

# Isle of Wight

Table Tennis League

# TIBHAR

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Table Tennis



## CHAIRMAN'S MESSAGE

The Summer League is now well underway and I believe that everyone is enjoying the relatively light-hearted competition.

Our Island Games Team will soon be departing for Gotland in Sweden, so good luck from everyone to Danny Burns, Don Hobbs, Temeesha Hobbs, Ollie Staniforth, Anna Joyce and Simon Proffitt. There will be around 3000 athletes taking part in this year's games, representing 24 islands.

Finally, the 3rd July is our Annual General Meeting at Smallbrook.

I do understand that for many of our members they just want to play table tennis and enjoy a good evening out – I'm all for that. I'm also aware that among our membership there are plenty of sharp minds with good ideas and views on Island Table Tennis. As Chairman I'm keen to encourage participation in the running of IWTTA from as wide a spectrum as possible, so please don't be shy in giving me or any committee member your views and ideas. The IWTTA is your organisation and I'd like member's to feel that their voices matter and will be listened to.

I hope you can make it on July 3rd.

Enjoy your table tennis!

John.

## News in Brief

The Summer League is proving a resounding success! Good handicapping and strong team combinations are producing competitive matches and a tight league table. It's great to see new players and new team combinations – players that are new or returning to the sport are improving every week and giving established players and teams a run for their money. Currently Team Cod are top of the table and amazingly are awaiting their first battering! Looking at the fixture list it won't be long now!



IWTTA

NOTICE

to

Members

2017 AGM

July 3rd

7pm

Venue

Smallbrook

Please see  
website for

further  
details

It has been noted that attendance on Wednesday mornings has been affected by the Summer League being played Wednesday evening. For some of us playing twice a day is just too much! However now the Universities have broken up and those doing 'A' Levels are nearly done for the academic year perhaps those with students in the family can encourage them to come along for a knock.

In my day (old bloke alert!) students didn't get up until the crack of noon – apparently today's generation are less hedonistic so 9.30am to 1pm on Wednesdays shouldn't be a problem!

It was nice to see Matt Cornforth down at the centre recently – I think he'll be back over the next few weeks as he was a bit miffed that John beat him! Matt said he hadn't played for a year .... Excuses, excuses....

It would be great if we can get some more teams competing in the new league season. Hopefully some of the new players in the Summer League will play in the Winter League.

We are trying to encourage new teams from some of the Island's larger employers and schools to participate in the league. Reading Matt Mair's article below and looking at some of the league tables from days gone by reminds us of how many teams have disappeared from the scene. If anyone can help spread the word to friends and colleagues that would be appreciated. The table tennis centre can host matches for those without facilities. Contact [Mike](#) or [Martin](#) for details.

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

## Coaching Corner:

This month, Mike Prior shares his coaching tips on playing with & against anti-spin and pimple rubbers.

An anti-spin rubber is so smooth it will not grip the ball. Many very old bats will have a similar effect once the rubbers have perished or become so dirty that they fail to grip the ball. As a result they return the ball but with little change to its spin, only the direction is reversed. Therefore a top-spun ball will be returned with backspin and a back-spun ball will be returned with topspin, regardless of whether the bat is 'open' or 'closed'.

The main advantage of playing with such a rubber is that it allows a player to ignore the spin on the ball and return balls more easily as an opponents spin will have no effect on them. Also many players do not understand what is happening to the spin on the ball when playing against anti-spin and open their bat when it should be closed and close it when it should be open, with disastrous results.

Pimpled out rubbers make less contact with the ball than the now 'standard' inverted rubbers so an opponent's spin has less effect thereby giving players more control over playing the ball. The three main types are 'short', 'mid' and long pimpled rubbers.

Short pimpled rubbers provide good control and allow for some spin to be imparted on the ball.

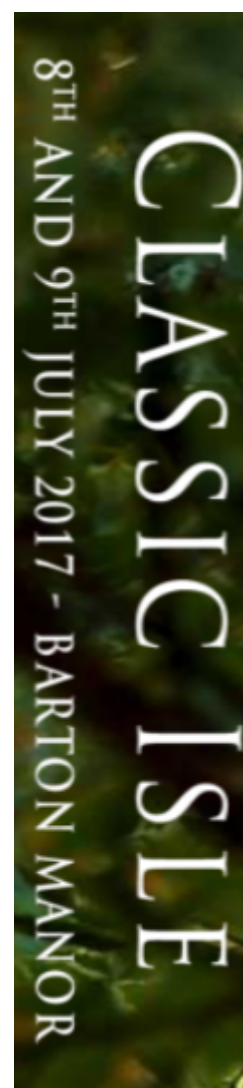
Long pimpled rubbers play similar to anti-spin rubbers, returning opponent's spin causing possible confusion. However they are not as easy to play with and require some stroke modifications to play well. They can also be used to punch through the ball removing the spin. This will make the returned ball appear to wobble as it approaches, as having no spin it is unstable in the air. [Top players are also able to get the pimples to flick the ball thus imparting spin on the ball, -but don't worry about that here]. Since the flexibility of the pimples absorbs the power this helps with playing against powerful hitters and delivers consistent drop shots taking the pace off the ball, however against a slow ball it is very difficult to add pace. Playing with a combination bat (see below) can overcome this weakness.

