

Bristol Civil Service



Table Tennis Club

Bristol Civil Service
Table Tennis Club
Newsletter

Issue 11
September 2014

Welcome from our new Chairman, Stuart Murray-Williams

As the new season starts, I'm grateful to Charlotte for producing another issue of the club newsletter. These newsletters make a significant contribution to the club, so I hope you will not only enjoy reading them but offer contributions to future issues.

Maybe I should introduce myself, having taken over as chair from Terry Toghill at the AGM in June. I know many of you, but some of you are just names on a list at present. I hope to see all of our teams play at some point during the season. I've lived in Bristol for eight years but hail from London. I am self-employed as a lecturer, consultant and trainer working mainly with universities, churches and charities. I travel quite widely, including overseas, but my flexible working hours mean that I can often take part in club practice sessions, even if I'm not always available for matches. I've been a member of the club for about five years and have played in divisions 3 and 4 before moving up this year to play (with some trepidation) in division 2.

I played a bit as a teenager but did not play again for over 30 years, so I'm still a relative novice despite being in my mid-50s. But I have thoroughly enjoyed rediscovering table tennis. I had no ambition to become chair but was persuaded by Terry to allow myself to be nominated. I will do my best to carry on the excellent work of our recent chairs, Marcus Berry and Terry himself.

The committee is largely unchanged. The only other newcomer is Chris Adamek, who has taken over as secretary from Paul Barlow, who is now our treasurer. I'm delighted that Terry, Paul and other committee members are continuing so that we can draw on their many years' experience.

Last season was an encouraging season for the club with a number of teams promoted as divisional winners or runners-up. It is likely that this season will be one of consolidation, but hopefully some of the promoted teams will fare well in the higher divisions, and there are certainly some teams with realistic hopes of promotion or winning their divisions.

Have an enjoyable and successful season!

Stuart Murray-Williams



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The new plastic balls – an update (and the next new thing?) by Tim Harris



For most of us who play table tennis, ever since we started we have always played with a celluloid table tennis ball. That is about to change, as from July 2015 Table Tennis England have ruled that all competitive table tennis matches must be played with the new plastic table tennis ball.

Is it different? Well yes, it is; we all remember going from a ball size of 38mm to 40mm – now we are going slightly larger again to 40.05mm. If you place a 40mm celluloid ball alongside a 40.05mm plastic ball you can see the difference in size.

Can you tell the difference between the plastic and celluloid? All the plastic table tennis balls are marked 40+ whilst the celluloid version is marked 40. There are various comments being made about how the plastic table tennis balls will perform in matches; they are slower through the air and you cannot generate as much spin. Now all the racket covering manufacturers will be creating different coverings to allow for this.

Currently as of 28th August there are 23 approved makes of plastic table tennis balls available – 18 have a seam and 5 are seamless. I have no idea what difference that makes. There are at present no plans to manufacture the orange version so white is the only colour available. The ITTF have no plans to stop approving celluloid table tennis balls as they are hoping they will gradually die out.

Users of robots may be wondering if the new plastic balls will work. According to the ITTF if a robot works with a 40mm celluloid ball there should be no problem.

So what is the next change? I understand at world events in Under 21 tournaments they are experimenting with playing without a net call if the ball touches the net in service...



Civil Service Table Tennis Teams and their home nights for the winter season 2014–2015

The club is fielding 13 teams this season, across all the divisions from the Prem to Division 7. Good luck and good playing to all our team members!

Premier Division

Raiders – Thursday

Chris Price (captain)
Jochen Bühner
Garth Kinlocke
Jan Surwilo

Nomads – Thursday

Miguel Oliveira (captain)
Dave Smith
Sarah Perks
Andrew Gross
Johanna Berge

Division 1

Saracens – Tuesday

Rob Kendall (captain)
Pabs Brana
Bryan Taylor
Mark Kinlocke

Division 2

Warriors – Wednesday

Sven Petterson (captain)
Pawel Rekawiecki
Chris Adamek
Pradeesh Mappa
Mickael Durand

Vikings – Wednesday

Stuart Murray Williams (captain)
Tim Harris
Mark Curry
Terry Toghill

Division 3

Spartans – Tuesday

Dean Barmby (captain)
Andy Cooper
Sangha Bhattacharjee
Alex Ono

Saxons – Wednesday

Paul Barlow (captain)
Rich Cable
Jim McLean
Geoff Dyer

Division 4

Buccaneers – Thursday

Rob Dixon (captain)
Magda Janska
Steve Tainton
Simon Monks

Division 6

Partizans – Tuesday

Lawrence Harris (captain)
Richard Rees
Julian Boucher
Louis Price
Effka Pekarkova



