



GOLD COAST TABLE TENNIS

NEWSLETTER



www.goldcoasttabletennis.org.au WINTER - ISSUE 16 - 2017

WHAT'S ON

Monday:	6.30pm-10pm	All Star Fixtures & Social play
Tuesday:	4.15pm-6.00pm	Junior Training
	6.30pm-10pm	Social play
Wednesday:	6.30pm-10pm	Div 3 & 4 and Social play
Thursday:	4.15pm-6.00pm	Junior Training
	6.30pm-10pm	Div 1 & 2 and Social play
Friday:	9am-Noon	Social doubles
Saturday:	9.30am-4pm	Social play
	2pm-4pm	Group Coaching*
Sunday:	9.30am-1pm	Social play

**Please visit the website for coaching schedule*

Upcoming Events

To find out what tournaments and competitions are coming up, please visit the website and follow the links.

Spring Fixtures

New season of fixtures commences end of August. If you would like to join in any of the comps and you have yet to submit your name, please let us know as soon as possible. Thank you.

2017 Spring Season begins on the following dates:

All-Stars: Monday 28 August

Div. 3 & 4: Wednesday 30 August

Div. 1 & 2: Thursday 31 August

FIXTURES

UPCOMING TOURNAMENTS

26th-27th August - **Gold Coast Open**

12th Sept - **Big Serve Challenge** (GCTTA)

16th Sept - **Women's National Challenge**
(Moreton Bay)

25th-29th Sept - **Australian University Games**
(Gold Coast)

23rd-30th Sept - **Australian National Championships** (Adelaide)

30th Sept-2nd Oct - **Mackay Open**

6th-14th Oct - **Australian Veteran Championships** (Mandurah, WA)

In This Issue -

- ◆ 2017 Gold Coast Open
- ◆ Australian Open Recap
- ◆ Gossip Corner
- ◆ **Jake's ITTF Training Camp Experience**
- ◆ **'Big Serve' Challenge**
- ◆ Newsflash
- ◆ TTO & TTA News
- ◆ Tip & Rule of the Month
- ◆ Coaching





2017 GOLD COAST OPEN CHAMPIONSHIPS

Saturday & Sunday
26th - 27th August

30 EVENTS

OVER \$3500 TOTAL
PRIZEMONEY

Submit your entry form to the club or email to
info@goldcoasttabletennis.org.au

Entry forms available at the Centre or from the website.

Entries Close: **Wednesday 23rd August**

2017 ITTF Australian Open Recap

THE big names came, saw and conquered and all those members of the Gold Coast Association fortunate enough to catch some of the action won't forget the Seamaster ITTF World Tour Platinum Australian Open in a hurry.

Belarussian veteran Vladimir Samsonov became a 27-time tour winner when he saw off emerging French prospect Simon Gauzy in the men's singles final 11-13, 11-8, 11-5, 11-8, 11-8.

Experience paid in the women's too with China's world No.4 Chen Meng overcoming 18-year-old compatriot Wang Man Yu 3-11, 12-10, 3-11, 12-10, 11-2, 11-7.

In doubles, the South Korean duo Jang Woojin and Park Ganghyeon captured the men's title with an 11-2, 11-13, 11-5, 11-6 lesson handed to Chen Chien-An and Chiang Hung-Chieh (Chinese Taipei).

Chen Meng shared in a second gold as she and partner Zhu Yu Ling sauntered to an 11-8, 11-9, 11-7 victory over Wang Man Yu and Chen Xing Tong.

It was a rare chance for local enthusiasts to see the skills of some of the world's best in the July 2-7 tournament held at the Carrara Sports and Leisure Centre – built on the site of the old indoor stadium. Only once before, at the Sydney Olympics in 2000, had so many top-ranked players congregated in the southern hemisphere.