Mid pimpled rubbers are halfway between the two, they play like long pimpled rubbers but with less effect but are easier to control.

Who plays with anti-spin and pimpled out rubbers? At one level, players who do not understand spin and don't want to. Such rubber is often put on the weakest hand, frequently the backhand to disguise the weakness and to enable spin serves to be more easily returned. However they cannot impart much if any spin on the ball. This can leave their opponent in complete control of the spin on the ball throughout the rally. To play effectively with such rubbers it is important to have a spinny rubber on the other side of the bat and to learn to



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'twiddle' the blade so that you can use either rubber on both the backhand and forehand. Otherwise opponents can force you to play with whichever rubber they choose and be in complete control of the spin on the ball. Always serve with the inverted rubber to get the ball spinning so that your follow up stroke with the pimples will have the maximum effect. Should you serve with the pimples, expect your opponent to attack your float ball. More experienced players may play with a combination bat to add variation to their tactical game.

When playing against anti-spin or mid/long pimples remember that this rubber is your opponent's weakness. If you serve a low flat ball to them they cannot spin the ball back and must lift it to get over the net. You will then receive a high 'float' ball which you can attack. Alternatively, you can serve a low backspin ball which again they must lift to return and present you with a high topspin ball to attack. If you serve wide to their inverted rubber, often the forehand, because they are not used to dealing with spin, always trying to take spin serves with their pimples, they often fail to read the spin and have trouble returning the ball safely. Should you get into a rally playing against these rubbers remember that you are receiving your own spin back. Therefore either hit flat (no spin) or remember to alternate between chop (or loop) and topspin. It takes some practice, especially in long rallies and when you are getting tired. Therefore try and finish the rally early. Until you have mastered the above it is better to avoid using sidespin serves as the spin will also be returned to you so you must compensate for this with the angle of your bat. Best avoided until proficient in practice. Playing against players that also 'twiddle' is considerably harder as you must pay attention to which rubber is used each time and not rely on say, every backhand being with pimples. Fortunately (for us) only Alex has mastered this in our league.

One further point, when playing doubles, you must pay attention to the spin imparted by your partner to the pimples rubber as you will be playing the return ball. So, to sum up: use these rubbers if you have no interest in understanding spin. Playing against them is not as complicated as it might seem, and once mastered you will relish playing such tactical games. Remember, unless they twiddle, this rubber is your opponent's weakness - and remember as always, perfect practice makes perfect.

Next time – Movement and Table position.

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:

**This month Matt Mair (Aka "Maximus The Gladiator") looks back over his time in Island Table Tennis. There is a great picture at the bottom of this article. Matt may have shed some hair but his competitive spirit still burns bright!**

Playing this season for the first time in 24 years and seeing many players I had played against in the 60's /70's /80's /90s, Bert Paice, John Featherstone, Heather, Dave Williams, Roger, Dave Newnham, Barry Joyce, Rich Jackson to just name a few, many memories have come flooding back.

I started out in table tennis, like so many others, at my local youth club (Cowes) as a 14 year old in 1967. I recall one or two years later, a group of us being entered into the IOW Junior League Championships. Of course I got slaughtered in the first round like all of us did. This tournament is the most vivid memory I possess of table tennis and I still often think of it as a lad turned up wearing braces, jeans, checked shirt and Doctor Marten boots, didn't change but played in all 'his gear', complete with skinhead hair and wiped everybody off the floor winning the tournament easy. The name: Rob Warren !

Come 1969 I moved on to play for J.S. Whites Sports Club, playing with Joe Landy, Jack Ince, Steve Evans. It was 2 years before I won a game! There was a guy named Mick Strand playing for the A team in Div 1 and I aspired to be like him, as he had the quickest and hardest forehand I had ever seen - that's what kept me going, to be that good. I'm sure Bill Paul and Richard Jackson will recall Mick.

