

# Isle of Wight

Table Tennis League

# TIBHAR

*Special Offers...*

As used by 2017  
English National  
Champions  
Paul and Jo Drinkhall

**Bribar**  
Table Tennis



## CHAIRMAN'S MESSAGE

The 2017 IWCTTA AGM has already been publicised as being held on 3rd July at 7.00pm at Smallbrook. I guess it never hurts to remind people. The meeting is open to all IWCTTA members, but please ensure that each club in the 2016-2017 winter league has a representative present at the meeting able to represent the views of their club.

I don't yet know what proposals will be submitted, but if your club intends to submit one then it needs to have been received by [Heather Wykes](#) no later than the 19th May.

Whilst we currently have a strong and dedicated committee, there are gaps. Of course, anyone is eligible to contest any of the currently occupied positions, which would then be put to a vote.

Richard Deavall has indicated that he will be stepping down at the forthcoming AGM as League Secretary. This is a crucial role which needs to be filled. Please let me have your proposals for anyone willing to take on this role.

The Summer League entry was extremely healthy at 15-teams. Once again, thanks to Mike Prior for organising this and getting it underway so efficiently.

For those of you taking part in the Summer League, I hope you enjoy your games. Otherwise keep practising or just enjoy a well-deserved rest over the summer.

Enjoy your table tennis!

John.



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## News in brief

There's something fishy going on at the Isle of Wight table tennis centre.... No don't worry about corruption it's just the Summer League!

Mike Prior has creatively named each team after a species of fish. With names such as

Bloaters, Kippers, Tiddlers, Rock, Fingers and Chubb, some teams have got away lighter than others!

With a strong entry of 15 teams the league will last until early August. Team Cod have set the pace after 2 weeks, but it's early days. Stay tuned to the [website](#) for results and league positions.

To help Mike organise our 2018 tournament programme please fill out and return the attached [questionnaire](#). (Right click and save the pdf on your pc, open it in Acrobat Reader and you can select the drop downs and add text in the highlighted fields, **save the file** and email it back to [Mike Prior](#)

#### **Fund raising update 1:**

Well done to Tom Johnson who raised just over £1000 for The Isle of Wight Hospice. Tom completed 53k in The Isle of Wight Ultra Challenge in 5 hours 52 minutes. Thanks to IWTTA members who sponsored Tom. Please make sure all pledges are honoured as soon as possible.

#### **Fund raising update 2:**

£260 was raised for The Island Games courtesy of those sponsoring a 50 mile cycle ride by members of the Island Games Table Tennis team.

#### **Fund raising update 3:**

Well done Lee Orton who raised £200 for The Island Games team through an auction of scrap metal.

Not long to go now until our team take part in The Island Games (June 24th). Donations are still much appreciated. Please contact [Martin Dove](#).

As John mentioned in his Chairman's message, Richard Deavall has stepped down as League Secretary. This is a shame and Richard's contribution to IWTTA will be missed. It's a reminder that despite being voluntary some committee roles are very demanding on ones time and doing the job properly can make it difficult balancing work and family commitments.

**Next newsletter:** June 2017. Please submit comments, articles, news by June 5th to [Ian Loosemore](#)



**World War II**

**Air Crashes**

**here on the**

**Island**

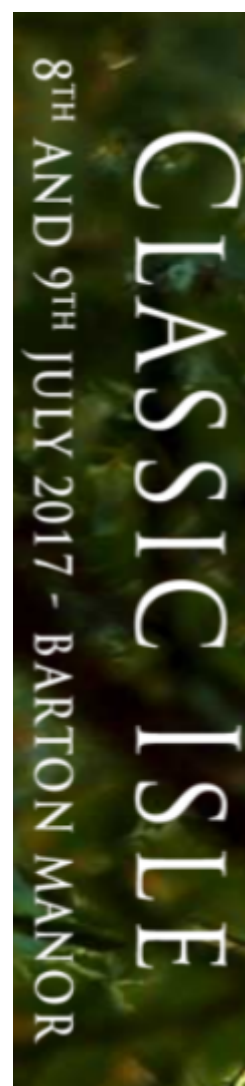


## **Coaching Corner**

This month, Mike Prior continues his coaching tips on serving:

Tips for Receive of Serve.

- When returning serve you need to watch the servers bat and observe both the direction in which it travels and the point of contact on the bat. This will determine the direction, speed and the type and amount of spin on the ball.
- If the ball is to only bounce once, then attack with a loop or drive. If the ball is to bounce twice or more, then attack with caution with a fast backspin or flick.
- If you are forced or choose to return short then ensure that you produce some spin which will give the flight on the ball stability and accuracy. Failure to spin the ball will mean that the server's spin will have maximum effect and will be more difficult to control. Relax your grip on the bat to absorb a little of the pace of the ball.
- Maintain a low crouch posture with your weight forward.
- The point of contact between the bat and ball should be ABOVE THE ELBOW.
- Make contact with the ball at the peak of the bounce except when returning very short and then play on the half volley.
- If the server's bat is 'closed' over the ball this will impart topspin. To counter this spin simply also 'close' your bat. How much you 'close' it will depend on the amount of spin on the ball.



