

Isle of Wight

Table Tennis League

TIBHAR

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CHAIRMAN'S MESSAGE

Considering it's the quiet months of the year for Table Tennis, quite a lot has been happening.

We had our AGM at the start of July. The new Management Committee members are detailed on the [website](#). Please talk to them about any ideas or issues.

Our Island Games Team returned from Gotland having had a great time and flushed with enthusiasm for being better prepared for Gibraltar in 2-years' time.

The Summer League is drawing to a nail biting conclusion in early August. As ever, the cream is rising to the top but I hope all the players will agree, it has been a great set of matches throughout.

Finally, as a Management Committee, we are now considering the priority initiatives we want to achieve in the next 12-months. If you have ideas around this then please contact a committee member and share your thoughts.

Enjoy your table tennis!

John.

News

Only one place to start this month – The Island Games. No apologies for a rather lengthy section!

Thanks to team captain Dan Burns for a daily supply of information on the team's progress. Full results and photos are available on the [website](#).

Below are some of the reports I received from Dan – highlighting the fluctuating fortunes of the team and giving a flavour of the event:

Day One:

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A baptism of fire.

We lost to Guernsey 7-0

Jersey 6-1 with the girls playing well to win the doubles.

After a ding dong with the Isle of Man we went down 4-3 with some fantastic performances for the team in this one. Unlucky to lose.

Tomorrow we have Greenland which will be very tough and then Cayman as the second match which is a must win!

Day Two:

As the song goes, what a difference a day makes!

Much better day today. Got spanked by Greenland early doors who's men all play professionally in Denmark. Ollie and Simon played well but succumbed to the inevitable. Then on to our next match vs the Cayman island. We ran out 5-2 winners, fantastic performance from us all. Don and myself won 1 each with Temeesha winner her singles and then myself and Temeesha winning the mixed and Anna and Temeesha winning the doubles.

Finished 5th in the group.

1st play off. Played Alderney. Change of format to best of 7. Awesome performance, we smashed them 4-0! Simon and Ollie won 1 each, Temeesha won her singles and her and Anna took the doubles too.

Day 3:

Final placing play off match this morning against Cayman Islands.

Simon won his 2 singles, a fantastic effort from him, Temeesha won the singles and we won the women's doubles. Don lost one but played well and was close.

We ran out 4-1 winners and finished 9th overall. The loss to Isle of Man the day before really hurt us as we would have been playing for 5-8th instead but a solid first 3 days.

Mixed doubles and the singles start tomorrow at 9 am!

Overall some amazing matches today and everybody have a great account of themselves. Very proud of the team with some fantastic team spirit and support from all. A very very long day, leaving the hotel at 7.30 this morning and we have just got back now at just gone 7!

Day 4:

Well finally the last day has come and gone.

Don and Temeesha played well in the mixed doubles this morning losing to a very strong Gotland pair but played great together winning a set and going close in the others. Simon and I played well losing to a pair from Åland first thing. Lost 3 nil but they were close games and could have been even closer.

Highlight today was Simon who won his first knockout match, beating Malcolm from the Isle of Man. This was a repeat of the fixture from the team event, this time Simon had his revenge winning 14-12 in the 5th. They dont get much closer than that and he reached the last 16. After this he got smashed up but he enjoyed his games.

Day 5:

Closing ceremony this evening. Sadly the weather this week has been a bit wet and windy and today is no different

Final thoughts of the week, been a fun time and great team spirit. Really proud of us all, great commitment shown and a never give up attitude. It is a very long and tiring week. We all know and agree better results can be had with further structure to practice and matches.

Dan's reports gave a vivid impression of how competitive and demanding the games are. Although the Island didn't come away with any table tennis medals, these games were about so much more than medals.

The late David Rocastle said: "Remember who you are, what you are and who you represent"



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Ian Loosemore



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Reading Dan's reports should make all members of IWTTA proud of our team and how they represented the Island in Gotland. Yes, it is an honour to represent the Island in an international tournament but this involvement involves a lot of sacrifices too on behalf of the team in terms of time, commitment, responsibility, money and effort.