Commandos – Wednesday

Duncan Jones (captain)
Steve Kingscott
Dean Wilson

Trojans – Thursday

John Bedwell (captain)
Mark Orriss
Ken Simmons
Radek Mastalerz

Division 7

Pirates – Tuesday

Charlotte Taylor (captain)
Warren Sneary
Ron Money
Pratik Bose
Steve Williams

Cadets (Juniors) – Friday

Duncan Jones (non-playing captain)
Tim Pike
Tom Mould
Rob Porteous
Max Morch
Oscar Jones
Liam Collins
Ryan Collins



Congratulations to Civil Service 'A' – winners of the 2014 Summer League!

The Civil Service had three teams in the Summer League this year, one in each of the divisions. Division A was won by Nailsea, with the CS B team in 4th place on 75%. The CS A team won Division B in fine style with a success rate of 80%. Division C was won by KCC B, with our C team on 50% in 4th place.

The six teams in the Summer League Finals were: Nailsea, Filton, Portishead, KCC B, Westbury and Civil Service A.

Steve Kingscott takes up the tale:

Andy Cooper was the only original member of Chris Adamek's team. I had already helped Chris out against Portishead en route to the finals and Steve Tainton had been brought in at the last minute so it was a very nerve-racking experience for all three of us on Saturday, especially for me and Steve as we were both subs, so there was a lot of pressure on us really to do right by Chris's team.

It was a long hot day from 9am through to 3.30pm with just half an hour for lunch. Obviously no windows or doors were open as unfortunately cooling draughts are no good for the flight of table tennis balls!

The morning game started at 9.15 am sharp and our result was a 9½–1½ win against Westbury which took us through to the afternoon session. KCC and Portishead were also knocked out. In the afternoon every player had to play the other teams' players over two matches and the total score of everyone was tallied up; Nailsea came third just behind Filton, leaving us the winners.

Aylwyn Powell had organised everything from working out the handicaps down to supplying crisps and biscuits plus tea, coffee and squash and making sure everything ran smoothly ... which it did! Big credit to Aylwyn from me.

Chris Adamek adds: They outclassed a Westbury team in the morning semi-final to battle through and beat Filton and Nailsea in the afternoon games.

Well done lads – a fantastic effort for the club by you and the other players who represented the team in the group matches, Sangha Bhattacharjee, Dean Barmby and Alex Ono.

Welcome from Chris Adamek, our new Club Secretary

Having recently taken over the role of the TT club secretary, I soon realised that there would be a lot more involvement in the job than I might have previously imagined. With nearly 60 league players and 13 teams to register, there has been plenty of work to keep me busy during the summer months to prepare the club for the winter league. At this point I would like to acknowledge all the hard work and effort the previous club secretary Paul Barlow put in doing this job over the last 10 years. I can only think he must be either insanely mad or a very generous and helpful person to use his own time in this way to help run the club. I will give him the benefit of doubt on this occasion and go with the latter view. Paul has stayed on the committee as club treasurer to no doubt make sure the new secretary is spending the club money wisely. Anyway it is a testament to all the club committee and you the members and players that the club is probably the best and most successful TT club in the Bristol league. It certainly is the largest and most supported. I think you will agree with me when I say I think we have the best facilities and members of all the clubs that I have seen in the league and we certainly get good value for money. I'm sure the club will continue to thrive and improve over the coming years with the help and support of all the members.



As the summer draws to an end I would like to congratulate our three teams which played in the summer league this year. If you, like me, are a bit of a TT geek, then you may well have continued to play during the summer in the league competition run by Aylwyn Powell. The competition concluded with a finals day when 6 teams were narrowed down to 1 winner and summer league champions. This year's winners were Civil Service 'A' represented on the day by Andy Cooper, Steve Kingscott and Steve Tainton. A great effort by them and all the players who represented the club. (More details are given on the previous page.)

Looking ahead to the winter league I wish you all a successful and happy season, unless of course you are playing against my team the Warriors in Div 2. I am certainly chomping at my bat to get going and get my ping ponging all the way through to next April. Have a good year and let's hope we have plenty of champions by the end of the season.

Chris Adamek

TT Club Secretary

Thank you to Chris for taking on such a big job – and to Paul for doing it so well for so long!

