

# Isle of Wight

Table Tennis League

## CHAIRMAN'S MESSAGE

As summer draws to a close, we table tennis players have much to look forward to.

The fixtures for the forthcoming winter league are now up on the [website](#), and Mike has organised some tournaments to get everyone match fit in time for the start of the season.

I'm delighted to announce that Danny Burns has taken on the role of Manager for the next Island Games, we wish Danny well in setting up the necessary preparation and igniting enthusiasm amongst potential 2019 players who are already hard at practice.

Congratulations and thanks go to Martin Dove for arranging an excellent Awards Evening which was held at Ryde Rowing Club. Karen provided the buffet which was wonderful, as it always is, and Alison ran the quiz with a rod of iron taking no nonsense from disruptive elements anywhere in the room. Roger ran the raffle which raised £135. Thanks to all those who attended.

The Smallbrook Table Tennis Centre is now also open on Monday mornings for practice – all times are published on the website.

Enjoy your table tennis!

John.

## News in Brief

A well attended Awards evening saw a host of prizes given out. There are plenty of pictures on the [website](#) One photo that you won't see there is the one below!

Chris kindly loaned me this. He wasn't able to make the Awards night this year to claim his 5 trophies so this was a photo he'd prepared earlier – 1991 I'm told!

## Sharp dressed man ... Chris Angus with an impressive haul



The 2017-2018 season has started with two tournaments scheduled for September.



IWTTA  
Knowles  
Cup

1st round  
matches  
to be  
played  
Sept 25-29

See draw  
on the  
IWTTA  
website

**Bribar**  
Table  
Tennis  
SUMMER 2017  
EDITION



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The Brian Warne Plate was played up to and including the semi-finals. The final will be contested between Alan Dennis & Peter Clarke v Ollie Staniforth & Frank Kelly

The Consolation run for those not progressing beyond the first round was won by Barry Joyce & Kathy St.John with Matt Mair & Alison Botha second.

The Gordon Burns Cup was also due to be played in September. This will be covered in October's newsletter

The Knowles Cup is due to get underway with first round matches to be played during 25th-29th September. The draw is on the [website](#).

This season most tournaments will be played up to 11. This worked well in the Summer League producing competitive and closely fought matches.

Forthcoming tournament dates will be posted on the website very soon.

The Winter League season starts on October 9th

As usual, this column will look to provide a source of stories, news and gossip from all of the leagues over the season so don't be shy in letting me know of any incidents that need to be shared with readers.

Next newsletter: October 2017. Please submit comments, articles, news by October 13th to [Ian Loosemore](#)

### Coaching Corner: Supplied by Mike Prior

**Mike's series has come to an end but all his sessions are available on the website.**

For more coaching tips and a variety of excellent table-tennis advice visit:  
<http://www.tabletenniscoach.me.uk> Tom's latest newsletter focuses on tips for being ready for the new season and is well worth a read.

Getting more youngsters into Table Tennis is the way to develop the sport.

Mike has arranged coaching sessions for 3 Island schools so far and 3 others are considering.

Junior Coaching has already started and takes place every Saturday at Smallbrook from 10am -12noon. Spread the word & get your children and grand-children involved in the game.

We need more coaches! If you are interested in coaching or helping Mike out then get in contact with [Mike Prior](#)

### Back in Time

Delving in to Dave Williams' archive of newsletters, the issues of 1995 get excited about the site of the new island centre for table tennis....

In Feb 1995, mention of a well pebbled car-park 50 yards away sounds remarkably familiar! The big improvements inside the centre over the years are in stark contrast to what has happened outside. I believe this is out of our control, but the car-park is shocking and the lack of lighting is dangerous. How many of us have stumbled over a pot-hole or stepped in a deep puddle upon leaving the centre ... it can't just be me!

By October 1995 table tennis was in full swing at The Carl Preen Table Tennis Centre. The cost to play was £1.

There was a target to push for 100 teams by the year 2000. We have 24 registered teams for 2017-18 so still some work to do.

Another newsletter mentions "9 ladies of Shorwell" looking to form a team in the 1990's ... I don't know if they did, but it was great to see a Shorwell team in the league last season and they are represented again this season.

What does stand out from Dave's newsletters is the number of people getting involved in Island Table Tennis – not just playing but volunteering their time to run tournaments, run coaching, fund-raising and just muck-in. Maybe life is too hectic and demanding these days but it does seem that a lot of work is done by too few people for very little appreciation....

Enough nostalgia and wistful thinking for now.

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



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**here on the**  
**Island**



## Did you know

Sometimes Smallbrook on practice nights looks like an extension of A & E! Injuries are an occupational hazard for us table tennis players... here are the most common:

### **Muscle strains:**

The main cause of muscle strain injuries in table tennis is due to lack of proper exercising and warm up before you start playing. Before you commence any playing session, it is important that you get your muscles warm and relaxed. This ensures that the muscles do not stiffen and start to hurt while you are still playing. It is advisable to warm up and exercise your muscles at least 15-20 minutes before you start playing.

### **Elbow Injuries:**

Elbow injuries suffered when playing table tennis come about as a result of overuse of hand, arm, and forearm muscles. These injuries cause pain on the outer part of the elbow/ the lateral epicondyle. If there is pain experienced on the inner part of the elbow, this elbow injury is referred to as golfer's elbow. It is worth noting that elbow injuries can be quite severe and as such, can take very long before healing fully. If the pain on the elbow becomes too much to bear, you can consider consulting your physiotherapist. The best remedy for mild elbow injuries suffered when playing table tennis is performing strengthening and flexibility exercises.

