – Sign-ups Now Open**

Sign-ups for the Fall Season, which start in September, are open now at the [Capital Area League home page](#). We had 13 teams and 74 players in the first season; let's double that!

### **MDTTC at the US Open / Senior Maryland Couples Featured**

Maryland players won 23 medals, including 9 gold and 7 silver, at the 2015 [U.S. Open Table Tennis Championships](#), held July 6-11 at the Las Vegas Convention Center. A total of 1064 players from 32 countries participated.

The Baltimore Sun recently featured the many accomplishments of Maryland/MDTTC Couples Dave & Donna Sakai and Charlene Liu & Changping Duan at the U.S. Open. [Here's the article](#).

#### Highlights:

Charlene Liu, 63, of Clarksville, MD, won both Over 50 Women's Singles and Over 60 Women's Singles, adding to a vast collection of titles. She also teamed with husband Changping Duan, 66, to make the semifinals of Over 60 Mixed Doubles.

Another local husband and wife duo, David and Donna Sakai, both 68 and from Bowie, MD, won a number of medals, adding to their large collections. (Both are members of the [USA Table Tennis Hall of Fame](#).) David made the finals of Over 65 Men's Singles, and teamed with Dell Sweeris of Grand Rapids, MI, to win Over 65 Men's Doubles and make the finals of Over 60 Men's Doubles. Donna made the final of Over 60 Women's Singles (in an all-Maryland final with Charlene Liu), and the semifinals of Over 65 Women's Singles. She teamed with Connie Sweeris of Grand Rapids, MI (husband of Dell) to make the finals of Over 60 and Over 65 Women's Doubles. Dave and Donna also made the semifinals of Over 60 Mixed Doubles.

Crystal Wang, 13, of Boyds, MD, who just finished sixth grade in the magnet program at Roberto Clemente Middle School, won three major titles, including finishing first in both the Junior (under 18) and Cadet (under 15) girls' team trials. As a member of both teams, she will represent USA in competitions all over the world over the next year. She also won Cadet Girls' Singles (under 15) and made the quarterfinals of Under 21 Women's Singles.

Here is a complete listing of Maryland medalists.

- **Crystal Wang**, 13, Boyds, MD: Junior Girls' Team Trials Champion, Cadet Girls' Team Trials Champion, Cadet Girls' Singles Champion, Under 21 Women's Singles Quarterfinalist, Junior Girls' Teams Finalist
- **Charlene Liu**, 63, Clarksville, MD: Over 50 and Over 60 Women's Singles Champion, Over 60 Mixed Doubles Semifinalist

- **David Sakai**, 68, Bowie, MD: Over 65 Men's Doubles Champion, Over 65 Men's Singles Finalist, Over 60 Men's Doubles Finalist, Over 60 Mixed Doubles Semifinalist
- **Donna Sakai**, 68, Bowie, MD: Over 60 Women's Singles Finalist, Over 65 Women's Singles Semifinalist, Over 60 Women's Doubles Finalist, Over 65 Women's Doubles Finalist, Over 60 Mixed Doubles Semifinalist
- **Changping Duan**, 66, Clarksville, MD: Over 60 Mixed Doubles Semifinalist
- **Si Cheong**, 65, Baltimore, MD: Over 65 Women's Singles Finalist
- **Navin Kumar**, 41, Gaithersburg, MD: Paralympic Division 8-10 Singles Sixth Place
- **Nathan Hsu**, 19, Rockville, MD: Ratings Under 2600 Quarterfinalist
- **Chen Ruichao**, 17, Gaithersburg, MD: Under 21 Men's Singles Semifinalist, Junior Boys' Singles Quarterfinalist
- **Roy Ke**, 16, Gaithersburg, MD: Junior Boys' Team Trials Quarterfinalist
- **Darwin Ma**, 15, North Potomac, MD: Division C Singles Champion
- **Amy Lu**, 14, North Potomac, MD: Ratings Under 2100 Women's Singles Finalist
- **Derek Nie**, 14, North Potomac, MD: Cadet Boys' Team Trials Quarterfinalist
- **Klaus Wood**, 13, Ellicott City, MD: Cadet Boys' Team Trials Quarterfinalist
- **Ryan Dabbs**, 12, Rockville, MD: Ratings Under 3700 Doubles Champion
- **William Huang**, 12, Beltsville, MD: Ratings Under 3700 Doubles Champion
- **Lisa Lin**, 10, Clarksville, MD: Age 11 & Under Girls' Singles Quarterfinalist

