

MDTTC News



Capital Area League Division One Champions, L-R:
League Committee Member Stefano Ratti (also member of runner-up team),
and team members Crystal Wang, Nathan Hsu, and Derek Nie,
who played in the Team Final.

Also on team but not shown: Alex Chen Ruichao, Han Xiao, and Klaus Wood.

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MDTTC Summer Camps Run All Summer!

Info Below

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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](#), [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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Club Hours During July 4 Weekend and U.S. Open

Many of our coaches and players will be gone for the U.S. Open, July 6-11. However, Coaches Cheng Yinghua and Jack Huang will stay and run the club. The club will remain open throughout the holidays and the Open, including July 4. However, there will be no leagues on Tuesday and Friday nights (July 7 and 10) – just open play and private coaching. Also, no Sunday Junior Group Class and no Sunday night training in July 5.

Summer Camps - Every Week till August 28

Our summer camps began on Monday, June 15, and continue for eleven consecutive weeks until Aug. 28. Camps are 10AM - 6PM each day, Monday-Friday. 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 [MDTTC Camps Page](#), and the [Info Flyer and Registration Form](#). (Camps are for all ages and levels, but are dominated by junior players.)

Sunday Group Training - due to the U.S Open, no class on July 5

We have regular training sessions from 6:30-8:00 PM, *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 Raghu Nadmichettu, depending on turnout. (We've been averaging 7-9 players per session.) We expect players from beginners to advanced, and players will generally be paired with players of roughly the same level.

Cost is \$15/session for members, \$20/session for non-members. (Later we may offer special prices for multiple sessions.) No pre-registration is required, but if you have any questions, [email](#) Coach Larry. *Be prepared to improve!!!* (NOTE – no session on Sunday, July 5.)

Tuesday & Friday Lunch Break Special (1 - 2 pm) - due to the U.S. Open, no class on July 7 & 10

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.](#)

Cost: \$ 100 / student for 10 class pass - MDTTC members; \$ 125 / student for 10 class pass - non-members. All passes are valid for 3 months

Drop ins: \$15 per class for members, \$20 per class for non-members

Club Membership Rate Changes on August 1, 2015

Renew your membership NOW to save because starting August 1, 2015, the new rates will apply. [Click here for the new rates.](#)

Capital Area Team League

The first season finished in late June. There were three divisions, with [13 teams and 74 players](#). Here's the write-up of the [League Grand Finals](#) by Stefano Ratti. Sign-ups for the Fall Season, which start in September, are open now at the [Capital Area League home page](#). Congratulations to the Grand Champions!

- **Division One:** MDTTC A (Alex Ruichao Chen, Crystal Wang, Nathan Hsu, Han Xiao, Klaus Wood, Derek Nie)
- **Division Two:** WDCTTA (Lixin Lang, Changping Duan, David Sakai, Charlene Liu, Mossa Barandao, Frank Xie)
- **Division Three:** SmashTT (Julian Levene, Max Labell, Nina Levene, Louis Levene, Joey Levene)

MDTTC June Open Results and Pictures - June 13, 2015 (click on names for pictures)

- **Open Singles – Final:** [Chen Bo Wen d. Samson Dubina](#), -7,9,9,-6,4,11; **SF:** Chen d. Micaiah Skolnick, -9,2,7,7,10; Dubina d. Jeffrey Xun Zeng, -7,12,9,9,-8,8; **QF:** Chen d. Gabriel Skolnick, 8,2,6; M. Skolnick d. Wang Qing Liang, 5,9,-6,-7,8; Dubina d. Raghu Nadmichettu, 6,10,4; Zeng d. Bojun Zhangliang, 7,9,0.
- **U2300 – Final:** [Allen Lin d. Humayun Nasar](#), 8,8,8; **SF:** Lin d. Ernest Byles, def.; Nasar d. Ryan Dabbs, -9,9,9,2.
- **U2000 – Final:** [Tiffany Ke d. George Li](#), 5,9,8; **SF:** Ke d. Michael Clarke, 14,-12,7,-10,8; Li d. Mossa Barandao, 4,6,-8,3.
- **U1700 - Final:** [Matt Stepanov d. Joshua Gong](#), 6,8,4; **SF:** Stepanov d. Viren Bhatia, 5,4,2; Gong d. Daniel Sofer, 6,7,-8,10.
- **U1300 – Final:** [Elliott Hamilton d. Chris Buckley](#), 9,9,6; **SF:** Hamilton d. Leon Zhao, 2,6,7; Buckley d. Siliang Huang, 2,8,-7,6.
- **Over 50 – Final:** [Nazruddin Asgarali d. Lixin Lang](#), 3-2; 3rd:
- **Over 50:** 1st [Nazruddin Asgarali](#), 4-0 (d. Lang 3-2); 2nd [Lixin Lang](#), 3-1; 3rd Morteza Sajed, 2-2.
- **Under 16 – Final:** [Ryan Dabbs d. Tiffany Ke](#), 5,6,8; **SF:** Dabbs d. Eric Li, 5,6,8; Ke d. Lisa Lin, -9,6,5,-9,7