### **Sprained ankle**

Sprained ankle is a common table tennis injury. Unlike other injuries like elbow injuries, a sprained ankle can be an acute injury. As such, it is not advisable to treat the injury by yourself but you should seek professional treatment from a qualified doctor or physiotherapist. To prevent a sprained ankle injury you should choose appropriate footwear that has a good grip and is relatively low.

### **Shoulder Pain**

Shoulders are the most mobile joints when playing table tennis. Due to this, they are exposed to a tremendous motion range thus making them prone to injuries. Shoulder joints are repeatedly used for rapid and mostly unpredictable movements. Shoulder pain requires medical attention as opposed to self-treatment. This is because these injuries can become quite severe with time and pose a serious health risk to the player particularly because the pain is usually very acute and too much to bear.

### **Wrist Injuries**

Wrist injuries are mostly common with beginners and people who are relatively new to table tennis. These injuries come about due to intentional (high-impact) swinging of the wrist causing a snapping effect. This type of swinging not only damages the swing but also injures the wrist. When making a stroke, you should let the stroke flow smoothly without forcing it or pressuring the wrist to avoid injuries.

### **Calf Strain**

This is yet another common injury that table tennis players experience when playing. Straining on calf muscles is caused by excessively using the calf muscles with very little time to rest. Additionally, ping pong players who remain in a standing position for too long also experience strains on their calf muscles. Proper warm up and physical exercises can help in preventing the likelihood of suffering these strains.

### **Lower Back Injuries**

The lower back is also susceptible to injuries when playing table tennis. Mostly, these injuries are caused by poor playing techniques, uncomfortable footwear, and an inappropriate standing position. It is advisable to use the services of a trainer or coach to teach you on the best standing position as well as the best technique to use; one that does not overpressure your lower back

### **Knee joint injuries**

Like other joints in the body, knee joints are also extensively used when playing table tennis. It is common to see players having straps on their knees. When playing the sport, you must be careful so that you do not pressure the knees too much especially when leaning to one side. Knee joint injuries are mostly not severe as they easily heal on their own when the excessive pressure on the knees is removed.

Stay well.

See you next month!

## Saturday Mornings 10 - Noon

JUNIOR  
**TABLE TENNIS**  
COACHING  
AT



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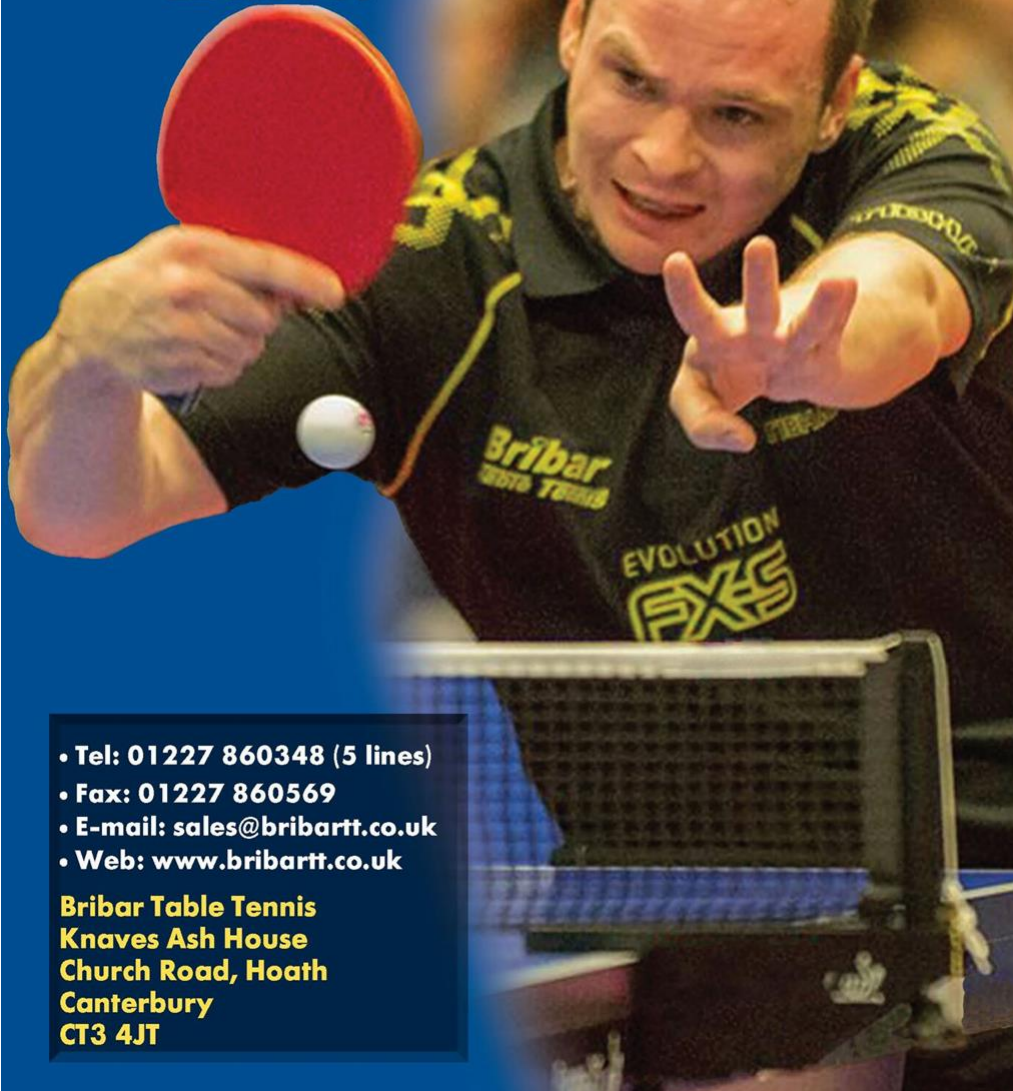
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## Table Tennis

**SUMMER 2017  
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