It's an impressive new venue for the Gold Coast, and will play host to followers of badminton, weightlifting, wrestling and para powerlifting at the Commonwealth Games in April 2018.



gossip corner

WE refer elsewhere to the ITTF Australian Open and it is only right and proper to acknowledge the Gold Coast association's involvement with the event at Carrara. Zark Roksandic was centre stage on several occasions, officiating in major matches as part of an international panel of umpires appointed to the event. Lukas Kozak was one of the behind the scenes officials who put in on a daily basis to assist with the running of the tournament. Robert and Amy Matheson assisted with ticket acquisition, and those who helped



with set-up and put down included Charlie Voges, Bruce Fenton, Peter Paris, Peter Luxton, Mick Coughlan, Phil Caldwell, Naoya Yamamoto and Don Penlington.

MATI LDA Alexandersson put up a spirited performance in the Australian junior championships in Hobart, finishing with a bronze medal in the Under 18 girls teams, and reaching the semi-final of the individual event before bowing out to eventual winner and top seed Holly Nicholas from Western Australia. In her first year in this age category, Matilda had an 18-3 win-loss record in the teams, the third best overall. She also progressed to the quarter-finals of the girls doubles. Her mum Susanne has been a high achiever in GCTTA fixtures while her dad Jan was winner of the 1996 Gold Coast Open a mere 21 years ago. The Alexanderssons went back to Sweden, where Matilda was born, before returning to Queensland a few years ago.

THE top division of Gold Coast fixtures can reasonably be regarded as one of the most cosmopolitan in table tennis, with 10 different nationalities represented among the spread of 24 regulars. Another statistical footnote is provided by the number of couples who are playing fixtures. There's former club president Robert Matheson and Amy Zhu, committee stalwart Heinz Pepping and wife Eva, Damien Yep and the recently-returned Anna Hollingsworth, and all things going well Kerrin White hopes to be back from injury to re-join hubby John in the new round of competition commencing on August 28.

ALSO expected back on court when the spring comp gets under way is Paul Smith, who missed the current version because of surgery, but Heinz Werner looks like having to content himself with the role of spectator for a while longer. Heinz is scheduled for an appointment with the medical specialists in a few weeks, and has his focus on a hoped-for comeback in the new year. If you have missed playing in recent times for whatever reason, don't forget to contact Lukas at the club as **nominations for the third fixture comp of the year are now being taken ... and incidentally, several new names have already put up their hand for inclusion.**

FOLLOWERS OF statistics and individual performances in the various divisions will have noticed president Mick Coughlan has been enjoying the best form of his career in Division 2 fixtures. Mick, who has been with the club for 30-plus years, seems to be maturing like vintage wine. In past newsletters mention has been made of his Geelong origins, and the fact Trevor Crowley, now making his presence felt in the top tier after moving through the divisions over the past couple of years, also hails from **the Victorian town and is a former club colleague. But wait, there's more ... the vastly experienced Frank Erdelyi is yet another past Geelong player.**

THE scheduling of the Australian Open at Carrara immediately after the Australasian Veterans on the Gold Coast - plus the absence of Jake Duffy, training in China for a month - were major factors which meant Gold Coast were unable to field a team in the Queensland titles in Townsville. But Ben Houghton, a member of last year's title-winning side, distinguished himself in a President's Team and finished with a 17-4 win-loss record. Brisbane won the men's teams and Townsville A the women's. Brisbane's Aagii Lkhagvadorj successfully defended the men's singles title, beating Benjamin Gould 4-2, and 'golden oldie' Andrea McDonnell (Townsville) beat Wynnum youngster Ashley Martin 4-2 in the women.

DEMONSTRATING that it is possible to make your way through the ranks, Trevor Crowley is now playing in our First Division, a big effort considering that three years ago he was in the bottom grade. Trevor, who like our president Mick Coughlan first picked up the sport in his native Geelong, has made solid improvement year or year and the hard work is paying off.

Incidentally Geelong's most famous sporting identity, Suns footballer Gary Ablett, is a keen table tennis player who recently (and not for the first time) dropped into the club for a hit on a Tuesday social night.

EDITOR MARTIN ROGERS



Jake Duffy's Seamaster ITTF Training Camp experience

Australia's Jake Duffy recently attended the Seamaster ITTF Training Camp at the China Table Tennis College, and was provided a scholarship through the ITTF-Oceania Development Program to assist in his attendance.

Checkout Jake's experience below as he reports back on what it was like training in China.