The experience of playing this tournament not only enhances the ability of our best talent but should give us pointers as to how we can further develop that talent and table-tennis overall on our Island.

At a time when Isle of Wight table tennis seems to be going through a period of popularity, now is the time to be putting in place coaching and administrative structures along with facilities that ensure the future strength of the game here.

Finally, I know Dan and the team wanted to say a massive thanks to sponsors [Novum Law](#) for their financial support and coverage of the Games everyday via their Twitter feed.

News in Brief

The Summer League is entering its final stages with the Bloaters out in front being hotly pursued by Cod, Bass, Bream, Haddock and Chubb! This is proving a popular and competitive league with all teams giving a good account of themselves and playing matches in a good spirit.

Tom Johnson is on the medal trail again! Tom took part in The Draycott Para Open held in June at Draycott in Derby and came away with a gold and two silver medals

The annual Awards night (Chris Angus might need to hire a van for all his trophies) will be held at Ryde Rowing Club on September 9th. Tickets are available from [Martin](#). Book early!

There will be a meeting of Ryde Club on July 20th . Venue is Ryde Catholic Church Hall (St Marys - upper part of the High Street) for 8pm on Thursday 20th. All those who have an interest in the continued existence of this 70 year old club please make an effort to attend.

Contact: [Roger Nevell](#)

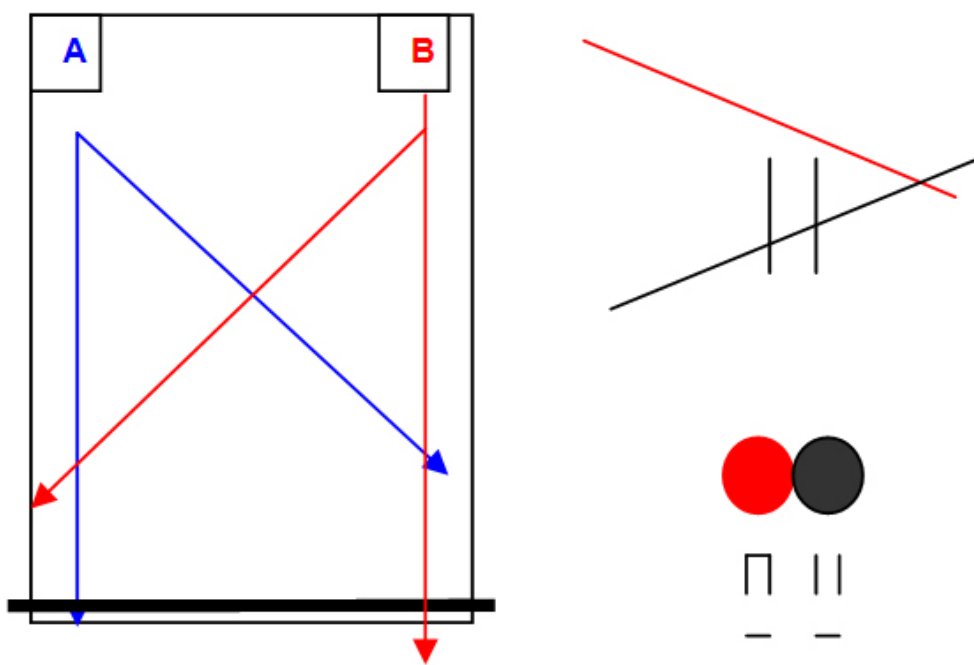
Next newsletter: August 2017. Please submit comments, articles, news by August 4th to [Ian Loosemore](#)

Coaching Corner:

Have you noticed when watching top players in control of the table, they always seem to be in position waiting for the ball to reach them? I would suggest that movement is probably the biggest problem to affect most if not all players at local league level, particularly as we get tired. The most common problem is that players find themselves chasing the ball because they wait to see where it is going before moving.

