

Bristol Civil Service



Table Tennis Club

Bristol Civil Service
Table Tennis Club
Newsletter

Issue 16

June 2016

A message from Stuart Murray Williams, Table Tennis Club Chairman

It has been a good season for the club. Our teams have done well in the league – details elsewhere in this newsletter. We continue to attract new members – in such numbers that we have needed to put in place some ground rules to ensure that club nights work well for all who attend.

And our finances are in good shape – no need to increase club fees this year. We look forward to further improvements to the hall as the netting is replaced with boarding and painted a darker colour. We continue to benefit from the coaching provided by Dan Ives and from the efforts of various members to develop the club's activities. Our AGM on Monday 20th June will be an opportunity to celebrate these developments, to update each other on further plans, and to thank various members for their contributions. We are hoping for a much increased attendance this year – especially as the AGM will be followed by a free buffet, free drink and competition.

This is my last contribution to the newsletter as I will be moving away from Bristol over the summer and so, of course, stepping down as chair.

My wife and I are moving to Canterbury to be closer to family. I hope to find a new club in the area, but I will miss the friendships built up over the past six years here, not least other members of the Vikings team. As I leave, I want to pay tribute especially to members of the committee who do much work in the background to ensure the club runs smoothly and moves forward in new ways. Thank you!

AGM of the Bristol Civil Service Table Tennis Club: Monday 20th June – Chris Adamek

This year's TT club AGM will be held at the club on Monday 20th June. The committee invites all members to attend the meeting which will be followed by a club TT tournament and social evening with buffet and drinks. The meeting will review the performance and achievements of the club over the last year and elect a new committee for the next one. If you are interested in joining the committee and feel you have the time and enthusiasm to offer your services to the club then we will be pleased to hear from you.

To give something back to the members and to make a social event of the evening we will be hosting a 2016 AGM club tournament to find out who is the best 'point for point player' in the club. There will be cash prizes on offer to the winner/runner up but we hope the tournament will be played in good spirit and with fun to round off the evening. A buffet and drink will also be on offer and all this will be complimentary to TT club members. We hope the evening proves to be a success so we can make an annual event of it.

I would like to acknowledge the hard work and efforts of the committee, players and all members of the club over this past year. You have all contributed to making this the most successful TT club in the Bristol League with the best facilities and largest membership. I hope you have all had a happy and successful season with the bat and wish you all plenty of future success.

Inside this issue

<i>Being a team captain</i>	2
<i>Being a team captain continued</i>	3
<i>Table tennis committee</i>	3
<i>Being a team captain continued</i>	4
<i>Life as a thirteen-year-old table tennis player – Isobella Khan</i>	5
<i>B&DTTA AGM awards</i>	5
<i>Overview of the 2015–2016 season – Mark Kinlocke</i>	6
<i>Summer League Teams 2016</i>	6
<i>PING! – Terry Toghill</i>	7
<i>Centenary tournament and call for qualified umpires</i>	7
<i>Coach's corner – Dan Ives</i>	8
<i>A date for your diary</i>	8



Being a team captain

When I became a team captain – first for the Partizans, then the Pirates, and this year the Cavaliers – I was not really given much advice about what was required and what I needed to do. I believe other new captains have found themselves in the same position, so I asked this year's captains if they would write some helpful hints on what to expect. I am very grateful for their thoughts and advice and hope others will find these pieces as interesting as I do! – Charlotte

Duncan Jones – Commandos and Cadets

Being a team captain has many challenges and being captain for 2 teams even more so!

- At the last minute team members having something to do that is more important than table tennis (they need to get priorities right!)
- Injuries that suddenly make people unavailable. One player fell off his motorbike and was injured (he's ok now)
- Remembering to send results on time
- It is difficult to get players in to play across for the bottom division and they can't do doubles which is restrictive
- Having to chase players for confirmation whether they can play or not can be frustrating sometimes and is a common feature
- Dealing with some other captains can be a challenge although most are accommodating
- Positive notes are the captains within Civil Service who are all very helpful and try their best to get other players when required
- It is a rewarding job when fixtures get played with everyone having a fun evening. That is my main priority every time

Ron Money – Pirates

To be honest it has been quite an uneventful year. I have not had to ask for any cancellations or received any from the opposition, my team has informed me very early that they are not available which made getting a replacement less stressful. What I did do was produce a chart which showed the fixtures and the selected teams from the beginning of the season up to the end of the year which gave them plenty of time to inform me of any unavailability. I did the same thing from January to the end of the fixtures. This way all the team members could see when they were playing and could see that all players had roughly the same number of games during the season. This was one way of eliminating any charges of favouritism from me.

