

# THE NEW YORK TABLE TENNIS LEAGUE

## Newsletter # 3

Jun 19, 2010

### Editorial

There are very exciting news for this issue: We had two non sanctioned tournaments, one more match in the New York League and the ceremony of inauguration of one new club in New York City.

In this issue we will start a new section, which will be dedicated to comment Table Tennis through the analysis of papers related to scientific research in our sport. The reason is reducing the gap in knowledge of TT between highly developed countries in TT and the American Continent. TT magazines and web pages are full of information for beginners, but what about those advanced players, and those that are seen far beyond the 11 points. A scientific approach is needed; Optimization, strategies, biomechanics, physics in TT and more. Hopefully more players with scientific background will be interested in supporting this initiative, this is Extreme Table Tennis.

Mauricio Vergara

### Server Problem Fixed:

We had some problems in the list distribution, it looks like the problem is gone. If you missed any newsletter check our [website](#).

### Editorial

New York ha sido el centro tenimesístico durante las últimas semanas. Tuvimos un par de torneos y la inauguración de un Nuevo club de Tenis de Mesa. A mi parecer, el primer club de Tenis de Mesa en New York.

En este número, iniciare una nueva sección, en la cual se analizara lo último en investigación relacionada con Tenis de Mesa. La idea es reducir la brecha que existe en países desarrollados en este deporte y el continente americano. Es claro que existe una amplia literatura de Tenis de Mesa orientada a principiantes, pero no existe nada para los jugadores avanzados. Para ello, se analizarán diferentes estudios relacionados con diversos campos : Optimización, estrategia, biomecánica, física y mucho más. Espero que otros jugadores con formación científica se interesen en esto y colaboren. Esto es lo que yo llamaría Tenis de mesa Extremo.

Mauricio Vergara

### Results NYTT League:

NYTTC beat Dominican Association by WO

NYTTF A beat ANYTEME 5-0

## NEW CLUB IN NEW YORK: ANYTEME

(Asociación New York de Tenis de Mesa)



Juan Vila, president of the Dominican Table Tennis Association in his inaugural speech for ANYTEME

The location of the new club is in the "Centro Cultural Dominicano", corner West 163st and Amsterdam Avenue.

President : Julio Estevez

Secretary : Joel Castillo

Treasurer : Francisco Ruiz

Disciple Director : Victor Branch

Technical Director: Harold Mercado

ANYTEME has a goal be a source of the development and practice of table tennis for the youth of Washington Heights in Manhattan; it will base his activity with volunteer players, many of them former members of the Dominican National Team. This is nice example of philanthropic work from the Dominican players, inspired for Mr. Hans Hieronimus; German immigrant in Dominican Republic, founder of the Dominican TT Association, all the regional associations and the League Competitions, he is remembered as the father of the Dominican Table Tennis.

Marcos Nuñez: All Chilean players in NY, wish you the best and we hope you get well soon  
<http://www.youtube.com/watch?v=RIQQV605F1c>

## EXTREME TABLE TENNIS # 1

Estimation of Energy Consumption from Heart Rates of Chinese Professional Table Tennis Players under Training Conditions

(International Journal of Table Tennis Sciences No 6 2010)

This paper analyzes the consumption of Energy from different groups of Players (male and female) during practice of different shots in TT. The subjects under analysis are members of professional leagues from three different divisions, so the variable Skill can be included in the analysis. Radio Electrocardiographs are applied every 5 seconds in the training session and consumption of energy is calculated. The contents of the training are; Forehand, Forehand Drive, Forehand –backhand alternate, Footwork on Loop drive-smash.

Forehand drills registered the minimum consumption of energy and the minimum in heartbeats, and footwork on loop drive-smash registered the maximum consumption of energy and also the highest heart beats among the sample. Highly skilled players have tendency of using more energy in their drills, in particular those players using pips. Results related to consumption of energy from the Sport Science Committee of Japanese Table Tennis Association, using the formula for aerobics sports come out with the range of energy used varies in the range of 0.050 to 0.083 kcal/kg/min. But in this paper the results showed much as twice of this value. Some source of the discrepancy could be associated with age, weight and personal history.