- If the server's bat is 'open' it will impart backspin (but see previous article). To counter this you can also 'open' your bat angle.
- If there is no top or back spin, ie a float ball, you can more easily attack the ball especially if the ball is above the height of the net.
- Direct the ball forwards towards the net as far as possible, releasing contact with the bat close to the net to improve accuracy of placement. You can only control the ball while it is touching the bat, therefore try and make the bat and ball go in the same direction for more control.
- Remember when you hit (smack) the ball you lose contact. Keep your stroke smooth.
- Always be positive and don't forget to recover quickly.
- A useful motto is – 'Below the net- spin it; above the net- Hit it'.
- **Returning sidespin.**
  - To return sidespin watch the direction that the bat travels across the ball. Whichever side of the ball the bat starts from then aim to that side of the table, regardless of from where it is played.
  - Once you have mastered this you will realise that you can direct the ball wherever you want by making contact with the correct side of the ball to counter the sidespin.
  - If in doubt, aim down the centre of the table and note where the ball goes.
  - As well as the sidespin you also need to take into account the angle of the bat as to whether contact was near the top or bottom of the ball. This will of course also add a degree of either topspin or backspin to the ball.

Remember the Service Receive is the first opportunity you have of influencing the outcome of the rally. Try and get the first attacking shot in if you can, otherwise try and keep your return short and low to minimise the attacking options for the server. Next time: Playing with & against anti-spin and pimple rubbers.

For help or further information please contact [Mike Prior](#) at Isle of Wight Table Tennis Centre.

For more coaching tips and a variety of excellent table-tennis advice visit: <http://www.tabletenniscoach.me.uk>

## Player Feature:

Calling all Island table-tennis legends past, present & future! Let us feature you in The IWTTA e-newsletter. Contact [Ian Loosemore](#)

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Did you know?

Thanks to Bernie Forward for this nugget of information...

Table Tennis (TT) originated in Victorian England, where it was played among the upper-class as an after-dinner parlour game.

Makeshift versions of the game were developed by British Military Officers serving in India around 1860/1870s, who brought the game back with them. In this version a row of books stood along the centre of the Table as a net, 2 or more books used as rackets or even after dinner side plates. They were used continuously to hit a rounded champagne cork and laterly a golf ball.

**Did you know?**



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Ian Loosemore

We all know that whether you're playing doubles or singles, table tennis can be a fast-paced competitive sport. When played at an intense rate, it can be a great way to burn calories and get fit.

Here are just some of the health benefits of Table Tennis:

- Playing improves hand-eye coordination and it stimulates mental alertness, concentration and tactical strategy. This makes it the perfect game for young people to sharpen reflexes, and for older people to refine tactics.
- Develops mental acuity. The speed, spin and placement of the ball are crucial in table tennis, and practiced players are highly skilled in both creating and solving puzzles involving these three attributes.
- Improves reflexes. Due to the fast-paced, short-distance nature of the sport, both gross and fine muscle movements are improved. The game is distinguished by bursts of exertion and recovery, leading to fast-twitch muscle development.
- Burns calories. A 150-pound person can burn 272 calories by playing table tennis for an hour. Considering the fact that the sport is entertaining and addictive, it can be a fun and easy way to burn calories.
- Offers a social outlet. Table tennis offers a great way to bond with other people while you lose weight. Because young and old people can play the game, it can help improve communication and build relationships, irrespective of age. Playing with siblings or parents can bring family members closer and enable them to spend more quality time with each other.
- Keeps your brain sharp. Alzheimer's Weekly reports a clear increase in motor skills and cognitive awareness from playing table tennis, after a series of preliminary clinical studies in Japan found that table tennis markedly increases the flow of blood to the brain, and could possibly even prevent dementia.
- Improves balance. Staying balanced and being able to quickly change direction are key to being successful in a rally. This is especially important for the elderly.
- Stimulates various different parts of the brain. By anticipating an opponent's shot, a player uses the prefrontal cortex for strategic planning. The aerobic exercise from the physical activity of the game stimulates the hippocampus, the part of the brain that is responsible for allowing us to form and retain long-term facts and events.

I feel worn out just reading that... anyone fancy a pint?

See you next month!

Think this email might be of interest to someone else? [Forward it to a friend](#)

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