John Bedwell – Trojans

- 1) At the start of the season I ensure my players have the necessary 4 signings on they need: membership of the CSSC, the Table Tennis club and English Table Tennis. Chris Adamek sorts out membership of the B&DTTA for everyone. With new players I send a list of who they have to contact.
- 2) Prior to this I try to end up with a team of four players, which I believe to be the optimum number.
- 3) I then complete and hand out a schedule for the first third of the season with a request that anybody unhappy or unable to make these dates contact me. At the bottom of the schedule I include all team members' phone numbers. If I'm aware of our opponents then I will select a side best suited to beating them, whilst still equally dividing the games.
- 4) Two to three days before a game I text or phone to check everybody is available.
- 5) On match nights I am responsible for the score card, balls and refreshments.
- 6) Prior to the match I discuss playing order and if anybody needs to leave early I factor this in.
- 7) Next day I email the score card.
- 8) For the Mordecai Cup it's much the same as the above but home or away I contact the opposition captain.
- 9) If we postpone a match I advise the league, contact Chris to advise him and find available alternative nights. Having agreed a date with our opponents I then contact the league and Chris to update them.

Rob Dixon – Buccaneers

I suppose I could help people avoid the two fines I've got...!

– you can only postpone two games but you can bring as many forward as you like. Therefore talk to your team at the beginning of the season to see if you can work out holidays etc... and then you can try and bring any clashes forward...or you might get fined!

– Don't forfeit any games if you can't get a team out, there always seem to be people willing to play up at short notice... or you might get fined!

– Brian [Ellison] is happy to take the score sheets as a photo. I just take a picture on my phone after the game and email it off, much much quicker than filling out the spreadsheet as I used to do.

Being a team captain continued**Mark Kinlocke – Warriors**

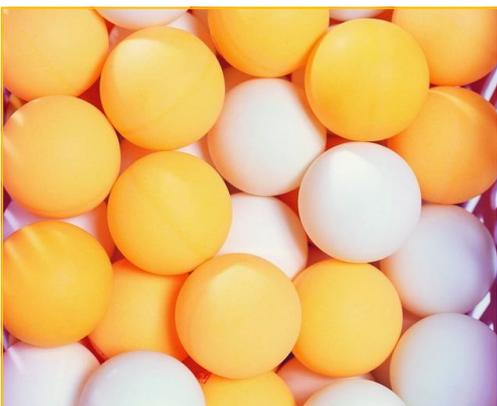
My experience is the same as yours as this is the first year that I have taken on the role. Mine was a easy year, in that I had 6 players to choose from. We never had to postpone a match but even with 6 players I did have to call up another team's player for one match.

The work starts before the season to gather the team that you want to play. This may mean some negotiation with the secretary and making sure that players pay their dues. The TT365 website makes it very easy to download the year's schedule into an easy format.

I create a modified schedule (get in touch if you would like to see it). It includes the other leagues that I played plus if you click on the 'Bstl total' tab you can see where I have a breakdown of points to win the division or be relegated. Very geeky, I know. The key to management of the team is to have a schedule with players committing themselves at least 3–4 weeks ahead. Then to follow up with reminders by text/social media. Luckily we are now a relatively big club so we can always count on a large pool of players.

Putting on my committee hat, we are trying to set up a sink upstairs so that we would have an availability of water closer to hand. All in all it has been fun. I just wish that we could play all our matches at home.

One more thing, I downloaded a copy of the score sheet and printed a few copies in A4 size. At the end of the match I photograph the sheet with my mobile phone and email it to Brian Ellison. Two minutes to job done.

**Rich Cable – Saxons**

Make sure matches start on time (my team always want a drink at the end of the evening)

Communication – My team are texts only (e-mailing is no good!)