It is important to recognise the difference between the 'recovery' position and the 'playing' position. Too often players only consider the playing position and find themselves chasing the ball, going from one playing position to the next

The Recovery position is that position that will give you the best chance with minimum movement of getting to any possible playing position which will be determined by your opponents return. The Playing position is obviously that position that you should move to in order to play your opponents return most effectively.



Consider the diagram above. If the ball is being played from point A the possible path of the ball will be within the blue lines. If played from point B it would be within the red lines. If you dissect the base of each created triangle you should move so that your bat is in the centre of the respective base. There doesn't appear to be a great deal of difference but it could mean the difference of an extra step to reach your planned playing position. This increases the further away from the table you are and is especially relevant for those players that play forehands from the backhand court. For a ball played from anywhere between points A and B the triangle would be drawn accordingly.

Apart from when your opponent is serving you are in control of the recovery position, since it was you that played the ball to the respective point on the table from which your opponent is now playing the ball. Therefore as soon as you have played your shot you should move to the appropriate recovery position and not wait to see where the ball is returned to. You can then move to the playing position which is determined by your opponent. Failure to do this will cause you to chase from playing position to playing position giving you less time to organise your return ball.

When your opponent is serving you can position yourself in the same way to give yourself the best chance of moving to the required playing position. This all sounds so simple, and, particularly when receiving serve, we automatically do it, but often fail to do it during the rallies. A simple rhyme I tell youngsters is 'If you play crosscourt you can play and stay, if you play down the line you should move away'.

Unless you are playing a robot, no two returns will be in exactly the same position, so practice always moving after every stroke. – Play and Move, Play and Move, even if it is only a small adjustment.

All this is particularly relevant when playing doubles, since it is your partner, not you, that needs to be in the required recovery position. Playing cross court, unless you can make a winner will put your partner under pressure to move into your position, requiring you to also move. However if you play down your side of the table your partner will already be in the recovery position, minimising movement for both of you and giving your partner more time to play their shot. If you both play down the outside lines until you can create an opening you will need to move far less. That is partly why a left and right hand combination pair is considered a best option with both maximising their chance of playing strong forehands.

As regards the best way of moving, we used to use a 'side together side' movement but with the game now being so fast it is best to use a two footed 'lateral jump' and except in extreme cases when under pressure and out of position, do not cross your legs.

Remember – Play and Move, Play and Move.

Next time – Matchplay and minimising your unforced errors.

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

With our team just back from The Island Games I was given a comprehensive report of a previous tournament from 1999, held inGotland!

Team manager Dave Williams supervised a playing team of Carl Prean, Mike Turner, Roger Hookey, Danny Burns, Lucy Pointer and Pauline Rorke.

Two gold medals and three silvers were this team's reward.

Dave's thorough report is too detailed to reproduce here, but he has an hilarious paragraph on the opening ceremony which is worth quoting:

"Highlights of the ceremony included locals dressed as a Viking longship... Then there was the Water Ceremony where they didn't use a water wheel or sluice as in previous Island games, but an edifice shaped like a male organ with the water squirting out in the expected place. Nobody seemed embarrassed by the goings on"

Dave hasn't supplied me any photos....

Dave says he has many years worth of Island table tennis history to let me delve into and John Sillar has kindly offered access to historical records so I hope to feature these in future newsletters. Any members with similar records and photo's please get in contact so we can share in the memories.

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

Did you know

The heat has been taking its toll on players in The Summer League – particularly when matches are going the distance.

Apparantly most beginner players will burn between 200 and 350 calories per hour of play, but many regular players burn up to 500 calories per match!

So what to eat and drink before & during matches? Small sips of water are recommended during matches. Pre- match go for: Crisps, biscuits, fruits, pasta, little sandwiches. Stay away from fatty and greasy foods or spicy food; anything that would leave you not feeling 100%.

Time for a burger and a pint!

See you next month!

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