

# Isle of Wight

## Table Tennis League

### CHAIRMAN'S MESSAGE

With the Summer League finished, we can now concentrate on preparing for the start of the Winter League in a couple of months' time. Please ensure you have registered your league interest with your home club and that has been submitted to League Secretary [Ted Purvey](#). Note that the Smallbrook Table Tennis Centre is now open again for practice on Wednesday evenings in addition to the other published sessions.

I have issued a call for anyone interested in helping with the Island Games, principally as Games Manager, but there are other areas where help will be needed as time goes on such as securing sponsorship's and fund raising. If you have an interest in this area, then please contact either [myself](#) or [Heather Wykes](#).

Martin Dove has tickets for sale for the Presentation Evening, which is to be held at Ryde Rowing Club on 9th September at 7.30pm. I hope to see you all there.

Finally, if anyone has ideas on how Table Tennis on the Isle of Wight can be improved, then please discuss it with any member of the Management Committee such that it can be discussed.

Enjoy your table tennis!

John.

### News in Brief

Summer League:

What a tournament!

210 fixtures, 1050 individual matches played over 15 weeks since May including 151 5-setters!

Congrats to the Bloaters (Chris & Ted) for a well deserved first place. Unbeaten all season.  
[Summer League](#)

Good Cod! Amazingly this late team entry finished runners-up just pipping Haddock & Bass in a close fought run-in. Well done Bernie for carrying his team-mate over the season!

Chris Angus was the big fish and outstanding performer in the Summer League – only 1 defeat (well done Karen!). Not easy giving a start every match and sustaining a high level every week.

Conal – showed great consistency in only losing 5 matches. His handicapping will be less generous next season!

The Haddock pairing of Alan & Daryl showed why they (and Tom Wardell) should be given another season in the second division in the Winter League. Well done fellas on an excellent summer league.

Wendy, Michael, Mustafa, Frank, Jo making their debuts in Island Table tennis and all improving significantly over the 14 matches and giving all opponents a run for their money. We hope to see them in league action over the winter.

Well done to all who entered and made the Summer League a competitive and enjoyable tournament.

Of course, a big THANK-YOU you to Mike Prior for making it all work and running the most successful Summer League for many years.



IWTTA  
Presentation  
Evening

7:30pm

September 9th

Ryde Rowing  
Club

Tickets  
available from  
Martin

**Bribar  
Table  
Tennis**

**SUMMER 2017  
EDITION**



• Tel: 01227 860348 (5 lines)  
• Fax: 01227 860569  
• E-mail: [sales@bribartt.co.uk](mailto:sales@bribartt.co.uk)  
• Web: [www.bribartt.co.uk](http://www.bribartt.co.uk)

**Bribar Table Tennis**  
Knaves Ash House  
Church Road, Hoath  
Canterbury  
CT3 4JT

## Coaching Corner: Supplied by Mike Prior

Matchplay and unforced errors.

Unforced errors come from a lack of:

Physical preparation and tiredness during rallies. Bearing in mind your age; how fit are you?

Mental preparation and focus during play, nervousness and fear of losing.

Tactical preparation and planning.

Technical preparation. How often do you practice? Do you just turn up and hope to play well?

Before the match starts:

Physically – Warm up properly, stay calm and relaxed, and breath slowly but deeply.

Mentally - Recall a memory (however distant!), of a time when you were playing well.

Remember how it felt and try to recapture that feeling. Be positive and focus on your game plan, imagine playing your strokes.

Tactically - Know your opponent's strengths and weaknesses, Have a game plan identifying which serves to use. Try to have a plan B so as not to become predictable.

Aid Memoir - If it helps, write a few key words down on a card to use as a reminder during the game and get you re-focused.

During the match:

Take your time, don't rush. Stay focused Keep your concentration. Be positive, don't become passive and simply wait to react to whatever your opponent does.

Breath deeply and keep moving, don't become static. Breath out before serving. Watch your opponent not just the ball.

Don't be put off by your opponent's antics or talking.