[http://www.itf-ss.com/docs/\\_139.pdf](http://www.itf-ss.com/docs/_139.pdf)

## TENIS DE MESA EXTREMO # 1

Estimación del Consumo de Energía a partir del Pulso de Jugadores Profesionales Chinos de Tenis de Mesa bajo Condiciones de Entrenamiento

(International Journal of Table Tennis Sciences No 6 2010)

El estudio analiza el consumo de energía de diferentes grupos de jugadores, damas y varones durante práctica de diferentes golpes de TM. Los sujetos en la muestra son miembros de ligas profesionales de TM en diferentes divisiones, así la variable de nivel de juego es incluida en el estudio. Electrocardiogramas son medidos cada 5 segundos durante el entrenamiento y con ello el consumo de energía es calculado. Los contenidos del entrenamiento son, derecho liso, derecho – revez alternadamente, movimiento con loopspin y remache. Los esquemas de derecho registraron los mínimos consumos de energía en tanto aquellos con desplazamiento registraron los máximos consumo de energía en la muestra. Los jugadores más avanzados mostraron una tendencia a usar mucha mas energía que el resto. En particular se registraron mayores niveles de energía usada en aquellos jugadores que usaban poro.

Se encontraron discrepancias entre los niveles energéticos utilizados por el comite de ciencias de la asociación japonesa de TM y los resultados del estudio, que mostraron casi un doble de energía usada que la sugerida por el comite en el rango de 0.050 to 0.083 kilocalorias por kilo por minuto.

Algunas de las discrepancias en los cálculos se podrían explicar por diferencias de edad, peso e historia personal.

[http://www.itf-ss.com/docs/\\_139.pdf](http://www.itf-ss.com/docs/_139.pdf)

## ANYTEME a philanthropic example of Table Tennis In NY



The first point of ANYTEME

### HANS HIERONIMUS TOURNAMENT RESULTS

1<sup>st</sup> place Maximo

2<sup>nd</sup> place JP

3<sup>rd</sup> place Frank



### About Juan Vila

Mr. Juan Vila, is the president of the Dominican Association, he was invited to the ceremony of the new club ANYTEME. Mr. Vila is a former member of the Dominican National Team; during his career as a player he became RD champion in 1976, in 1978 he was Latino-American champion in doubles, 1981 team champion at the Ibero-American games, and 16 in the world in the World Cup of Hong Kong in 1982.



## Videos :

A prayer for ANYTEME

[http://www.youtube.com/watch?v=mb\\_MOeLUXqA](http://www.youtube.com/watch?v=mb_MOeLUXqA)

Award ceremony

<http://www.youtube.com/watch?v=Y27gT9Ojjw4>

Juan Eduardo Vila' speech

<http://www.youtube.com/watch?v=gcgEsapNOAA>

The first point in ANYTEME

<http://www.youtube.com/watch?v=HFfEtOczJIU>



[LEAGUE WEBSITE](#)

## POSITIONS at the League 2010

- 1.- NYTTC 30 points
- 2.- ANYTEME 16 points
- 3.- Maryland 15 points
- 4.- PASSAIC 15 points
- 5.- NYTTF A 15 points
- 6.- Dominican Association 9 points
- 7.- NYTTF B 7 points

## UPCOMING TT EVENTS IN NEW YORK

AACCT – Food, music, ballroom dancing and Table Tennis at NYTTF on 06-26-10 12 noon.

Sanctioned Tournament at NYTTF on 06-27-10

[http://www.nyttf.com/compete\\_tournaments.asp](http://www.nyttf.com/compete_tournaments.asp)

Brooklyn Tournament at Nison's Club on 07-11-10

<http://www.nisonsttc.com/>

## League Matches

**Passaic vs ANYTEME @ Passaic on Friday 06-25-10 at 8:30 pm**

**Dominican Association vs NYTTF A @ NYTTF on Friday 06-25-10 at 8:30 pm**