

MDTTC News

Maryland Table Tennis Center • www.mdttc.com • June 2014 • issue #25



WETA TV films at MDTTC on Sunday, June 1.
That's Derek Nie and Crystal Wang getting filmed.

Archive of past MDTTC Newsletters

Welcome to the 25th 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](#). 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](#)

CONTENT IN THIS ISSUE:

- Summer Table Tennis Camps, June 16 - August 22
- New this Summer: Dr. Henry Wan's Math Test Prep and Enrichment Classes 8:30-9:30 am; 1:45-2:45 pm
- Charlene Liu Wins Bronze at World Veterans Games
- WETA
- Ping Pong Summer
- Potomac Open
- Ongoing Programs: Sunday Jr. Group Classes/Private Coaching/Leagues
- MDTTC Birthday Parties
- MDTTC Shirts
- Rental Space for Corporate and Private Events
- MDTTC Web and Facebook Pages
- Tip of the Month: Why to Systematically Practice Receive

MDTTC Summer Camps

Summer vacation is almost here - time to send the kids to camp! MDTTC is gearing up for ten weeks of camps, every Mon-Fri starting June 16 through Aug. 22. Here is the [camp flyer](#) - hope to see you there! The camps are for all ages and levels, but are dominated by kids. If you're an adult looking for training, and don't mind a camp dominated by kids, come on out! (Picture is from our Christmas 2013 camp; some campers are not pictured.)



New This Summer at MDTTC!

Dr. Henry Wan's Math Test Prep and Enrichment Classes [Separate Registration from table tennis camps](#) June 16-August 22: Mornings 8:30-9:30; Afternoons 1:45-2:45 pm 万博士教室: 天才班入学考试, 奥数竞赛, PSAT/ SAT, SAT II 数学提高班. [信息和报名表](#)

Charlene Liu Wins Bronze at World Veterans Games

Charlene recently returned from the World Veterans Championships, May 11-17 in Auckland, New Zealand, where she won the bronze medal for Women Singles Ages 60-64. Out of a field of over 120 players from all over the world, she defeated seven players in winning the bronze, including three players from Japan, two from China, and one each from Taiwan and Hong Kong. She beat the two Chinese players 3-1, and the rest all 3-0.

In the semifinals she faced Larisa Andreeva of Russia. In the fifth and final game Charlene led 10-8 match point, but Andreeva won the last four points to advance to the final. Andreeva won the final 3-0 over Monica Kneip of Germany.



Charlene has been the dominant U.S. women for many years in over 30, over 40, over 50, and now over 60 women. She has won these titles multiple times at the U.S. Open Championships and at the USA Nationals, including winning Over 60 Women's Singles at the recent USA Nationals in December in Las Vegas. At the U.S. Open last year, also in Las Vegas, she won Over 60 Women's Singles, Over 60 Doubles with husband Changping Duan, and made the final of Over 50 Women's Singles. Overall, she has won 23 national titles. She also runs the MDTTC tournaments and Tuesday & Friday Night Leagues.

WETA TV did a filming at MDTTC on Sunday, June 1. They'll be creating a documentary on MDTTC, which will be shown both on TV and online. We'll link to the video on our web page when it's up, as well as in the next newsletter. You can read about this in Larry Hodges' blog for [June 2](#). See pictures at top!

Ping Pong Summer Besides having your own ping pong summer by playing every day (perhaps at the [MDTTC camps](#)), there's also the movie [Ping Pong Summer](#). The movie is currently showing at the [AFI Silver Theater](#) in Silver Spring, with showings at 11:20AM, and 1:20, 3:20, 5:20, 7:30, and 9:30PM. The movie takes place in Ocean City, MD, circa 1985, so you may recognize much of it. Here's a [review by Larry Hodges](#).

Potomac Open

The tournament was held May 17-18. The semifinals was an all-MDTTC coaches affair. Chen Ruichao ("Alex") won the final over Wang Qing Liang ("Leon"). In the semifinals it was Alex over Chen Bo Wen ("Bowen") and Leon over Zeng Xun ("Jeffrey"). MDTTC players Raghu Nadmichettu, Derek Nie, and Bojan Zhangliang ("Brian") were also in the quarterfinals, along with Wang Zibin. Here are the [main results](#). Here's video of the Final: [game one](#); [game two](#); [game three](#); [game four](#).

Ongoing Programs

- **Junior Classes** – the current session began in March and ends on June 7-8 but you can join any time and pay a pro-rated fee. (Next session - Sundays only - begins June 15.) This is for beginning and intermediate juniors ages 6-14, with Coach Larry Hodges (and Jeffrey Zeng Xun and Raghu Nadmichettu assisting), and are held Saturdays 10:30AM-Noon and Sundays 4:30-6:00 PM. There is also an upcoming Montgomery County School program your kids can attend, Thursdays 6-7PM, starting April 3. See the [Group Training page](#).
- **Group Sessions**. While this is primarily for juniors, all ages are welcome - it's about 1/3 adults. They meet on Sat & Sun, 4:30-6:30. The first 30 minutes is practice/warm-up, then 90 minutes of matches. See the [Group Training page](#).
- **Private Coaching**, by Coaches Cheng Yinghua, Jack Huang, Larry Hodges, Zeng Xun ("Jeffrey"), Wang Qing Liang ("Leon"), Chen Ruichao ("Alex"), Chen Bo Wen ("Bowen"), Chen Jie ("James"), 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](#). The Friday league is pretty much jammed, so we're hoping to get more in the Tuesday league.

MDTTC Birthday Parties

Want to have a table tennis birthday party? [Here's info](#)! We've had five since December. Parties include one hour of coaching and games led by an MDTTC coach, usually Coach Larry.

MDTTC Club Shirts with 3 great styles. To personalize with your name costs only \$7.99 extra. To order, please drop by MDTTC to make your selection. Limited sizes and quantities.

Kiru shirts



Pelluci



Passo



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: Why to Systematically Practice Receive

By Larry Hodges

Many players spend lots of time systematically practicing their strokes and footwork. Each week they'll put in many hours practicing their forehand and backhand loops, drives, blocks, and all the other strokes in their repertoire. They'll practice their footwork. The smart and ambitious ones will even practice their serves, which often gives the most return on investment

And yet most rely on matches to practice their serves. This doesn't make sense. If you can use matches as your primary way to develop a technique, then that would be the primary way players would develop all their shots. But any coach or experienced player will tell you that you need to develop these shots with systematic training. You do need match play or drills that simulate match play, but that's in addition to the systematic training needed to develop the shot itself.

So why do players rely on matches to develop their receive? My theory has always been that most players don't want to let rivals practice against their serves. Two players will gladly practice together, letting the opponent get used to all their shots, except for their serves. It seems almost rude to ask a player to let you practice against their serves, since it seems as if you are practicing just to beat that player. And, unfortunately, there's some truth to this.

But it's also a huge handicap to players who cannot get past this idea of practicing receive only in matches. It's a two-way thing, but you have to find someone with varied serves who can serve to you over and over to develop your receive. Ideally, get a coach or top player, even if you have to pay them. Or find a peer, and both agree to let the other practice against their serves. Try to find someone who has a variety of serves.

And then practice against them. Practice attacking deep serves, usually with loops. Practice pushing short serves back long or short, and flipping them. Practice reading the varied spins. Practice against sidespins going in both directions, and against both topspin and backspin serves. Practice against every type of serve you might see in a match.

By doing this systematic training, your receive will improve dramatically. Since most of your peers won't be doing this type of training, you will soon leave them behind. And you'll rarely have to utter those infamous words heard so often, "I could have beaten him if I could return his serve."