Remember you can't change history, forget the previous point and concentrate only on the next one.

Focus only on the next point not about winning the game.

Don't become passive. Towel down to regain focus (every 6 points if required).

Plan to win each point starting with the serve or receive of serve.

Hold one serve back to use at tight moments in the game.

Think about winning each point not necessarily every ball.

Play through to say 15, don't switch off at 10 and lose the initiative for winning the game.

Recall to yourself key words to remind you of how to play well.

If you are having a problem with a particular stroke, have a picture in your mind of how you should be executing it and make any necessary corrections.

Draw strength from a close game. If you can reach deuce you can win the game.

Between each game drink water or suitable preparations (not fizzy) to avoid dehydration.

After the match:

Relax, you may have to play another.

Make notes. At the first opportunity analyse what worked and what didn't. what would you do better next time. What do you need to work on. What was your opponents strengths and weaknesses. (You can use these notes before a rematch rather than remembering them next time when you are already 1 down!)



**Call  
811711**

Don't be too harsh on yourself, as long as you played well and did your best. There's always next time!

This is the last in Mike's current series of coaching tips. All Mike's coaching advice can be found on the

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>



## Back in Time

I am again grateful to Dave Williams for more material supplied from newsletters produced in the 1980's.

Do any of these issues raised in 1981 sound familiar?

\* Fall in membership: "This season we only have 72 teams"

\* "One rule that we should certainly look at very closely concerns that of reserves"

\* "Time for a Super League to make the top division more competitive"

\* The Service Rule "Many players are constitutionally incapable of observing the rules.

Therefore on the island we do not call services if we have any sense .... Nothing ruins an evening more quickly than calling your opponents service"

\* Punctual starts: "There is no reason why matches cannot start later if mutually agreed. It takes only one player to start a match and it is not unreasonable that this minimum requirement is met at 7.30pm

\* Team submissions must be handed in on time otherwise it is difficult to organise leagues and fixtures.

The January 1985 newsletter contained the apocalyptic headline "Is the sport dying"

It seems that the 1980's was a period of upheaval in Island Table Tennis as well as a time of much success at County level and attention being brought to the sport as a result of Carl's outstanding achievements.

The work that John and the current committee are doing bodes well for the future of Island table-tennis. Whilst we might raise an eyebrow at the thought of 72 teams, there's no question that Island table tennis is enjoying a resurgence of popularity and it's great to see practice nights so busy and more players returning to the game.

If history is cyclical maybe we are on an upward curve....

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



## World War II

### Air Crashes

### here on the

### Island



## Did you know

There have been some long matches in the Summer League so what are the expedite rules?

Timing: The expedite system shall come into operation after 10 minutes' play in a game or at any time when requested by both players or pairs.

Scoring: The expedite system shall not be introduced in a game if at least 18 points have been scored.

If the ball is in play: If the ball is in play when the time limit is reached and the expedite system is due to come into operation, play shall be interrupted by the umpire and shall resume with service by the player who served in the rally that was interrupted; if the ball is not in play when the expedite system comes into operation, play shall resume with service by the player who received in the immediately preceding rally.

13 returns: Thereafter, each player shall serve for 1 point in turn until the end of the game, and if the receiving player or pair makes 13 returns in a rally the receiver shall score a point.

Order of service: Introduction of the expedite system shall not alter the order of serving and receiving in the match.

Duration: Once introduced, the expedite system shall remain in operation until the end of the match

I'm sure everyone is glad that is sorted!

See you next month!

## Saturday Mornings 10 - Noon

JUNIOR  
**TABLE TENNIS**  
COACHING  
AT



IWCTTA  
TABLE TENNIS  
CENTRE  
Smallbrook

With Table Tennis England Senior Coach

Cost just £3 per week

Gym shoes or trainers required - all equipment provided.

**Starting from Saturday 16th September 2017**

Enquiries to [mikeaprior@hotmail.com](mailto:mikeaprior@hotmail.com) or 07910 251483

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

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