Introduction

The ITTF Seamaster training camp held in Shanghai was an extremely rewarding and beneficial experience. It was both mentally and physically challenging in providing major insights into the current and future way table tennis will be played, and also on a more personal note, what I need to improve in order to compete at a high level internationally.

Training structure and routines

Generally, there were two training sessions per day, with one optional training session at night. There was also one rest day during the week. The sessions ran from 9-11 in the morning, with physical and stretching for 40 minutes afterwards. There was then a three hour break, where we would get lunch and rest before the afternoon session which ran from 3:15 and ended around 5:30pm. The optional night session would run from 7pm onwards and lasted for however long you wanted, usually entailing service practice or feeling exercises.

Each morning session began with a half an hour warm up which consisted of both static and dynamic stretching as well as a slow jog to get the blood pumping. During this time, we also did neuromuscular activation and balance exercises to ensure that all muscles were ready and primed for training from the get-go in order to prevent injury. Morning training would usually include a couple of footwork exercises, predominantly based around the forehand. These routines were very simple, and would usually go for ten minutes each. We would then move onto serve and return exercises, where there was a lot of free play, again, I believe, with the thinking of getting players accustomed to understanding different serves, spins and styles of play. Training would finish with five minutes of short-short, and loop-loop rallies. Then came physical!

Strength and conditioning

Two coaches who specifically assigned to physical and stretching. There was always physical after the morning session, and every day the exercises changed. From gym work, to the beep test, the physical coaches were trying to improve our overall fitness levels as this was the clear difference between foreign and Chinese players. Core Strength was a key target, as well as injury prevention in the shoulders, using elastic resistance bands. It was hard, but rewarding at the same time, and I will take a lot of these table tennis specific exercises back home with me in helping alleviate/avoid injuries and building strength and conditioning going forward.

The afternoon session was basically multi-ball. We would have one warm up footwork exercise, after a shorter warm up, and then get straight into multi-ball. The daily exercises were very similar, working on technique, especially off backspin balls, and speed. Big preference was given to in and out exercises, coming over the table, being aggressive, and then getting back out as fast as possible. After the multi-ball, we would again have at least 15 minutes' worth of stretching, to cool the body down and recover for the next day.

Personal insights

The quality of the practice highlighted the type and standard of training necessary for, a player like me, to compete internationally. This was the most insightful part of the training camp for me personally.

The coaches also provided some advice to fix some technique flaws which illustrated the preferred "Chinese Way" of playing table tennis. These insights highlighted major differences between foreign and Chinese teachings, literally what I've learnt growing up in this sport, versus what the best of the best learn. The major differences for me are especially predominant on the backhand side of my game.

The coaches were very big on footwork, with the ideology being that the faster you are in position, the better your chance of keeping the ball in play. Also, at the forefront of the training was the over the table game. Predominantly, being aggressive with flicks after poor short pushes, quality top-spins off half long balls, and reducing the risk of your opponent attacking first by keeping the ball low.

The biggest difference I noticed between the Chinese and the foreign players was their physical condition and abilities. They are so strong, and thus are able to make both short and big movements in a short period of time. This comes from weight training in the gym, and also fast explosive short movements and core strength exercises used in training drills.

Conclusion

If I had the opportunity to go again, I most certainly would. This time round, I had some downtime as I finished my university exams the day before boarding the plane. Next time, exams or not, I would step up my training because those initial days are tough without adequate preparation to match it with the best. Luckily I have a personal trainer and gym membership. I have also had lengthy periods of overseas training so I maintain a good level of fitness and can adapt quickly to the pace of training in these camps. For those contemplating this level of training for the first time though, it is important to redouble fitness efforts beforehand.



ASHBEN
Medical Centre
Lions Centre
Dr. F. Khademi
MBBS FRACGP
PH: 07 5664 9018
FAX: 07 5664 9038
335 ASHMORE ROAD
BENOWA, QLD 4217



STAG



TABLE TENNIS
WORLD
www.tabletennisworld.com.au

For Everything Table Tennis
By **Paul Pinkewich**
"Expert Advice - The Right Price!"
Get the right advice from table tennis expert, Paul Pinkewich, Australia's most experienced player. Paul has played at every level in a career lasting over 40 years. Call 02 9542 7933 or 0418 252 240

10 TIMES AUSTRALIAN CHAMPION 16 REPRESENTED AUSTRALIA 207 FINES

GCTTA would like to thank **Stag, Table Tennis World & Ashben Medical Centre** for its support!





