

Isle of Wight

Table Tennis League

Bribar
Table Tennis

DON'T BET ON LUCK.



CHAIRMAN'S MESSAGE

We have now almost finished the 2017 winter league season. We tried a new format a year or so ago and decided not to continue with it, but we should always encourage new ideas to evolve the way in which we operate.

Our newsletter will serve to float ideas to members over the coming months (see comment below) well ahead of the AGM in order to promote debate amongst the membership, such that we can come along to the AGM with a clear understanding and ready to place our vote.

We hope there will be plenty of support for our annual competitions that will be running over the coming months. A summary of these are listed in the skyscraper slot on the right. Entry can be made via the hard copy sheets on the noticeboard at Smallbrook or via the [website](#)

Enjoy your table tennis!

John.

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Tournament Dates

23rd March
Div 3 Singles

30th March
Div 2 Singles

2nd April
County Press

6th April
Gordon Burns

8th April
Island
Championship
Day 1

9th April
Island
Championships
Day 2

12th April
FINALS NIGHT

Comment

We're reaching the business end of the season and thoughts are turning to how we can make the Island table-tennis leagues more competitive...

By common consent there have been too many one-sided matches in all divisions this season and league placings have been almost as predictable as the outcome of an election in North Korea.

A consistent suggestion is that next season teams are capped or banded. This means no team can have a collective average above an agreed level.

At the higher level this should mean that the top players play against each other rather than with each other. Further down the scale this should mean that weaker or new players can improve by playing with better & more experienced players.

What do members think? Comments to: [Jan Loosemore](#)

News in brief

Temeesha Hobbs retains Hampshire Schools u-16 girls title.

Sean Joyce is runner-up in boys Hampshire Schools u-13's, losing narrowly in 5 sets in the final.

TT on the Island is on the up:

Don Hobbs & Mike Prior have completed a series of 6 coaching sessions for Island Schools involving over 200 children. Let's hope some of the talent unearthed finds its way into IWTTA.

There are increasing numbers of people participating in table tennis on the Island as evidenced by the high turn-outs on Wednesday morning at Smallbrook.

There are many returning to the game after a lengthy absence for health, fitness and social purposes.

Mike Prior is looking at starting a Saturday morning coaching session at Smallbrook. Stay tuned for more detail and contact [Mike](#) for coaching sessions. Also contact [Mike](#) if you are interested in helping with coaching sessions.

Finals night is now scheduled for Wednesday April 12th.
See skyscraper on right for forthcoming tournament dates.

Trevor Farmer's funeral will be held at 11.15 on March 24th at the crematorium

Congratulations to IWTTA member Alex Rorke. Alex's team won Division 4 of the Veteran's British League in a competition held across two week-ends in Derby.

Rookley's Tom Johnson is taking part in the Isle of Wight Ultra - running 53k to raise money for the Earl Mountbatten Hospice. To sponsor Tom please go to Facebook - page just given or contact [Tom](#)

Next newsletter: April 14th. Please submit comments, articles, news by April 4th to [Jan Loosemore](#)

Hints & tips

This month's coaching corner is provided by Mike Prior:

"I'm often asked for the easiest and quickest way to improve someone's game. It starts



Call
811711

with serving.

Tips for serving (Part 1).

No mid-table balls. Either serve short (2 bounces white line) or long (one bounce by end line).

Always serve low by striking the ball at net height or below.

Concentrate only on the bounce your side of the table. For a short ball, it should be around half way between you and the net and with a soft touch (think of the ball as a newly laid egg). For a long ball, it should be by your end of the table, low and fast.

Mainly serve from your backhand court to maximise being able to play the 3rd ball with a strong forehand. If in doubt, aim at your opponent's crossover point – forehand elbow or hip. This will force your opponent to have to move to play a strong return and minimise the chance of a return wide to either wing.

Serve long to open up the rally so you can attack their return. Serve short if your opponent is stronger than you to limit their attacking options.

Use a fast wrist action and try to achieve a brushing or dragging feel between bat and ball to produce the spin. A loose wrist is essential and requires a change of grip, (just for the serve), basically releasing the grip on the handle and holding the blade between thumb and forefinger.

Do NOT serve with topspin unless the spin is disguised or also with sidespin. It is the easiest ball to return with a block.

Use mainly float (no spin) or backspin, with or without sidespin. Float cannot be blocked and will force your opponent to spin or lift the ball to get it over the net making it easier for you to attack.

Learn to use sidespin with top or backspin but placement is critical otherwise you are wasting your time with a riskier serve for no gain. Select the spin that will help to get the return where you want it.

Always serve with a purpose to get the return you want for the 3rd ball.

Always take your time! Have a routine that forces you to slow down before serving and always throw the ball up at least 16cm (6"). Otherwise it is cheating!

REMEMBER: The serve is the easiest way to win (or lose) a point.

The serve is the only time when you are in total control. A weak serve or a weak return would normally lose the rally.

Good luck, it's well worth practicing!"

Serving part two in next month's issue.

Coincidentally, return of serve is covered in Tom Lodziak's newsletter this month – this is well worth a read and it's worth signing up to Tom's excellent monthly coaching tips at <http://www.tabletenniscoach.me.uk>

Did You Know?

It's in the national press (so it must be true!). Table tennis is set to become the sporting phenomenon of 2017 and is the current flavour of the moment among the young and the famous.

Here are just some of the celebrity players keen on our sport:

Susan Sarandon (she has a club in New York with 15 tables!)

George Clooney

Wayne Rooney

Nigella Lawson

Cristiano Ronaldo

Mel Gibson

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Please
send
match
scores
&
score-
cards
to
Ian
&
Richard

Salman Rushdie
Bill Gates
Axl Rose
Scarlett Johansson
Theo Walcott



**World War II
Air Crashes
here on the
Island**

