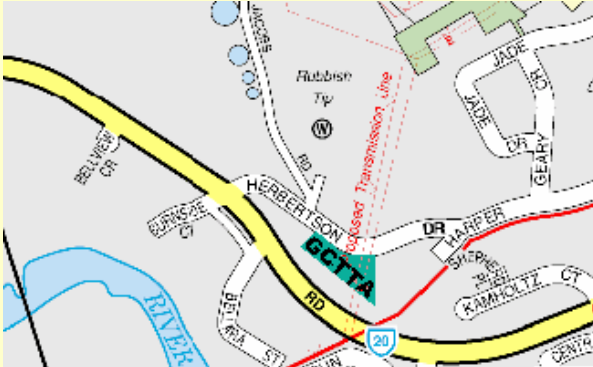


# The Centre



Located on Queensland's Gold Coast at:

**Address:**

Lot 1, Herbertson Drive, Molendinar

If coming from the Motorway, take **Exit 69** and turn left onto Southport-Nerang Rd. The next street on the left is Herbertson Drive.

**Postal Address:**

G.C.T.T.A.  
P.O. Box 589  
Ashmore City QLD 4214

**Phone:** (07) 5597 1633

**Fax:** (07) 5597 1623

**Website:** [www.goldcoasttabletennis.org.au](http://www.goldcoasttabletennis.org.au)

**Email:** [info@goldcoasttabletennis.org.au](mailto:info@goldcoasttabletennis.org.au)



# COACHING

at

# GOLD COAST TABLE TENNIS CENTRE



# **COACHING at GOLD COAST TABLE TENNIS CENTRE**

## **Tuesday Coaching**

**Coach:** Cathy Townsend  
Level 2 NCAS, AASC Coach

### **Session 1: 10:30 am - 12:00 pm**

For all players to improve their all-round game.

- Focus on skill development
- A new skill will be introduced every session. e.g. short service, understanding spin, tactics against different types of players, etc.

### **Session 2: 12:30 pm - 2:00 pm**

Aimed at players who wish to master consistency and train in routines.

- Footwork routines
- Ball placement
- Match sense routines

*Players of all abilities are welcome to participate in either or both sessions.*

Bring along your bat, towel, water bottle, suitable clothing and non-marking shoes.

## **Sunday Squad Training**

**10:00 am - 1:00 pm**

### **Coaches:**

Graeme Townsend Level 2 NCAS  
Cathy Townsend Level 2 NCAS  
AASC Coach

*Note: Training will start at 10am sharp so please be ready on court. The centre will be open from 9:30 am.*

Squad will be split into two groups:

### **Group 1:** Established squad trainers

- Focus for representative athletes as training will be planned around major tournaments
- Training will be high repetition and consistency with highly skilled and physical routines

### **Group 2:** Players who wish to improve ability to train in squad atmosphere

- Focus on learning training routines, mastering of consistency, positioning ball and increasing table tennis fitness
- Training will be planned around skill development to improve your all-round game.

Bring along your bat, towel, water bottle, suitable clothing, non-marking shoes and a competitive team attitude.

## **Tuesday Junior Coaching**

**4:00 pm - 6:00 pm**

**Coach:** Cathy Townsend  
Level 2 NCAS, AASC Coach

For juniors from beginner level to advanced level, train in a fun & friendly squad atmosphere, learn how to play the sport of table tennis and improve your game.

*Note: Juniors under the age of 8 must be accompanied by a parent.*

Bring along your bat, towel, water bottle, non-marking shoes and remember to have fun.

## **Fees**

### **Tuesday Coaching**

Junior/Concession: \$8 for one session, \$15 for both

Adult: \$10 one session, \$18 for both

### **Sunday Squad Training**

Junior/Concession: \$15

Adult: \$18

### **Tuesday Junior Coaching**

Junior: \$10

*Note: Coaching is a benefit for club members only. Non-members can participate for 3 visits before needing to become a member. See the 2010 Club Brochure for membership details.*