'Big Serve Table Tennis Challenge' Tuesday 12th September 6.45pm

'Club Bat' Event – Open To All Players

This year, the 'Big Serve Table Tennis Challenge' will require the better players to use standardised 'club issued bats'. So this may be your chance to chalk up a significant win or two. Of course you will also have to familiarize yourself with a very different service method. But in principle this is really quite simple - there are only 4 basic rules: One of which requires you to smack in your service-ball from away from the table – which may take a little getting used to. But it is the same for everyone and the fun is in the challenge. You are welcome to come and put your skills to the test. Format: round-robin matches followed by knock-out. Social playing fee applies. There is also a trophy up for grabs. Come and join us on Tuesday night 12th September (register by 6.45pm)! What have you got to lose? See you there!

Something 'Different'...

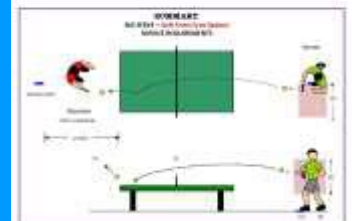
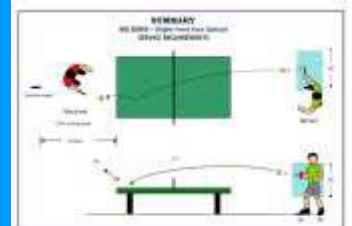
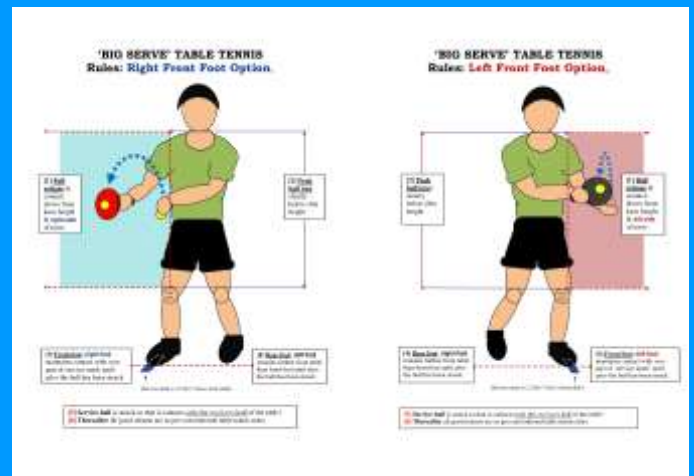
10 years ago, after being frustrated from playing a few tight competitive table tennis matches, Peter Luxton decided to try an experiment. "I'm sick and tired of always having to serve and receive short" he said. "It's like having to play 'pick-up-sticks' all the time before you can get into any sort of decent rally! I want to have fun and play more *open* table tennis without all the fuss." So with the support of then president George Simitsis he drew up some basic rules for a novelty event. At first it was jokingly referred to as 'Luxton's Rules', but later became known as 'Big Serve', and a perpetual trophy was added.

It was local player and mathematician Duncan Turpie who first referred to it as 'Big Serve, and this is possibly an apt term because it describes the only real difference to conventional table tennis. Serving from a distance behind the table, the ball is struck *directly* onto the opposite half of the table. In order to curb the obvious (power) advantage from such a different service method, a few other simple restrictions are also applied.

This year the better players will have to use 'standardised' bats which are a little slower than what they would normally use. This may make them a little less dangerous and the hope is that it may also stretch out some of the rallies. Longer rallies or not though, all players will get a fair chance to take a big swipe at the ball – with the added possibility that they might get 'aced'. So far though this has not happened too often.

"Of course, I am not trying to replace the existing rules" Luxton said. "But I am curious to find out how players can adapt to such a different playing method. After 10 years I am still not certain what tactics or style of play will ultimately triumph under the Big Serve concept."

Lukas Kozak has won it more times than anyone else and he will be gunning for another title, but surely there must be someone who can find a way to beat him.