Fairness – 4 players in my team (I try to rotate), who should play doubles (we take turns usually)

Equipment: A coin, a pen, drinks, biscuits, remember the scorebook – we lost one this year, enough table tennis balls – we lasted 6 weeks with our last ball

Scorebook – getting the book to team members if I am not playing (and getting it back before next game)

Remember to send scores in Organising and re-scheduling postponements – never easy

Getting there early and setting up for home matches

Getting the key so we don't disturb the other team if we are at the bottom table

Consider venues – some team members have long journeys to certain venues

Consider styles – some players prefer playing against certain styles

Rebecca Burton – Gladiators

Highlights/Good points:

- Being fully involved in the team
- When not having 3 players available, being able to borrow a player from another CS team

Difficulties/Bad points:

- Finding out a player is no longer available to play a day or two before a match and having to find another player
- Deciding between two players one week, then finding out the player I didn't pick wasn't available the following week

Table tennis club committee**President**

Ken Simmonds

Chairman

Stuart Murray Williams

Deputy Chairman;**Coaching and****Competitions**

Mark Kinlocke

Secretary

Chris Adamek

Treasurer

Mark Kinlocke

Welfare Officer

Tim Harris

Publicity Officer

Charlotte Taylor

Members

Terry Toghill

John Bedwell

More information?

If you have any questions about any aspect of table tennis at the Bristol Civil Service Table Tennis Club – membership, coaching, costs, how to get involved in a team, what happens at club night on a Sunday – please get in touch with Chris Adamek at

chris_adamek@hotmail.com

Being a team captain continued

Miguel Oliveira – Saracens

With regards to being a team captain, here's some things that I found relevant :)

Firstly, keeping good communication, via email, mobile etc among all team members.

Being able to reach out to people and ensuring prompt replies helped us a lot – sometimes timing is everything! Planning teams for each match is also one of the most important things. Everyone needs to plan their evenings and know when they are available to play or not. We could have done better, but we did manage ok – we planned teams more or less one week in advance. I think only once we had to resort to a substitute from Division 2. I've also created a web site for us: <http://saracens.csscttclub.uk/>. Didn't update too frequently :(but it did provide easily available team contacts, and a playboard: <http://saracens.csscttclub.uk/playboard/> where we recorded and planned for teams. It was very important to us to keep track in advance of players who were going to be on holiday etc.

As a captain I also brought refreshments, digestives, bananas to our home games. I think this is a tradition in the league to offer visiting teams this sort of thing :). We tried always to see the social aspects of the evenings and be friendly and respectful, no matter what.

My role as team captain in certain aspects was quite relaxed. Choosing doubles teams was always a matter of a joint team decision – we asked ourselves for that evening who was playing better, who was more motivated that night etc. We tried varied combinations of team, and mostly things worked really well that way. The same applies to other strategic matters, such as order of play – who wants to go first, etc. Some players like to avoid playing the first game, others enjoy it!

I also tried to practise and warm up players before the matches started. We usually don't have more than 15 mins for that and it's important to maximise this time, and adapt to different styles. Different players need different warm-up routines, some like to practise more offensive forehand exercises, some more defensive routines. The way to warm up can make a big difference!

And of course, as captain you need to set the example for the team in certain things. The way you relate to other players, your play etiquette, your reaction when you win or lose – all must be done in a dignified and respectful manner :) (even when sometimes you're frustrated and boiling inside!! but hey – that's how things are!!)

Finally, we treated everyone equally: we tried to rotate players around, and give everyone a fair chance to play regularly, keep everyone happy and contributing to the team. Motivation and friendship help this a long way :).

Chris Adamek – Spartans

Apart from the obvious tasks and admin role there are some other things like:

Try to motivate your team to play their best especially if someone is struggling with form. This is largely driven by knowing your players well and what they respond well and badly to. Team practice sessions and social nights are also good motivators.

Call the order of play during a match that best suits your team. There is a definite advantage to be had here sometimes if you know your players and the opposition well and have done some homework.

One for Charlotte – Make sure you bake the best cakes possible for the refreshments interval so your team mates always want to turn up.

Ensure you leave the room in a clean and tidy state after playing. Put tables and furniture back if you have moved it, turn off the lights and lock up. Liaise with the club secretary over postponements and rescheduled games so the hall is not over-booked.

If you are on the end of unreasonable or unsporting behaviour from the opposition stand up for yourself and your team.

Never be too tight to buy the drinks after a game if your players deserve it.

Praise the man of the match on either team and show your good sportsmanship. Win and lose with equal modesty and dignity.

Charlotte Taylor – Cavaliers

I try to give my team a schedule for a few weeks ahead and always check before each match that everyone can play.

If I'm not playing, I either pass the score book on to one of my team, or ask someone to take a photo of the opposition's score book and email it to me. I find the online score sheet very quick to fill in, especially since if you enter the lower score first, '11' is filled in automatically.