After losing 21-0 to Pat Ward of Havenstreet, I almost gave up, but the second game was 21-5, so I thought, "oh well, I improved 500%, she didn't!"

Next it was onto Cowes Liberal Club in the early 70s, again with Joe Landy, Dave Cooke, Barry Betchley, - now that was some venue!

Opposition would enter the club see the dart boards, snooker and billiard tables and ask "where's the table tennis played?" "Over and down there" would come the reply. There was a



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wooden hatch in the floor with a pair of wooden steps leading down to an old wine / beer cellar, which was the table tennis room! The table just fitted in nicely with a couple of feet each side and about 6 to 8 feet behind you each end, but if you were over 6 ft tall, you would have a problem! It was hilarious when a team arrived for their first visit to the club, as we would first see their feet coming down the steps, then legs, then body, then a head bending down to display a look of horror! It was nicknamed "The Dungeon". However, the majority of players absolutely loved their experience of playing there. Maybe it was the tea time refreshments of cheese and onion sandwiches etc that we received from the host that did the trick.

One game in particular stands out when playing for Cowes vs Shanklin. During the game against one player I was calling the usual "sorry mate" after nets and edges and at the end of the match I firmly grabbed & shook their hand saying "cheers mate" as you did then to a bloke. As I sat down my team mate Dave Cooke quietly said in my ear "that mate, was a girl Matt!"

By the late 70s and into the early 80s it was onto Temperature where I was working. Alan Hulbert got me to play with the D team initially (Alan was A team). We had 4 teams and I played in Div 6 (of 7) to start with, team mates being the late Bob Green and Bill Warren. The best moment being when we played the Ryde ladies team of Pauline Warne, Faye Cooke, Pat Hayward, and Bob taking off his track suit bottoms to reveal a pair of green and yellow boxers! He had forgotten to put his shorts on! Anyone knowing Bob Green would know his trade mark of having extremely bandy legs. It was a bit of a sight to say the least!

After Alan left to play for Wroxall I was suddenly in the A team with the late and great Gary Knight and Paul Ridgway. I recall being runners up to Atherfield A in Div 3, a team which included Dave Newnham. I remember being runners up to Kevin Gattrall's Wroxall team. We also had many a battle with John Featherstone playing for Plessey and Cowes High School.

I stopped playing in 1984 as our team 'broke up' due to shift working patterns, but I returned for one season in 1992-3, playing for Wroxall in Div 3 of 4 divisions. Is it really 24 years ago ?!!

Now to the present and I must say how much I have enjoyed 'coming back' to such a great game and meeting and getting to know so many new players as well as re- aquatinting with players from the past. I'm hoping my knees, legs and back hold out for a few more years yet to carry on the enjoyment I get from playing.

Good Luck to everybody.

Thanks Matt – We salute you!



Hello Girls!! The Temperature Team Div 3 Runners up 1983: Eric Green, Matt Mair, Paul Ridgway, Gary Knight.

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?

Seeing all the limping and hearing all the groaning from aches and pains going on in the Summer League (yours truly included) it seemed appropriate to look at how IWTTA members can try to maintain fitness for the season ahead....

Table tennis is not as straight forward as many other sports. Factors such as the high skill level required, the shortness of each point, the short duration of a game, and the length of the season can make things more difficult. The level of ability and effort level of the participant also plays a major part in putting together a fitness regime.

The following advice is based on the pre-season phase of training, for a player of good ability.

Here are five tips that will help you to make your table tennis fitness training more relevant and specific to our sport.

### **1. Short sprints**

Break your running distances down into short sprints of 10, 20, 30 and 40 metres. Repeat these sprints several times and allow plenty of time to recover in-between bouts.

The latest evidence has shown that short intense sprinting improves cardiovascular and endurance in about half the time as traditional cardiovascular training, such as long distance running and cycling. So even if you are only trying to improve your "general level of fitness", sprinting is probably still the best way to go about it!

Sprinting improves strength, power and limb speed, which are all vital for table tennis. It also helps to build lean muscle mass, while reducing body fat and working the anaerobic system. Table tennis is a high-intensity sport (as is sprinting). Table tennis also requires explosive power (as does sprinting). So you can see there are a lot of similarities in the training benefits.

### **2. Train laterally**

Table tennis is mainly a lateral movement game (meaning the main directions of movements are side to side). A lot of your table tennis fitness training needs to be made up of lateral movements, such as lateral jumping.

Training laterally increases your ability to change direction quickly, improves leg strength, explosive power, stability, balance and coordination. Basically, everything you need to play table tennis!