STORY BY PETER LUXTON





Join Us

Charity Dinner

in aid of Diego's fight with brain cancer.

Tuesday 5th September
 6pm onwards

Dinner & Drinks
 \$100 pp
 Bookings are essential
 RSVP by 1.09.2017
 Hosted by Beachside Pavilion
 Please call P:5539 0377

Thank you for your support and giving Diego the opportunity of having a second chance!

Find out more about Diego's campaign
<http://gofundme.com/HelpDiegoFightBrainCancer>





Proudly Sponsored by:




Ping Pong-a-thon 2017

Molendinar, QLD (Gold Coast Table Tennis Centre)
 27th October 2017 4.00pm to 4.00pm

The Pong is a dynamic and fun twenty-four hour table tennis event that runs in venues across Australia every October. Participants sign up to play for a minimum of three hours of table tennis at their venue of choice and invite their family/friends to sponsor their efforts.

The club will be playing host to a staging of the national Ping Pong-A-Thon, supporting organisations who are playing their part in bringing an end to human trafficking and exploitation of our world's most vulnerable. GCTTA will be one of several locations in Queensland participating in a 24-hour marathon. Details from www.pingpongathon.com/molendinarqld



CHEVRON ISLAND
SEAFOODS
 - EST 1972 -
 FISH & CHIPS

OPEN 7 DAYS 10am - 8pm
 (07) 5592 0027
www.chevronislandseafoods.com.au
 50 Thomas Drive, Chevron Island
 Gold Coast, Queensland 4217

Air-conditioning Status

The club is in progress of installing air-conditioning system for the entire hall. The project is due to be completed over the next several months at a total cost of approx. \$80,000. The committee has received a bank loan for the purchase and installation of the units with repayments costing us nearly \$2,000 a month. We hope to receive some funding from the Council & State Government.

The committee is looking for ways to raise funds to minimise costs without increasing fees! i.e. member contributions, donations and various fundraising activities.

Any suggestions, please send us your ideas via email or contact a committee member. Thank you.





NEWS

Townsville welcomes QLD Closed

The 2017 Queensland Closed Championships were recently held in Townsville from 28 June - 1 July. The event saw competitors from across the state in action. This included players from Brisbane, Wynnum, Rockhampton, Mackay and of course Townsville.

The men's events kicked play. The Men's team event featured 8 teams and overall a very high standard. The last round featured the gold medal match between Brisbane and Townsville A. Aagii Lkhagvadorj led the way for Brisbane in the final winning all three of his matches. Brisbane (Benjamin Gould, Mateo Dvorani & Aagii) claimed victory 7-2 over Townsville A (David Fielding, Max Wellington & Venkat Vangaveti).

The Women's team event featured a standout player, University of Queensland representative Jee Min Hyung. Min is a former Korean representative on the world stage, who now calls Brisbane home. She won all of her matches throughout the event and was awarded the Presidents shield, for player of the tournament.

Min partnered with Townsville junior Lavenia Bradshaw to claim gold for the Presidents team. However the Townsville A team (Andrea McDonnell & Ann Sellwood) finished 2nd overall and won the shield, as a Presidents team can't be awarded the shield. While Wynnum youngsters Tahnee Green & Ashley Martin narrowly missed out on the shield on a countback.

The Under 21 Singles final saw Brisbane team mates Benjamin Gould and Mateo Dvorani meet in the final. Benjamin performed exceptionally to win the title 3-0 overall.

The Women's Singles event threw a couple of spanners in the works, with top seeds Andrea McDonnell & Ashley Martin both finishing 2nd in their groups respectively. This didn't stop them from meeting in the final. In a closely fought out final, Andrea had the edge and won 4-2 to claim gold. Ann Sellwood and Tahnee Green were the losing semi-finalists to claim bronze medals.

In the Men's singles unseeded Toowoomba representative Steve Mitchell produced some of his best play to upset #3 seed David Fielding in the group stage. Steve progressed to the semi-finals eventually losing to Benjamin Gould.

On the other side of the knock-out draw Mateo Dvorani overcame a 3-2 deficit to defeat David Fielding 4-3 in the quarters. He fought hard against top seed Aagii Lkhagvadorj in the semi's but lost 4-2 in the end.