More of Pawel's photos from Sunday nights at the club



Table tennis club committee

President

Ken Simmonds

Chairman

Stuart Murray-Williams

Deputy Chairman; Coaching and Competitions

Mark Kinlocke

Secretary

Chris Adamek

Treasurer

Paul Barlow

Welfare Officer

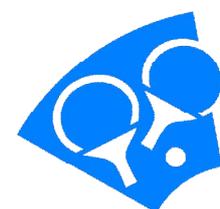
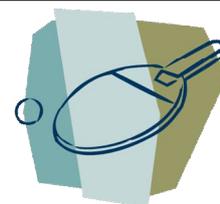
Tim Harris

Publicity Officer

Charlotte Taylor

Visiting the club

Visitors can come to the Table Tennis Club three times, paying £3.50 a time. Once you have been three times as a visitor, you need to join the Civil Service Sports Club.



Important dates in the table tennis calendar

2014

Monday	15th September	Cup Week
Monday	22nd September	Start of League Season
Wednesday	31st December	Closing date for Hard Bat Tournament entries
Wednesday	31st December	Closing date for Bristol Closed entries

2015

Saturday	17th January	John Mycroft Boucher Hard Bat Competition
Saturday	31st January	Last date to register new players
Sunday	February TBC	Bristol Closed Championships
Monday	16th February	Rules / General Meeting
Monday	16th February	Final date for return of Perpetual Trophies
Thursday	23rd April	Gilbert Belsten Memorial Cup Final T.B.C.
Thursday	23rd April	Morley C Mordecai Memorial Handicap Final
Monday	18th May	Officers/Exec Committee nominations received by General Secretary
Monday	1st June	Annual General Meeting for 2014/2015 Season



Veterans' Table Tennis returns to the Bristol area

After an absence of two years, Veterans' Table Tennis returns to the Bristol Area, when the Veterans' English Table Tennis Society hold their Western Masters Championships at Thornbury Leisure Centre over the weekend of April 11th and 12th 2015.

Formed in 1984 VETTS as they are known have a membership of over eight hundred. They hold seven regional tournaments in England during the table tennis season. Each tournament offers events for over 40s, 50s, 60s, 70s and 80s and is open to non-members.

Full information and all tournaments details can be found on the VETTS website www.vetts.org.uk.

Michael Julian tells us about playing in the British League

On the 20th and 21st September I had the pleasure of competing for the York Gardens team in the second division of the British Table Tennis League. My team was playing in Gillingham and I had to get up at 3am to catch my bus on Saturday morning, so I was a bit sleepy for my first match to say the least. Almost all of the top players from all around the UK and Ireland play in the British League but players can play for any club they like. It is similar to the national football league but without the multi-million pound signings and the television coverage. The format is teams of four where each player plays two singles matches. I played at number one meaning I played the two highest ranked players in each team. It was a great experience and I played some really high quality players and saw some excellent matches, so all in all it was a really good weekend. As a team we got a draw and a win out of four matches, leaving us in fifth place overall out of eight teams. The result was not nearly as good as expected but there are still three more weekends to make up for it. Personally I didn't play too well and only won two singles matches out of eight, but at least I had fun, have plenty of room for improvement and all of my losses were very close.

I have already begun training hard for the next weekend on the 13th December and am really looking forward to it. Maybe some day our Civil Service club will put in a team of its own, I think it could be a strong one given the calibre of players we have at the club.

Thank you, Michael – and good luck for the next three weekends!



The life and times of a table tennis coach: Dan Ives

Dan is a very familiar face at the Civil Service club – here we get to know him a bit better

How old were you when you started playing table tennis and how did that come about?

Thanks for the interview CSSC. I started playing when I was 10 years old. I watched my dad play for many years in the local league but never started to play until I was 10.

Did you have coaching early on?

At the age of 12 I had coaching. I used to travel 1 hour to Essex and received coaching from Ziad Mathoor. He is an excellent coach and taught me lots of things from the technical, tactical and mental side of the game.

Are you involved in other sports too?

I am not involved in any other sports at the moment. I specialised into table tennis when I was 16 when I moved to Bristol for the SGS College Table Tennis Academy. I began training every day at the Academy and this is where my game really improved. The great thing about being at the SGS College Table Tennis Academy was that I was able to practise full time whilst gaining a qualification. 5 years later I graduated with a first class degree in sports coaching performance at the University of South Wales. Before I specialised into table tennis at 16, I played a lot of other sports including football, swimming, rock climbing, skate boarding and trampolining.