### **3. Use lots of jumping and bounding movements**

Add jumping exercises to your fitness programme, such as tuck jumps. These are great for improving your dynamic power and agility. They also need no equipment and can be performed when you only have a limited amount of space. You can adapt them in many ways by using different leg positions such as a pike jump or split jump. You can also add sprints and sidestep movements on landing. These are probably the best types of exercises for developing explosive power.

Jumping on and off boxes is another way to advance your jumping training and increase explosive power. Known as plyometrics, and used by most top athletes, this is an advanced form of training which is very good for strengthening the tendons and ligaments, and developing joint stability.

### **4. Develop arm speed**

Do not underestimate the importance of arm speed when playing table tennis. Players need fast acceleration in the shoulder, elbow and wrist. Resistance training bands are great for training arm speed and acceleration because they allow the player to mimic the movements of a stroke and target the specific muscles required to execute the shot. The gradual increase in tension of the band makes the trainer increase the speed against the resistance and improve their acceleration of the stroke.

The use of heavy bats can also help with arm speed and increase the power of shots but the band gives a safer option as it offers a steady increase and decrease in resistance.

Also, don't rule out weight training! The Chinese train with weights and understand the incredible benefits weights can add to explosive power and speed. Contrary to what many people think, the use of heavy weights moved fast in the positive phase and controlled in the

negative phase increases power and speed and can be a great benefit to table tennis players. You don't need to just stick to using light weights with high repetitions.

## 5. Train quick

General conditioning exercises; such as press ups, sit ups, lunges, squats etc. are all great for table tennis. However, the emphasis should be on speed, quickness and explosiveness, rather than simply good technique of exercise.

Training should, where possible, mimic the sport we play. Table tennis is a short, sharp, explosive game that uses anaerobic lateral movements with balance, agility and coordination. Remember this when you are next working on your table tennis fitness!

There we go – no excuses – we will all be super-fit and ready for the new season....!

## And finally,

Below are a couple of scans from the IWTTA awards programmes of 1981 and 1983. Look at some of those teams.... Some familiar names among the winners too.

See you next month!

### 1981 CHAMPIONSHIP WINNERS AND RUNNERS-UP

	<b>Winner</b>	<b>Runner-up</b>
Men's Singles	C. Prean (Columbia)	Jim Daly (Ryde)
Ladies' Singles	Rosemary Grimaldi (Columbia)	Jill Fothergill (St. Lawrence)
Intermediate Singles	D. Read (Ryde)	F. Bartlett (Bembridge)
Junior Singles (U.18)	C. Prean (Columbia)	D. Phelps (Sandown)
Junior Singles (U.15)	P. Nicholls (Columbia)	M. Kittle (Wroxall)
Veterans' Singles	J. Daly (Ryde)	M. Fenn (Columbia)
Consolation Singles	D. Groves (Plessey)	J. Oatley (Sandown)
Men's Doubles	C. Prean (Columbia) S. Harris (Columbia)	Jim Daly (Ryde) J. Stacey (Ryde)
Ladies' Doubles	Janice Badcock (Shanklin) Sue Bruton (Shanklin)	Kathy Pierce (Sandown) Maureen Hewison (Ryde)
Mixed Doubles	C. Prean (Columbia) Jill Fothergill (St. Lawrence)	S. Harris (Columbia) Rosemary Grimaldi (Columbia)
Intermediate Doubles	D. Read (Ryde) M. Turner (Ryde)	R. Warren (Temperature) R. Hayter (St. Lawrence)
Junior Doubles	C. Prean (Columbia) P. Nicholls (Columbia)	M. Compton (Plessey) I. McLaughlin (Plessey)

### LEAGUE WINNERS

	<b>Winner</b>	<b>Runner-up</b>
Division 1	Columbia A	Ryde A
Division 2	Ryde B	Newport Vics A
Division 3	Police A	Ventnor A
Division 4	Plessey C	Atherfield A
Division 5	Police B	Temperature B
Division 6	Ryde School A	Temperature C
Division 7	Shanklin F	Sandown Boys' Brigade B

	<b>Winner</b>	<b>Runner-up</b>
<b>KNOWLES CUP</b>	Ryde School A	Wroxall A
<b>PEACH CUP</b>	Columbia	Ryde
<b>GUILDFORD CUP</b>	H. Shirzadi	P. Wan