This set up an all Brisbane final between Benjamin and Aagii. Benjamin got off to a good start, getting to a 2-1 lead. But Aagii then stepped up his play taking the next three games to become the champion. Aagii successfully defended his title he won last year on the Gold Coast.

Thanks to the event referees Jason Hockings, Brendan Gaeta & Rhonda Miller and volunteer umpires Peter Waddell and Walter Parkes. Also to the senior & youth selectors, Gary Walmsley, Franck Roguiez and Lukas Kozak.

Last but not least, thank you to the players, clubs and coaches for supporting the 2017 QLD Closed Championships.

TTQ Ranking System

The TTQ board have decided to introduce a points based ranking system for 2017. Thanks to TTQ Board Members Steve Mitchell and Jason Hockings who have put in significant effort in updating the results on a regular basis. The current ranking points can be viewed via: <http://tabletennisqld.org/?PageID=121&wp=4>

These will be updated regularly throughout the year, after each association, state & national event.

The ranking system point allocation is listed below. If you have any thoughts or recommendations on the ranking system please email admin@tabletennisqld.org

State Ranking System point allocation (as per TTQ Selection Policy)	
Regional Tournaments (Singles)	
Semi Final	1 point
Finalist	3 points
Winner	6 points
Queensland Closed Championships (Singles)	
Quarter Final	1 point (must be more than 8 players in knock-out stage)
Semi Final	3 points
Finalist	9 points
Winner	18 points
Queensland Open Championships (Singles)	
Quarter Final	1 point (must be more than 8 players in knock-out stage)
Semi Final	3 points
Finalist	9 points
Winner	18 points
Australian Championships (Singles)	
Quarter Final	4 points (must be more than 8 players in knock-out stage)
Semi Final	6 points
Finalist	18 points
Winner	36 points
Queensland Order of Merit	
No. 1	20 points
No. 2	18 points
No. 3	16 points
No. 4	14 points
No. 5	12 points
No. 6	10 points
No. 7	8 points
No. 8	6 points
No. 9	4 points
No. 10	2 points
Australian Order of Merit	
No. 1	30 points
No. 2	28 points
No. 3	26 points
No. 4	24 points
No. 5	22 points
No. 6	20 points
No. 7	18 points
No. 8	16 points
No. 9	14 points
No. 10	12 points

Queensland Veteran Team Members

Congratulations to the Queensland Veteran Team Members who will be competing at the Australian Veteran Championships to be held at the Mandurah, Western Australia from the 7th October to the 14th October 2017.

Queensland Veteran Team Members can be viewed on the TTQ site <http://www.tabletennisqld.org/?Nav=News&NewsId=756>



Rule of the Month

Touching the net

Rule 2.10 states that...

“Unless the rally is a let, a player shall score a point if an opponent, or anything an opponent wears or carries, touches the net assembly.”

This means that if you touch the table tennis net or the net posts whilst the ball is still in play, you lose the point.

As with moving the table tennis table, this usually happens when you rush forward to play a shot and your forward momentum may cause you to touch the net.

Tip of the Month

Practice more than you compete

By practicing, I mean all the time you spend developing your game by concentrating on some aspect you want to strengthen. The primary object during practice is to develop your game. On the other hand, when you compete, your main object should be to win, not to work on some part of your game. It is advisable to play practice games where the object is to blend in a new skill or tactic into a match-like situation before you compete. The emphasis for these practice games is still on development, not winning. And when you do compete, even though your main emphasis is on winning, you can still learn a lot about your game (development) if you analyze your matches after they are over.

NEWGY COACHING

Squad Coaching

Saturday Group Coaching

Coaches: Cathy Townsend
Georgy De Leon

2:00pm - 4:00pm

Cost: Adult \$14 Junior: \$8

Family Discount: \$20

Junior Squad Training

Tuesday & Thursday

Coach: Cathy Townsend

Assistant Coach: Van Cassis

4:15pm - 6:00pm

Cost: \$10 / \$15 family Discount

Please see website for details and training schedule.