Could you describe your life as a table tennis coach? What are the highs and lows? Is there such a thing as a typical day?

Being a table tennis coach for me is amazing. It is great seeing players improve and develop new skills to their games. The highs are hearing that what you said/taught worked in a game. It is also very rewarding and I love how sport brings a sense of belonging to so many people. It is incredible how many people you come across when you're coaching in table tennis. I also like how when you're coaching young people you're not only enhancing their table tennis skills, but you're teaching fundamental life skills and improving their physical and psychological health.

Could you describe a typical coaching session? How important is it to warm up?

Depending on who I am coaching, coaching sessions vary. If it's a group session I will cover a certain topic and then individualise small training programmes to players depending on their weaknesses/strengths.

In a one-to-one session I try to make the session as match-specific as possible and tailor it for the player's style of play. Depending on how advanced the player is, I will try to do a lot of match type exercises including short game, service and receive and a lot of irregular play. This gets players training and improving but it's relating to their matches as closely as possible.

Could you tell us a bit about your epic world record length table tennis rally?

Haha! Crazy times! Actually today as I was writing this, Guinness World Records emailed me saying we have officially got the record which my father and I are pleased about!

It was very tough! We achieved 8 hours 40 minutes and 5 seconds. In practice runs we did a couple of 1 and 2 hour sessions. A few weeks prior to the record attempt we did two sessions of 5 hours. During this I actually missed once, I think it was 4 hours in. So we had some pressure knowing it was possible to miss. On the day of the event we had 2 official spectators (Pete Davies & Vincent McAnaney) and referee Dave Cochrane present, this made our focus incredibly high. Throughout the whole rally I think I focused on every ball being struck, I think it was 32,000 in total.

You can see the record condensed into 4 minutes at: http://www.youtube.com/watch?v=4TEzhnnl_Ew



What is your favourite shot? And what sort of bat/rubbers do you play with?

My favourite shot has to be the around the net shot. It's such a difficult to shot to pull off, but when it occurs it's incredible to watch! I use a variety of bats as I do a lot of equipment reviews for various manufacturers on Youtube. I am a STIGA sponsored coach so I have currently been trying out STIGA's latest Airoc soft rubbers which I find really good. There are lots of good blades out there, I use an offensive blade as I am an attacking player.

See page 6 for the end of this article

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



Thank you very much to everyone who has contributed to this newsletter. Do send me your comments and ideas for articles for the next one, which will be ready for Christmas. How about a paragraph on how you have got on at the start of the new season?
Charlotte
charlottejanetaylor@tiscali.co.uk

Coaching sessions in October at Filton SGS (WISE)



Bristol Table Tennis Academy Club will be running a table tennis training camp in October at the WISE Campus, open to players of all ages and ability who want to improve their technique and game. There will be groups for under 16 and adults. Sessions will be run by the ETTA qualified coaches and academy players, with focus on drills to suit all standards. Tuesday 28th and Thursday 30th October, 10am–3pm. £15.

Enquiries: Choi Sze To 0117 9192616 / 07962528573



Interview with Dan Ives (continued)

What is the hardest stroke to master?

Hmm, I would say this would vary for different players in terms of mastering a specific stroke. I think the hardest thing to master in table tennis initially is grasping spin, and how to use spin to your advantage.

Do you have a match that you are particularly proud of?

I think my proudest moment was defeating England player Chris Doran in the quarter finals of the England School Games. Gaining a place in the semi finals meant I represented England in an international event. Another proud moment was winning the Bristol Closed Senior Title in 2005. I defeated Shaun Hall in the final; Shaun had defeated me earlier that day in the junior boys final. It was good to get revenge :)



Would you have any tips for parents whose children are keen to try table tennis?

Yes definitely. Table tennis is a sport for all ages. It is also very easy to play, you can even play on your living room table if you want. It can be a lot of fun.

And for older people who played when they were younger and want to get back into it?

There are a lot of players who I coach who are now getting back into table tennis after being out of the game for some time. They all get back into the swing of things very well. There is a lot of opportunity to play table tennis and lots of teams in the local league which one can join.

How should people contact you if they would like to arrange some coaching?

To contact me for coaching, you can visit my website at www.bristoltabletenniscoach.co.uk or contact me through my email address at lild100@hotmail.com.

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