	<b>Winners</b>	<b>Runners-up</b>
<b>DIVISION 4 and under</b>		
SINGLES	P. Taylor [Bembridge]	F. Bartlett [Bembridge]
DOUBLES	F. Bartlett, P. Taylor	D. Bamber, S. Dickenson [Albany]
<b>DIVISIONS 6 and 7</b>		
SINGLES	A. Jones [Shanklin]	M. Lloyd [Bembridge]
DOUBLES	P. Nicholls, L. Smith [Columbia]	L. Vote, C. West [Cowes Trinity]
<b>HARD BAT TOURNAMENT</b>		
SINGLES	G. Brimson [Ronson]	Joe Daly [Shanklin]
DOUBLES	G. Brimson, M. Mitchell [Ronson]	K. Urry, P. Urry [Ronson]

## 1983 CHAMPIONSHIPS

<b>Singles</b>	<b>Winner</b>	<b>Finalist</b>
Men	Jim Daly (Ryde)	M. Turner (Ryde)
Ladies	Janice Badcock (Wroxall)	Jill Fothergill (St. Lawrence)
Intermediate	P. Nicholls (Columbia)	M. Gallop (Plessey)
Junior (U.17)	P. Nicholls (Columbia)	D. Phelps (Sandown)
Junior Girls	Katherine Brooks (Columbia)	Amanda Will (Wroxall)
Cadet (U.14)	M. Kittle (Wroxall)	Katherine Brooks (Columbia)
Veterans	Jim Daly (Ryde)	Joe Daly (Shanklin)
Consolation	Phillip Nicholls (Columbia)	N. Badcock (Shanklin)
<b>Doubles</b>		
Men	Jim Daly (Ryde) M. Gallop (Plessey)	R. Hookey (Sandown) D. Barnard (Sandown)
Ladies	Janice Badcock (Wroxall) Jill Fothergill (St. Lawrence)	Maureen Hewison (Ryde) Faye Cooke (Ryde)
Mixed	Joy Batten (Havenstreet) Jim Daly (Ryde)	Jill Fothergill (St. Lawrence) R. Hookey (Sandown)
Intermediate	P. Nicholls (Columbia) H. Downer (Columbia)	Janice Badcock (Wroxall) Ian Young (Wroxall)
Junior	D. Phelps (Sandown) D. Hume (Havenstreet)	M. Kittle (Wroxall) R. Waterhouse (Wroxall)

## LEAGUE

Division 1	Sandown A	Ryde A
Division 2	Columbia B	Wroxall C
Division 3	Atherfield A	Temperature A
Division 4	Newport Vics. A	Columbia C
Division 5	Cowes High School A	Ryde D
Division 6	Rookley C	Arraton B
Division 7	Havenstreet C	Newport Vics. C
Knowles Cup	Shanklin A	Shanklin B
Peach Cup	Ryde A	Shanklin A
Guildford Cup	K. Taylor (Wroxall)	S. Jarvis (Columbia)

## TOURNAMENTS

Division 2 - 7		
Singles	P. Nicholls (Columbia)	B. Price (Columbia)
Doubles	P. Nicholls (Columbia) M. Fenn (Columbia)	W. Kittle (Wroxall) Janice Badcock (Wroxall)
Division 4 - 7		
Singles	Mark Compton (Newport Vics)	Mark Chiverton (Cowes Trin.)
Doubles	Steven Clements (Cowes High) Peter Rudd (Cowes High)	Mark Compton (Newport Vics) Mark Buckell (Newport Vics)
Division 6 & 7		
Singles	Jackie Urry (Rookley)	Martin Cooke (Newport Vics)
Doubles	Jackie Urry (Rookley) Julian Urry (Rookley)	Vaughn Urry (Arraton) Alan Gatrell (Wroxall)
Hard Bat		
Singles	Peter Urry (Rookley)	Graham Brimson (Rookley)
Doubles	Peter Urry (Rookley) Keith Urry (Rookley)	Ray Hayter (St. Lawrence) Phillip Nicholls (Columbia)
Handicap	R. Turner (Columbia)	P. Urry (Rookley)
Doubles	M. Turner (Ryde)	I. Urry (Rookley)

# Alan's top of the table

Alan Hulbert became Temperature's first table tennis champion for many years when the competition was revived by Jim Aldridge.

The final was close, with Alan Furber succumbing by only two points in two of the three matches. The score was 28-26, 17-25, 27-25 in Hulbert's favour.

In the first semi-final, Alan Furber disposed of Terry Seward quite comfortably 26-15, 26-17, but the other semi-final was closer, with Alan Hulbert beating Matthew Mair 26-20, 26-20.



Temperature managing director Roger Feaviour presents the table tennis trophy to Alan Hulbert, with, left to right, Alan Furber (runner-up), Jim Aldridge (organiser), Matthew Mair and Terry Seward (semi-finalists).

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