PRIVATE COACHING

The following coaches are available for one on one coaching:

Georgy De Leon - 0416 619 516

Petr Klouba - 0414 930 519

Jordan Dequina - 0497 282 665

Ben Houghton - 0401 605 448

Jake Duffy - 0405 833 099

Naoya Yamamoto - 0411 707 504

Cathy Townsend - 0421 397 255

Profiles of the coaches can be viewed on the club website under private coaching.

Please contact for bookings and rates.

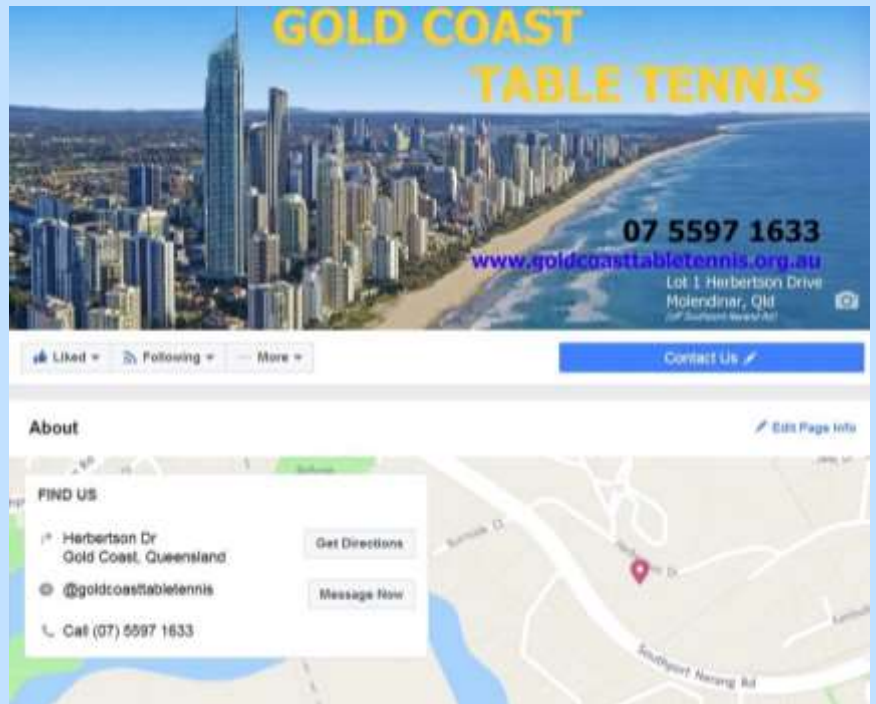


GCTTA Facebook Page

Please check out our facebook page if **you haven't done so yet. We aim to** provide information on all of our club news, events and other interesting stories, pictures & videos.

We would like you to join our page and share any new and exciting things with us.

Your contribution in commenting and liking our posts, will increase our number of followers and development of networks.



Gold Coast Table Tennis Association Inc. 2017 Committee

President: Mick Coughlan

Vice-President: Georgy De Leon

Treasurer: Matthew Jones

Secretary: Lukas Kozak

Committee Members:

Van Cassis, Ruth Cordingley, Martin Rogers,
Heinz Pepping, Robert Matheson,
Paul Kilmister, Charlie Voges, Phil Caldwell

CONTACT US

Address: Lot 1 Herbertson Drive
Molendinar QLD 4214

Post: PO Box 589
Ashmore City QLD 4214

Telephone: 07 5597 1633

Fax: 07 5597 1623

Email: info@goldcoasttabletennis.org.au

Submit an Article

If you would like to submit an article or item for the next issue of the newsletter, you should email your document with images and attachments to info@goldcoasttabletennis.org.au

Please note that items submitted for publication are subject to the approval of the committee, and may be edited for both length and clarity prior to inclusion.

Thank you

Gold Coast Table Tennis

Feedback & Comments

Gold Coast Table Tennis would like to thank all members for their continuing support.

The club is always striving to improve and any feedback or suggestions on competitions, events, and other aspects of the club is much appreciated.

If you have you have any comments, perhaps ideas on ways to improve our club, please let us know by contacting members of the committee or feel free to contact the club.

Phone: 07 5597 1633

Email: info@goldcoasttabletennis.org.au