### **Maryland Senior Olympic Games**

They will be held Saturday, Aug. 22, at the Potomac Community Center (PCTTC). This is for players over age 50, and a non-USATT sanctioned tournament. (So no ratings involved except perhaps for seeding.) Deadline to enter is Aug. 8. To enter, go to <http://www.mdseniorolympics.org>, select [Entry Forms/Registration](#), and follow the instructions. Events include singles, doubles, and mixed doubles, for ages in five-year increments: 50-54; 55-59; 60-64; 65-69 etc.

### **Tuesday & Friday Lunch Break Special (1 - 2 pm)**

These classes are intended for adult players who would like to improve their table tennis skills while getting great physical and mental exercises. Individualized instructions will be provided. All levels are welcome. Ball robots will be used as a part of this year round program. [Click here for the registration form.](#)

### **Sunday PM Training**

We have regular training sessions from 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. We expect players from beginners to advanced, and players will generally be paired with players of roughly the same level. No pre-registration is required, but if you have any questions, [email](#) Coach Larry. *Be prepared to improve!!!*

### **Navin Kumar in the News**

MDTTC regular Navin has been in the news a lot recently for his inspirational story. He has a partially mechanical heart and Parkinson's disease. Here is coverage just from July:

NBC News: [Paralympics Hopeful Credits Table Tennis for Helping with Parkinsons](#)

Terp Magazine: [Playing from the Mechanical Heart](#)

Uberpong: [Navin Kumar: Bionic Man](#)

**Club Membership Rate Changes on August 1, 2015:** [Click here for the new rates.](#)

**Ongoing Programs:** Junior Group Classes, After-School Program, Adult Classes, Private Coaching, and Leagues. Please visit our website for details and updates.

### **MDTTC Birthday Parties & Rental Space for Corporate and Private Events**

Want to have a table tennis birthday party or hold a special corporate and private event. Here is [Facility Rental Information](#), and here is info on [Birthday Party Packages](#).

### **MDTTC Facebook Page**

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.

### **TIP OF THE MONTH:**

#### **The Feel of a Shot and a Checklist**

By Larry Hodges

When learning new techniques, many players make the mistake of trying to remember the specifics of each shot. While this is important to know later as a checklist to go over when the shot is off, this is not the way to learn a new technique. Instead, your goal is to get the shot right *one time*, and then remember the feel of that shot – the stroke and contact – and then repeat. If you get the feel right, all the specifics will fall into place.

When your shots aren't working and it doesn't feel right, that's when you might need to go through a short checklist for the new technique to find out what's wrong. But again, the goal is to get the feel right, and then put the checklist aside.

So learn both the feel and the specifics of each new technique you learn, and write the latter down – that's an assignment – and then forget about them and focus on the feel. When the feel is right, so will the technique. When the feel is wrong, and you can't figure out why, that's when you pull out your checklist to get back to the right feel.

### **BONUS TIP OF THE MONTH:**

#### **Change, and the Definition of Insanity**

By Larry Hodges

Insanity is often defined as doing the same thing over and over again and expecting a different result. In some contexts, this might not seem to make sense. If you are learning something new in table tennis and can't get it right, you keep doing it over and over until you do get it right. However, the key point is this – if you are learning something new and keep missing, that means you are doing something *wrong*, and until you change that, you'll keep missing.

Change is the key when learning. And yet, over and over, players do the same old things and expect different results. I'll watch players lose because they keep blocking an opponent's loop off the end, and then, instead of doing some [saturation training](#) to fix their blocking, they'll go practice what they've always practiced – looping, hitting, whatever – and of course that's why they are strong on the things they practice a lot, and not strong on the things they don't practice as much. Or they'll be unable to return a certain serve, and yet, when it's over, rather than find someone who can do that serve so they can practice against it, they'll practice the same things they've always practiced. They won't even try to learn the serve that gave them trouble, when of course it might be a weapon they could use against others.

So go take a good, hard look at your game. What problems do you see? What can you change to fix that? Perhaps ask a coach or knowledgeable player the same question. Then address the problem.