I had to work my way through just about everyone in the other Div 7 teams to do it, but was pleased that we always fielded a full team and never asked for a postponement.

I was really delighted with our great team spirit and camaraderie, and was proud of the Cavaliers' good sportsmanship in every match and our very nice reputation for shaking hands!

Life as a thirteen-year-old table tennis player – Isobella Khan

As a thirteen-year-old who goes to school and does various sports, table tennis does tire me out a lot. My Dad and I do get back late, only because we have so much fun. At school, I am really grumpy due to my deprived sleep but it seems to help me concentrate more.

My friends obviously don't understand why I like the sport and cannot comprehend why I stay out so late for the game. I always tell them that there is a difference between 'table tennis' and 'ping-pong' but they haven't seen the game played seriously.

I like table tennis because it is a challenge; it is an extremely difficult sport when it comes to hand-eye coordination, athletic ability and physical endurance. Sometimes I'll play a game against people that are better than me and do really well but then I'll play someone not as good as me and play poorly. You have to have that mental stability to be on it all the time. You have to think one thing: I can beat everyone here. However, to beat everyone, you need to be tactical; you cannot be too assured of yourself, although if I have been beaten, I've got to lose graciously because there is someone on the other end of the table who has tried their heart out.

But, obviously, I'm still learning how to be gracious and I am trying to adopt these aspects. Thanks to my Dad, Abid Khan, table tennis is an enjoyable experience and I'm progressing the way I want with his guidance and general awesomeness.



Award ceremony at the Bristol and District Table Tennis Association AGM on Monday 6th June

The table was laden with silverware at the B&DTTA AGM at Almonds' club on Monday night and Civil Service teams and individuals were well represented among the prize winners.

Mike Withyman, Viv Feltham and June Watts presented the awards. Saracens were the winners of Division 1; Partizans won Division 5; Trojans won Division 6 and Cavaliers were runners-up in Division 7.



Chris Adamek collected the Plate from the Hard Bat competition in January, and Izzy Khan received her trophies for Best Girl In the Junior League Division 1 and Under 14 Girls at the Bristol Closed. Joseph Sheppard collected the Paul Weekes memorial trophy.



An overview of the 2015–2016 season – Mark Kinlocke

Again it was a successful season for the club teams. We had 3 divisional winners, one runner up and no relegations.

Saracens, Partizans and Trojans all won their division with Cavaliers being the runner up in theirs. Both Saracens and Partizans went down to the final matches with Partizans ending up with a points tie. First place was claimed because of their greater number of wins.

Premier Division (13 teams)

Raiders 7th

Division 1 (14 teams)

Saracens 1st

Warriors 9th

Division 2 (13 teams)

Vikings 4th

Spartans 6th

Division 3 (12 teams)

Saxons 7th

Buccaneers 8th

Division 4

No CSSC teams

Division 5 (13 teams)

Partizans 1st

Division 6 (13 teams)

Trojans 1st

Commandos 7th

Division 7 (14 teams)

Cavaliers 2nd

Gladiators 4th

Cadets 9th

Pirates 12th

**Summer League Teams 2016**

The Summer League is well supported again this year, and we are putting out seven teams across the four divisions:

Civil Service A

Duncan Jones (C)

Steve Kingscott

Dean Wilson

John Bedwell

Civil Service B

Chris Adamek (C)

Andy Cooper

Tony Cooper

Steve Tainton

Gary O'Neill

Civil Service C

Stuart Murray Williams (C)

Steve Williams

Paul Mackareth

Richard Rees

Civil Service D

Charlotte Taylor (C)

Abid Khan

Izzy Khan

Rebecca Burton

Civil Service E

Mark Kinlocke (C)

Asen Vankov

Aleksandar Avramov

Ian Thomas

Bryan Taylor

Civil Service F

Terry Toghill (C)

Tim Harris

John Bowers

Ron Money

Civil Service G

Colin Dowding (C)

Richard Cable

Geoff Dyer

Mike Stephens

Zbys Trzaska

PING! – Terry Toghill

Dear League Member

I have listed below the Bristol Ping Events as known at present.

If you would like to play extra Table Tennis during the summer, including some outside, or even just take a look you would be made very welcome. Alternatively we are seeking volunteers to help, by, for example, encouraging members of the public to 'have a go'.