Montgomery Magazine Features MDTTC

Montgomery Magazine did a [feature story on MDTTC](#) last month. Players featured include Ryan Dabbs, Crystal Wang, Tiffany Ke, Derek Nie, and coaches Cheng Yinghua, Jack Huang, and Larry Hodges.

World Police and Fire Games

They were held recently at the SmashTT club in Virginia. [Here's the write-up.](#)

Ongoing Programs

- **Beginning Junior Classes.** We're in the middle of a ten-week session, but players are welcome to join in mid-season (at a pro-rated cost). This is for beginners to advanced beginners, ages 6-14, with Coach Larry (with John Hsu and others assisting), and are held Sundays 4:30-6:00 PM, and Thursdays from 6-7PM. For more info, see the [Junior Group Training Page](#). (If you join in mid-season, your fee will be pro-rated.)
- **Sunday Training** – Sundays, 6:30-8:00 PM. See segment above.
- **Weekday Lunch Break Classes** – Tuesdays & Fridays, 1 - 2 PM. See segment above.
- **Afterschool Program.** 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 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 session, practice time, and do homework with our resident tutors. The academic tutors are Larry Hodges and Wen Hsu. [Here's the info flyer.](#)
- **Private Coaching**, by Coaches Cheng Yinghua, Jack Huang, Larry Hodges, Jeffrey Xun Zeng Xun, Qingliang Wang (Chopper), Bowen Chen (Reverse Penhold), John Hsu, and Raghu Nadmichettu. See [Private Coaching page](#).
- **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 Birthday Parties

Want to have a table tennis birthday party? [Here's info!](#) We've done about a dozen of these. 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: What to Think About in a Match By Larry Hodges

Have you ever been in a close match, began to think about winning and losing, and fell apart and lost? Or perhaps you were winning, began to think about it, and again fell apart and lost. It's almost certain that you have been in both scenarios. So how do you avoid this?

A key thing is to *have something else to think about*. The mind can only think about one thing at a time. As an experiment, try thinking about what serve you might use in a match against a specific player you play regularly, and see if you can think about winning and losing at the same time. You can't – in fact, the very thinking about what serve to do will likely wipe away most nervousness as nervousness comes from thinking (i.e. worrying) about winning and losing.

So give your mind something else to focus on. And that should be basic tactics. In theory you could think about anything else, but then you might not be paying attention to what's going on at the table, and you probably wouldn't play so well or as smart. But if you focus on basic tactics you get a double whammy – you play smarter table tennis, and you stop worrying about winning or losing. The key is to keep it simple; don't overthink. Focus on why you are winning – which serves, receives, and rally shots are winning points for you. Ask yourself:

- **Which serves are working for you?** This is the one time where you have complete control of the start of a rally, so take advantage of it. Focus on what to do with expected receives, but keep the mind clear and ready for anything.
- **What receives are working for you?** Focus on what to do with expected serves, but keep the mind clear and ready for anything.
- **What types of rallies are working for you?** Focus on the one or two most important things. It could be specific placements, a type of shot you want to use, or something as simple as “keep attacking.” But again, keep the mind clear and ready for anything.

If you keep your mind on these basic tactics, then you'll keep your mind occupied so you won't think about winning or losing, which is a quick way to blow a match.

Here are a few additional tips:

- If you are winning and start thinking about it, perhaps convince yourself that you are losing. Reverse the score in your mind if necessary. Then think about what basic tactics are winning points for you, and focus on those.
- If you are in the “zone,” and playing extremely well, the worst thing you can do is think about it. If you do, just smile inwardly, and think of yourself as an observer watching while your body and subconscious perform. (But *you'll* get the credit!)
- If you do lose your focus in a contested game, that's when to take a time-out. Any time you lose focus you need to clear your mind, and then get it back on track, thinking about basic tactics and *nothing else*.