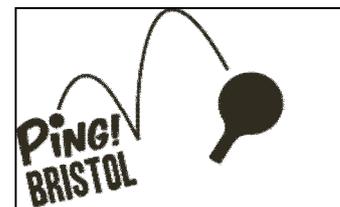
If you can help at any of the events please let me know or alternatively just turn up.

These are fun events and are well worth a look.

Regards

Terry Toghill <Terry_Toghill_29145@tabletennis365.com>

Chairman



Event name	Event date	Event address
Bristol Ping! Launch	Friday 10th June	Vivo Sports Club, Bristol
Make Sundays Special	Sunday 12th June	TBC – St Nicks Market, Bristol
National Table Tennis Day, and Ping! Bristol closing date	Thursday 14th July	TBC – various events around Bristol
Make Sundays Special	Sunday 24th July	TBC – St Nick's Market, Bristol
Link Age Intergenerational Festival	Friday 26th August	Broad Plain Boys' Club, Bristol
Make Sundays Special	Sunday 18th September	TBC – St Nick's Market, Bristol

Centenary tournament and call for qualified umpires – a message from the Bristol League President

Dear League Member,

As you may be aware, the Bristol league will have been in existence for 100 years in 2019. To celebrate, the executive committee are organising a centenary tournament which will take place at UWE on August 31st and September 1st 2019.

On the Saturday a banded tournament will take place and that will allow any Bristol League players who wish to do so to participate. On the Sunday a 4 star open championships will be staged when we are hoping some of the best players in the country will take part.

To stage this successfully, we need a large number of qualified umpires – hopefully recruited from the league and we need volunteers. To gain the qualification, all that is needed is to complete a theory paper in your own good time (help is available on the web) and then umpire twice at two tournaments, league finals, etc under the watchful eyes of two assessors. All this will take place within the Bristol area and so there is no travelling or expenses involved. If you qualify we will feed you all day at the tournament – but we cannot offer bed and breakfast accommodation at the Hilton!!

Of course any already qualified umpires would be very welcome.

Volunteers should e-mail Tim Harris at: tim.harris@blueyonder.co.uk

Many thanks

June Watts

Filton Avenue
Horfield
Bristol
BS7 0AT

See our website at
<http://bristol-cssc-tabletennis.weebly.com/index.html>
@civilservicett



A date for your diary

Advance notice
that next year's
Bristol Closed
tournament
will be held on
January 22nd
2017



Thank you very much to everyone who has contributed to this newsletter. I am always very grateful for ideas for articles and offers to write them! If you have any photos of club members in action, do send them to me for the next newsletter.

Charlotte charlottejanetaylor@tiscali.co.uk/07976 922636

Coach's corner – advice from Dan Ives Tip number 5: Feel the ball!

Welcome back to this month's coach's corner. I hope you achieved your goals and ambitions for the 2015/2016 winter season and are happy with your performances.

Recently I visited Germany with TableTennisDaily to film a documentary for world number 4 Dimitrij Ovtcharov. On my travels I met Timo Boll's training partner and coach Thomas Keinath (on my left in this photo). I learnt a very useful tip which builds on from the last newsletter coach's corner article on the importance of consistency. Thomas spoke a lot about developing feeling in your shots. What is feeling? By this I mean slowing things down and brushing and getting a good/controlled contact for the ball. Thomas told me a lot of players including myself play strokes with too much pace with a flat contact and need to slow things right down. For example, when playing a forehand topspin you want to focus as much as possible on utilising your legs and body into the movement and relaxing the arm, brushing into the ball. When you slow everything down it becomes much easier to focus on the movement as a whole. This forehand exercise which Thomas gave me to work on is great for slowing down the game and building feeling for the ball:

3 forehand topspins in a row at 60% speed going for maximum spin crosscourt

4th forehand topspin at 90% speed
and repeat this over and over.

Play the forehand topspins to your opponent's block.

3 forehands at 60% speed, 1 forehand at 90% speed, 3 forehands at 60% speed, 1 forehand at 90% speed. Keep repeating the cycle. This exercise will give you greater control and better understanding of speed in your strokes.

Repeating this will build your consistency and stroke play. Work on striking the ball at the top of the bounce. For right handers keep your right foot slightly behind the left and for left handers keep your left foot slightly behind your right.

The next coach's corner article will be about the mental side of the game, making the most of performance goals and changing the way you approach and think about a table tennis match.

